

TO REMAIN YOUNG flush the bowels regularly with

# "RIGA"

PURGATIVE WATER

A mild but sure saline purgative which softens the contents of the intestines and facilitates their expulsion without causing colic, cramps or discomfort.

On Sale everywhere: 25 cents the bottle.

RIGA PURGATIVE WATER CO. MONTREAL.

### Increased Acreage in West.

Ample evidence that the farmers in the great grain growing areas between the Great Lakes and the Rockies are responding whole heartedly to the government's appeal for increased production, is contained in a detailed report of farming operations in Manitoba, Saskatchewan and Alberta received at the head office of the Canadian Northern here to-day. It is pointed out that the late fall in 1917 and the early spring of this year have compensated largely for any shortage in farm labor at this critical time. Recent reports to the Canadian Northern indicated that the new breaking along its lines would be between three-quarters of a million and a million acres, and that sufficient fall ploughing had been done to facilitate early operations this year. The report just in from 235 points, shows that up to the week ending April 17th, there was pronounced activity throughout all districts served by the lines of the Canadian Northern in the west. The condition of the ground was given as good, there being not a single complaint in respect to the state of the soil.

### HOW IT HAPPENED.

#### Story Which Illustrates the British Soldier's Sense of Humor.

The chairman of the English lecture bureau, Foster Fraser, insists that whatever may be said of Englishmen in general the British Tommy certainly has a fine sense of humor, and he tells this story to illustrate the point:

In England, he says, as in America, there are some women who like to see their pictures in the papers and to whom a Red Cross uniform is particularly becoming. One of these joined the Red Cross, ordered an expensive uniform, went to the photographer's to have her picture taken for publication and then announced that she would make a visit to a certain hospital on the following day.

Two hours after the appointed time she arrived, and on her way up the walk she stopped to speak to a soldier who was sitting on a bench nursing his remaining leg, one arm in a sling and a bandage over his left eye.

"I suppose, my good man," she began patronizingly, "you were wounded in the war?"

"No ma'am," returned the Tommy, looking up at her with almost a tear in his good eye. "I was cleaning out the canary cage and the bird bit me."

When baking potatoes grease them first with a little butter, and when cooked they will be beautifully brown and crisp, with a glazed appearance, which makes them look so desirable.



### The Program Nowadays Is to Save!

Grape-Nuts food fits in fine with this idea. No fuel required to prepare; no sugar needed; there's no waste; and the use of barley, in its making, conserves wheat.

### Grape-Nuts

is economical, nourishing and delicious. Try a package.



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### Prayer Before an Attack.

It ain't as I 'opes He'll keep me safe  
While the other blokes goes down,  
It ain't as I wants to leave this world  
And wear an 'ero's crown.  
It ain't for that as I says my prayers  
When I goes to the attack,  
But I pray that whatever comes my way  
I may never turn me back.  
I leaves the matter o' life and death  
To the Father who knows what's best,  
And I prays that I still may play the man  
Whether I turns east or west.

### GIRLS! WHITEN SKIN WITH LEMON JUICE

Make a beauty lotion for a few cents to remove tan, freckles, sallowness. Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, then put in the orchard white and shake well. This makes a quarter pint of the very best lemon skin whitener and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckles, tan, sallowness, redness and roughness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the beautiful results will surprise you.

### To Clarify Fats.

Melt the fat in an equal volume of water and heat for a short time at a moderate temperature. Stir occasionally, scraping off any bits of meat or other material which may adhere to the other side. Fats which have formed on top of soup, cooked meats, etc., or strong fats such as from boiled mutton, poultry and game may be clarified in this way and used alone or combined with other animal or vegetable fats and used in any savory dish.

### Minard's Liniment Co., Limited.

Dear Sirs,—Your MINARD'S LINIMENT is our remedy for sore throat, colds and all ordinary ailments. It never fails to relieve and cure promptly.

CHAS. WHOOTEN.  
Port Mulgrave.

### Johnny, Get Your Hoe.

Mr. A. Barnstead, organizing secretary of the National Committee on Food Resources of Nova Scotia, has sent the following, which was composed by Mr. George E. Graham, manager of the D.A.R., a subsidiary company of the C.P.R., and was sung with good effect at a public meeting held recently at Kentville, N.S.:

Johnny get your hoe, get your hoe,  
get your hoe,  
Make your garden grow, make it  
grow, make it grow,  
Plant your seeds from sea to sea,  
Let them work for liberty.  
Hurry right away, don't delay, start  
to-day,  
Forward to the land with a right  
willing hand,  
So we'll help defeat the Hun,  
Now we've got him on the run.

Over there, over there, over there,  
Send the food, send the food, over  
there,  
For our brave boys need it, our brave  
boys need it,  
The calls are coming everywhere.  
So observe and preserve  
Save the food, save the food, and con-  
serve,  
So we'll help win the cause of free-  
dom,  
And we'll plant, save and send, till  
it's over, over there.

On the examination paper in answer to the question, "What do you mean by the plural of a word?" Jane Anne wrote: "Buy the plural of a word we mean the same thing, only more of it."

