Now is the Time for a general cleaning out of the intestines if you wish to avoid: constipation, biliousness, pimples and other troubles so frequent at this season of the year. Use

"RIGA"

PURGATIVE WATER

the ideal saline purgative which flushes out the intestines, removes offensive waste matter, insures normal bowel action, pure blood and freedom from illness.

On Sale everywhere: 25 cents the bottle.

RIGA PURGATIVE WATER CO. MONTREAL.

Seasonable Designs

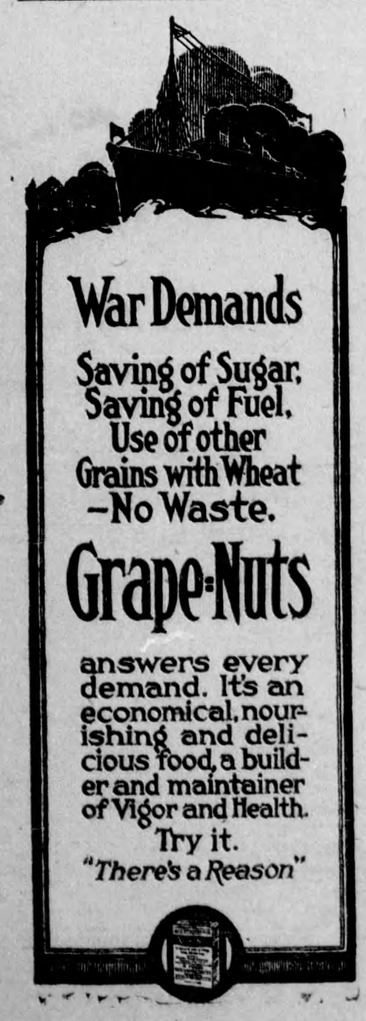
Good-looking blouses are always to be desired and this is particularly smart. McCall Pattern No. 7754, Ladies' Blouse. In 6 sizes, 34 to 44 bust. Price, 20 cents.

Here is a dress that really conserves material, for only 2⅝ yards of 54-inch material is necessary to make it! McCall Pattern No. 8091, Ladies' Waist. In 6 sizes; 34 to 44 bust. No. 8211, Ladies' Skirt. In 7 sizes; 22 to 34 waist. Price, 20 cents each.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Ashes, if allowed to accumulate in the fireplace, will eventually burn the feet off the andirons.

Before the war Great Britain was dependent for two-thirds of its food upon imports, or four loaves of bread out of five.



THE WORK OF THE SHIP DOCTORS

THREE WEEKS IN THE DRY DOCK HOSPITAL.

A Navy Officer Tells How a Battered Cruiser Was Made Hale and Well Again.

The great cruiser was indeed in a pitiable state; she looked the epitome of desolation and misery as the fussy little tugs hauled her gently past the chequered forts at Spithead, and headed her tenderly towards that home of healing for such battered hulks as she—Portsmouth Royal Dockyard.

Her foremast was snapped off short, and her fire control top had completely disappeared; the fore funnel looked like a battered tin-can or a squashed concertina, and her bridge was a mass of twisted steel and splintered woodwork. The great fore turret looked as though attacked with a gigantic tin-opener; the colossal right twelve-inch gun was snapped off short, the daw edges of the steel showing like the teeth of a beast of prey. The midship funnel had completely disappeared with its casing, but the after one, strangely enough, had not received so much as a scratch on its paintwork.

"Bearing Her Blushing Honors."

The armored hull bore evidence to the straight shooting indulged in by the enemy. Circular holes indicated where the monster shells had passed clean through; deep dents showed where the resisting plates had turned them off. One projectile had carried a high-pressure turbine completely off its bed in the port engine room. Others had ruined boilers, so that eight out of a score could only be trusted to raise steam. But, damaged as she was, the great cruiser was triumphant also—a sixteen-foot square collision mat spread over her bows covered a gaping hole made when she, in her last extremity, lifted her ram and jammed it clean through the side of her insolent foe. After that, what did it matter if the foremost compartments filled with water, if the deck did slant downwards till every ripple sent a film of water streaming over the wrecked and shell-torn forecastle?

Her captain, unhurt by the fight, had gone almost grey-haired over the getting of the ship to the place where the three magnificent tugs met and took her in charge. And now, with a pilot on the bridge, with a tug ahead to haul her along, and one on each side to steer her, he was sleeping the sleep of utter exhaustion in a wrecked fore cabin.

Right up harbor went the battered ship, saluting as she passed the Victory, and seeming to receive a welcoming "Well done!" from that battle worn craft. Trim cruisers, patrol boats, destroyers, and submarines extended their sympathy and silent praise as she sheered by them, until at last she came to the great drydock designed for her reception. The foremost tug cast off and dropped behind, placing her nose gently against the cruiser's stern, and slewing her into position for entering the dock.

In the Dry Dock.

