

OUR FOREFATHERS purged themselves often and lived long. They used mild but efficient purgatives like

"RIGA"

PURGATIVE WATER

which flushes out the intestines and ensures normal bowel action without causing colic, cramps or discomfort.

On Sale everywhere: 25 cents the bottle.

RIGA PURGATIVE WATER CO. MONTREAL.

Eat less Bread

PRESIDENT WILSON

Chief Executive of the United States, Is a Hard Worker.

Mr. Woodrow Wilson has, for many months past, worked on the average 18 hours out of every 24, without the least sign of exhaustion.

Such a glutton is he for work that, just as nothing is too great for his personal attention, nothing is too small. He will turn from settling the food control of 110,000,000 people, or placing an embargo on exports to neutrals, which means the starvation of Germany, to typing a pretty little note to a child in the Middle West who has asked him if he would advise her to invest her small savings in the war loan.

He never dictates a letter, a speech, or an international Note. He types them all with his own hands on a small typewriter, which he bought some years ago, when he was head of Princeton University, and which has been his constant companion ever since.

It accompanies him on all his trips (it has travelled considerably over 100,000 miles); and on it he has written every one of his historic messages, from his Note on the Lusitania tragedy to the more famous address of April 2nd, 1917, when he threw down the gauntlet to Germany.

In Homeland.

There is a house in Homeland that I may call mine own,
And I may sit within it beside the warm hearthstone;
But if I dwell in Flanders, or lived in Picardy,
Think you I would be sitting beneath mine own roof tree?

There is a Homeland garden in which I may behold
The pansies I have planted, the gleaming marigold;
But if I dwell in Flanders, or lived in Picardy,
Think, if I owned a garden, what would my garden be!

I have loved ones I cherish beyond all things of earth;
They bring to me my solace; they make for me my mirth;
But if I dwell in Flanders, or lived in Picardy!
Dear God, spare us in Homeland the speechless agony!

The beneficial animals are angle worms, toads, frogs, lizards, snakes and birds, and these should not be injured.

The Test

of a change from tea or coffee to Postum comes when you note better health and all round improvement. Not a thing harmful in Postum. Besides, it saves waste and fuel. The flavor is delightful. For your own sake try

POSTUM

The Weekly Fashions



These are very good designs for the separate waist and skirt. McCall Pattern No. 7999, Ladies' Blouse. In 6 sizes, 34 to 44 bust. No. 8101, Ladies' Six-Gored Skirt. In 8 sizes, 22 to 36 waist. Price, 20 cents each.



This is a dress with a hint of the military in the braid and buttons. McCall Pattern No. 8009, Ladies' Semi-Fitted Dress. In 6 sizes, 34 to 44 bust. Price, 20 cents.

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

Labor for the Harvest.

Mr. J. D. McGregor, Director of Labor, Canada Food Board, says that the seeding of the West has been managed very well by the co-operation of the men in the towns and cities, of the boys enlisted in the Soldiers of the Soil, and by men secured from the United States. "I have the assurance of the Government," said Mr. McGregor, "that measures will be adopted to assure you the necessary supply of labor for harvesting the crop. The Anti-Loafing Law has worked wonders and idle foreigners and sports have disappeared from the streets of the West. They are at work on the farm."

Arrangement With the United States. Honorable G. C. Robertson, Labor representative in the Government, stated in the House of Commons that an arrangement had been completed by the United States Department of Labor and the Canadian Department of Immigration and Colonization for the interchange of farm laborers. Several thousand have already entered the Canadian West under this arrangement.

When you have potatoes for a meal you need less bread.

At the Family Altar.

Before Thee, Lord of all, we bow
Who giveth us another day;
And round this hallowed altar now
Our heartfelt thanks we pay.

Ah! some did vigil tapers burn,
Who but for Thee were sore distressed;
But as to life we safe return
Gladness is still our guest.

We bless Thee for the tasks that wait
For us at home, abroad, at school.
These help us do, eager, elate
And mind the golden rule.

Guard and keep pure from every stain
Both those who toil and those who play,
Till eve unites us all again,
And here we kneel to pray.

—Alexander Louis Fraser.

LEMON JUICE IS

FRECKLE REMOVER.

Girls! Make this cheap beauty lotion to clear and whiten your skin. Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how clear, soft and white the skin becomes. Yes! It is harmless.

Birds That Bring Good Luck.

Tradition has it that a late swallow brings luck to the hostel he favors, and many country people still regard the bird as semi-consecrated, and refuse to allow its empty nest to be interfered with during winter months. With the spring the birds return to their original caves, and it is a sign of impending misfortune if they neglect their former nests. A swallow at sea brings disaster in its train, but a sand swallow is considered a mascot by the surrounding country-side.

Even the humble hedge sparrow may lay claim to some share of notoriety, for illness attacks the occupant of the room into which it gains access. A dead wren is another little treasure, and the superstitious Manx fishermen would never set sail at one time without one. A live wren will not work the same result, but a dead wren can vie with the renowned caul among sea superstitions.

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tuskat Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES,
General Sec'y.

A Remarkable Career.

One of the most remarkable officers of the British Army now fighting in France is Brigadier-General Adrien Carton de Wiart. Since the war began he has been wounded eight times, has lost an eye and an arm, and has gained in succession the D.S.O. and V.C., and several Belgian decorations.

Gen. Carton de Wiart was born in Brussels 34 years ago, and is the son of the late Maitre Leon de Wiart, who filled a high legal position in connection with the Anglo-Egyptian Government, and is a nephew of the Belgian Minister of Justice.