A pretty cotton frock when its colors fade can be bleached white in a pail of warm water into which chloride of lime has been dissolved, leaving it there half an hour, then rinsing thoroughly. Wet it before putting it in to bleach.

Keep Minard's Liniment in the house.

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers —It's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezezone, says a Cincinnati authority. For little cost one can get a small bottle of freezezone at any drug store, which will positively rid one's feet of every corn or callus without pain.

This simple drug dries the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards. This announcement will interest many of our readers. If your druggist hasn't any freezezone tell him to surely get a small bottle for you from his wholesale drug house.

### Secret Worth Knowing.

The secret of creamy fudge is the addition of a small teaspoon of corn-starch diluted in a little of the milk when added to the sugar.

### MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

### For Mending Runs.

Stitch up the runs on a sewing machine. By using this method they will not show as much as when done by hand. The mending, furthermore, will prove permanent.

### Minard's Liniment Lumberman's Friend.

It is a good idea to add a pinch of borax to the water in which milk utensils are washed.

### KEEP YOUR SHOES NEAT

# 2 IN 1

## WHITE SHOE DRESSING

### LIQUID and CAKE

For Men's Women's and Children's Shoes

### WARNING COMPLY WITH LAW

### STOPGLARE LENS

Safety for Yourself and Others

No Glare \$3.00 Free Circular

at your dealers or direct

### STOPGLARE LTD.

HAMILTON, ONT.

### PUZZLE FIND THE FARMER'S WIFE



- 1st Prize, Phonograph.
- 2nd Prize, Wrist Watch.
- 3rd Prize, Camera.
- 50 Prizes of Self Filling Fountain Pens.

### HUNDREDS OF OTHER PRIZES

All you have to do to win one of these splendid prizes, is to find the Farmer's Wife, mark the place with an X and fulfill one simple condition. This need not cost you one cent of your money. We will let you know by return mail whether your answer is correct or not. Write your name and address neatly on a sheet of paper and send it with your answer at once to SELFAST SPECIALTY CO., Dept. X STATION F., TORONTO

### GRAPE SEED AS FUEL.

By-Product of Wine Presses in France Save 176,000 Tons of Coal.

Calculations that are of special interest in view of the shortage of coal in France, have been made in connection with the proposal to utilize as fuel the large amount of seeds that are derived from pressing grapes. The wine presses of that country produce an average of 1,321,000,000 gallons per year. The by-product in the form of seeds amounts to about a pound and a half per gallon. After making proper allowance for the difference in the fuel value of the seeds and coal, it appears that, theoretically, the grape industry of France yields seeds equivalent to some 176,000 tons of coal.

Ask for Minard's and take no other.

Cottage cheese is delicious with fruit preserves poured over it.

### A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it "Mother Seigel's Curative Syrup—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and \$1.00 Bottles. At drug stores.

### HIRST'S PAIN Exterminator

Pain? Hirst's will stop it! Used for 40 years to relieve rheumatism, lumbago, neuralgia, sprains, lame back, toothache, and other painful complaints. Have a bottle in the house. All dealers, or write us.

HIRST REMEDY COMPANY, Hamilton, Can.  
HIRST'S Family Salve, (50c.)  
HIRST'S Fectoral Syrup of  
Horehound and Elocampaine, (35c.) BOTTLE



### HAULING BIGGER LOADS

without extra spanning is easily accomplished when you use

### MICA AXLE GREASE

"Use half as much as any other"

Axles are rough and porous, causing friction. The mica flakes fill the pores and the grease keeps them there. Mica Grease prevents locked wheels and hot boxes, gives sure relief for unnecessary strain on horses and harness.

### EUREKA HARNESS OIL

"Lengthens leather life"

replaces the natural oils that dry out of the leather and puts new life in old harness. It penetrates the leather leaving it soft and pliable, and overcomes the worst enemies of harness—water and dirt.

Sold in standard sized packages by live dealers everywhere.

### IMPERIAL OIL LIMITED

BRANCHES IN ALL CITIES



### Clean Black Kid Gloves.

Add a few drops of ink to a teaspoon of salad oil, rub on with a feather and put them out to dry in the sun. It will make them look like new.

### Minard's Liniment used by Physicians.

Coffee will be better if one or two cups are poured off and back again just before serving.

### MISCELLANEOUS

GRANITE CUTTERS AND LETTERERS WANTED. Write Geo. M. Paul, 156 Victoria St. Sarnia.

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.

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.

### SMOKE TACKETTS ORINOCO CUT FINE FOR CIGARETTES



### Dandruff Kills the Hair Cuticura Kills Dandruff

Try one treatment with Cuticura and see how quickly it clears the scalp of dandruff and itching. On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Rinse with tepid water. Repeat in two weeks. Nothing better or surer.

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

### WOMAN'S NERVES MADE STRONG

### By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night—would lie awake and get so nervous I would have to get up and walk around and in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZE, 603 Olmstead St., Winona, Minn.



How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. Sultze's experience and give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

# SMOKE TACKETTS T & B CUT OR PLUG