Then came dirty men in fussy little steamboats, and cast lines, which, when hauled upon, brought wire hawsers to the cruiser. These were made fast to bollards, and the other ends taken to hydraulic capstans ashore. Then slowly, carefully, these were hove round, and the battered vessel slipped inch by inch into her sick bed. The caisson at the end of the dock slid into place astern of her, the great pumps clanked, and the water became lower gradually, but quite perceptibly.

Hordes of grimy dockyardmen swarmed into her as the gangways were flung to the jetty; fussy little cranes slammed into the dock huge, square baulks of timber, sized and marked to fit each in a certain position and no other. They took these baulks, the "mateys," and they adjusted them so that, when at last the cruiser's keel rested on the chocks in the bottom of the dock, the baulks supported her on both sides, and prevented her canting over to one side or the other. And as the water receded and exposed more of her underwater hull, the mateys put in other rows of shores, till at last she was dry and high, ready for the healing hands of the ship doctors.

New Ships for Old.

This done, came a small army of other grimy men—fitters, turners, artificers of all kinds—with their small tool-boxes. Followed them a host of small and even dirtier boys.

Then arose the most awful din conceivable. Hammers racketted away inside the ship, driving out old rivets; drills chopped through armored bolts like knives through cheese; saws cut away battered plating as though it had been tissue paper. The work went on day and night as if under a magician's wand.

And when at the end of their three weeks' leave—they had well earned the rest—the cruiser's complement returned to their ship, they found that not only had her wounds been repaired, not only was she fully equipped at all points and ready for immediate action if needs be, but the dockyardmen had hauled her out of dock and placed her head towards the Channel, had filled her bunkers with coal and her magazines with ammunition—in sooth, they had healed her and convalesced her, and passed her "Fit for General Service."

BUTTER FROM POTATOES.

Palatable Article Can Be Manufactured for Ten Cents a Pound.

Potato butter is recommended by the British ministry of food as a cheap substitute for butter, being made in England at a cost of less than ten cents per pound, as follows: "Peel the potatoes and boil until they fall to pieces and become floury. Then run through a fine sieve into a warmed basin fourteen ounces of potatoes and add two ounces of butter or margarine and one teaspoonful of salt. Stir until smooth and then mold into rolls and keep in a cool place. To make the appearance approvable use butter coloring, and if intended to keep beyond a few days a butter preservative should be added."

GIRLS! LEMON JUICE IS SKIN WHITENER.

How to make a creamy beauty lotion for a few cents.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

The Wings of the Aeroplane.

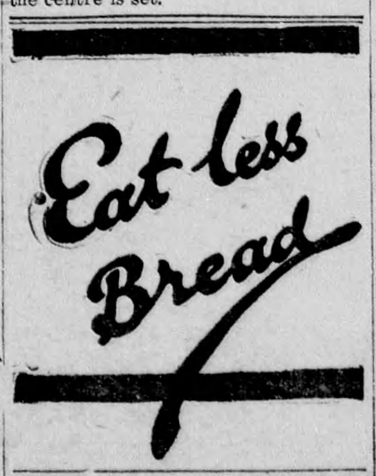
War conditions have afforded an excellent opportunity for farmers in certain sections of Canada to engage extensively in the production of fibre flax. They will thereby not only add to their sources of income, but will also be of direct and vital aid in the war efforts of the Allies. The mastery of the air is proving a great, perhaps the determining factor, in the struggle now going on. Aeroplanes are being built in vast numbers as rapidly as possible. As a covering for the wings of these, linen is the only material found satisfactory. Large quantities are also needed for machine gun webbing, ambulance and truck covers, thread for sewing uniforms, and a number of other uses. Were the supply of fibre flax for these purposes to fall short, as is threatened, it would directly and profoundly affect the success of the Allied forces.

Before the war, flax was imported into the United Kingdom mainly from Belgium, France, Germany, the Netherlands and Russia. The German supply is, of course, now cut off, while in 1916 France produced no flax for export, Belgium a mere fraction of its former supply, and the Netherlands about half its former quantity. Owing to conditions in Russia no exports of fibre flax can be depended on this year; Ireland, the great flax-producing country in the United Kingdom itself, cannot with the best of seasons and with the largest possible acreage under flax, commence to meet the demand for fibre.

The foregoing information is contained in a circular on flax growing issued by the Federal Department of Agriculture and that can be had free by addressing the Publications Branch of that Department, Ottawa.

Ask for Minard's and take no other.

Never move a cake in the oven until the centre is set.



YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or cullus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

Remembrance.

This is the sharpest pang to bear:
How I do not forget,
But wake to see her waiting there,
As if she loved me yet.

Oh, for an end of idle dreams
That stir a sleeping heart!
So far she is, so near she seems—
So near, so far apart!

The spring comes in; the lilacs bloom;
I hear the robin call.
But in this memory-haunted room
I miss her most of all.

After these many months of pain
Her face I shall not see;
I shall not hear her voice again—
She comes not back to me!

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Sugar Saving 25 Per Cent.

The recent sugar restrictions passed by the Canada Food Board will have the effect of saving about 100,000 tons, approximately 25 per cent. of our normal consumption. These restrictions are rendered absolutely necessary by the shipping and rail transportation situation. There is sugar in Cuba but we cannot get it into Canada. What we can get we must conserve for preserving time.

Keep Minard's Liniment in the house.

Eat More Fish.

Efforts have been made throughout Canada to produce and market more fish. This country has fish resources, which have been exploited commercially for the export trade, but only in the big cities have fresh fish been available regularly to private consumers. On the Pacific Coast and the Atlantic Coast, on the lakes of the West, on the lakes of Northern Ontario and the Great Lakes, fishermen will procure fish if the demand for it becomes regular and constant. Eat more fish and save meat for the men at the front.

Had ship's anchor fall on my knee and leg, and knee swelled up and for six days I could not move it or get help. I then started to use MINARD'S LINIMENT and two bottles cured me.

PROSPER FERGUSON.

Wheat Importation Insufficient.

The British Ministry of Food has cabled to the Canada Food Board: "Wheat importations are not arriving in quantities sufficient to meet our weekly requirements. Every effort that can be exerted in Canada to increase shipments of wheat and meat will be invaluable." The British Administry has prepared to provide ships to move all the wheat that Canada will spare. Only 34,000,000 bushels remain on the continent that can be possibly available for export unless consumption in the United States is very substantially reduced.

Heals like Magic—burns, cuts, chafing, blisters, piles, abscesses, sunburn, boils, bruises, and other inflammation. At dealers, or write us.
HIRST REMEDY COMPANY, Hamilton, Canada

The Living Line.

As long as faith and freedom last,
And earth goes round the sun,
This stands—the British line held fast
And so the fight was won.

The greatest fight that ever yet
Brought all the world to dearth;
A fight of two great nations set
To battle for the earth.

That bleeding line, that falling fence,
That stubborn ebbing wave,
That string of suffering human sense,
Shuddered, but never gave.

A living line of human flesh,
It quivered like a brain;
Swarm after swarm came on afresh
And crashed, but crashed in vain.

The world shall tell how they stood fast,
And how the fight was won,
As long as faith and freedom last
And earth goes round the sun.

Minard's Liniment used by Physicians.

Obligation to Save Food.

Every pound of food saved by each Canadian citizen is a pound given to the support of our army and the Allies. Every pound wasted or eaten unnecessarily is a pound withheld from them. It is a direct personal obligation on the part of each of us to someone in Europe whom we are bound to help.

Keep your shoes neat

2 IN 1

SHOE POLISHES

LIQUIDS and PASTES

for BLACK, WHITE, TAN, DARK BROWN OR OX-BLOOD SHOES

PRESERVE the LEATHER

THE F.F. DALLEY CORPORATIONS Ltd., HAMILTON, CANADA.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Carative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 7

The world is short of horses. To get the most out of your team use

MICA AXLE GREASE

"Use half as much as any other"

The mica flakes fill the pores and crevices in the axle and the grease keeps them there. Mica Grease means fresher horses at the end of the day and longer life for your harness and wagons.

EUREKA HARNESS OIL

"Lengthens leather life"

Overcomes leather's worst enemies—water and dirt. It makes harness pliable and waterproof, prevents breaking of stitches and imparts that rich black lustre to all dark dressed leather.

Sold in standard sized packages by live dealers everywhere.

IMPERIAL OIL LIMITED

BRANCHES IN ALL CITIES

Sugaring the Tea Pot.

The silver tea pot can be prevented from getting musty while not in use by dropping a lump of sugar in it after it has been cleaned and dried.

Minard's Liniment Lumberman's Friend.

Working the farm more and the man less is the ideal farming.

FOR SALE

WEEKLY NEWSPAPER IN WESTern Ontario. Doing a good business. Death of owner places it on the market. A great chance for a man with cash. Apply Box 82, Wilson Publishing Co. Limited. Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 69, Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS

GRANITE CUTTERS AND LETterers wanted. Write Geo. M. Paul, 156 Victoria St., Sarnia.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time, good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

SMOKE TUCKETTS ORINOCO CUT FINE FOR CIGARETTES

Let Cuticura Care for Baby's Skin

It's really wonderful how quickly a hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment relieves skin irritations which keep baby wakeful and restless, permits sleep for infant and rest for mother, and points to healment in most cases when it seems nothing would help.

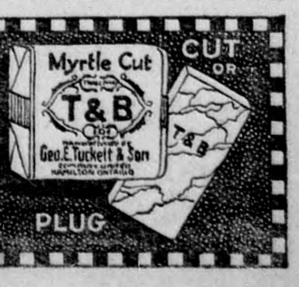
Sample Each Free by Mail. Address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold by dealers throughout the world.

THAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared." — Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

Such annoying symptons as heat flashes, nervousnss, backache, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.

If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.

SMOKE TUCKETTS T&B