He fought in the Boer War at the age of 17, and was thrice wounded while serving with Brabant's and the Imperial Light Horse, so that altogether he has been wounded 11 times. When the present war broke out he went to East Africa, where he was severely wounded. The Anglo-Belgian general, in spite of the loss of an arm and an eye, has proved himself a brilliant and fearless cavalry leader.

Most of this land lies to the North, in the great Peace River and Grand Prairie country, often spoken of as the last great West.



Takes out the inflammation—
from burns, inflamed cuts, scalds, bites, blisters
and suppurating abscesses. Works like
magic! Buy a box at dealers, or write us.
HIRST REMEDY COMPANY, Hamilton, Canada.

ED. 7. ISSUE 23-18.

WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift
corns or calluses off with
fingers—no pain.



Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it freezone. Any druggist will sell a tiny bottle of freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off. Freezone is wonderful. It dries instantly. It doesn't get away the corn or callus, but shrivels it up without even irritating the surrounding skin. Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezone, tell him to order a small bottle for you from his wholesale drug house.

Making Matters Worse.

A fool once opened wide his mouth
And straight a foolish phrase
Flew out and sped around the world
And travelled all its ways.

The fool soon saw his sad mistake
And strove to help it then;
Quoth he: "I'll keep an open mouth—
It may fly in again."

And so he spread the hinges wide
With never one misdoct;
Alas, no foolish words came back
But only more flew out.

You will agree that a satisfying cup of tea is economical at five cups for a cent, yet that is all the genuine Salada costs. Low-priced teas actually cost you more, for they yield far less, in the teapot and, of course, have not that delicious flavor.

Seeding Well Ahead.

Mr. J. D. McGregor, Director of Labor, Canada Food Board, says that seeding was never so well advanced in the history of the West as it is this year. It is up to the men in non-essential industries now to plan to help with the harvest.

Minard's Liniment Lumberman's Friend.

How Long They Live.

A sheep lives ten years.
A cat lives fifteen years.
A lion lives twenty years.
A camel lives forty years.
A bear lives twenty years.
A dog lives fourteen years.
A squirrel lives eight years.
A canary lives six years.
A crow lives twenty-five years.
An ox lives twenty years.
A guinea pig lives seven years.
A horse lives twenty-five years.
A whale lives three hundred years.
A tortoise lives one hundred years.
An elephant lives four hundred years.
A parrot lives one hundred and twenty-five years.

If the lawn is inclined to be damp add plenty of sand; if mossy, plenty of lime.



The Cause of Heart Trouble

Faulty digestion causes the generation of gases in the stomach which inflate and press down on the heart and interfere with its regular action, causing faintness and pain. 15 to 30 drops of Mother Seigel's Curative Syrup after meals sets digestion right, which allows the heart to beat full and regular.

Our Lads.

Why so far from home, lads,
So far, so very far?
Surely you are not of those
Who journey toward a Star.

There were Three, but they were old,
Wise and old and gray.
Why should you when life is high
Fare so far away?

They, the Three, so long ago,
Gray and wise and old,
Sought a King and brought Him gifts,
Incense, myrrh and gold.

So far away from home, lads,
So far, so very far.
In your eyes I read the truth—
You, too, seek the Star!

Though you come with song, lads,
You, too, seek the King.
Greater gifts than they, the Wise,
Unto Him you bring.

He could not bide at home, lads,
And like Him now you roam
So far, so far, oh, lads, dear lads,
To make the whole world Home!

Minard's Liniment used by Physicians.

Do You Know This?

The middle verse of the Bible is the eighth verse—the 118th Psalm. The twenty-first verse of the seventh chapter of Ezra contains all the letters in the alphabet except the letter "j." The longest verse is the ninth verse of the eighth chapter of Esther. The shortest verse is the ninth verse of the eleventh chapter of St. John.

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

A Camouflage Grace.

Little Harry (after eating his meagre ration of bread and margarine)—
Must I say grace, mama?
Mama—Of course, darling.
Little Harry—Well, you said God could read our thoughts, and if I say I'm thankful He'll know jolly well what a 'bominable little liar I am!

Ask for Minard's and take no other.

World's Greatest Mine Field.

According to the London Telegraph the area of the North Sea recently announced by the British Government as prohibited as dangerous to shipping after May 15th is the greatest mine field ever laid for the special purpose of felling submarines. It embraces 121,782 square miles, the base forming a line between Norway and Scotland and the peak extending northward into the Arctic Circle.



Convenience

The AutoStrop Safety Razor is always ready for use—the edge is uniformly keen and it is a simple matter to keep it so.

It strops, shaves and is cleaned without taking apart.

This explains why the AutoStrop is universally used and liked by the boys overseas.

Give your soldier an AutoStrop—it's the gift he needs.

AutoStrop Safety Razor Co. Limited

83-87 Duke St. Toronto, Ont.



Sailors' Rations Reduced.

Representatives of the British Mercantile Marine in conference with Lord Rhonda have agreed to a reduction of 50 per cent. in their meat allowance.

AGENTS WANTED

Portrait Agents Wanted! Good prints! finishing a specialty! frames and everything at lowest prices! quick service! United Art Co., 4 Brunswick Ave., Toronto.

FOR SALE

WEEKLY NEWSPAPER FOR SALE in New Ontario. Owner going to France. Will sell \$2,000. Worth double that amount. Apply J. H. c/o 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 68, Wilson Publishing Co., Ltd. Toronto.

MISCELLANEOUS

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.



Cuticura

For The Skin

The Soap to Cleanse and Purify
The Ointment to Soothe and Heal

These fragrant, super-creamy emollients stop itching, clear the skin of pimples, blotches, redness and roughness, the scalp itching and dandruff, and the hands of chaps and sores. In purity, delicate medication, refreshing fragrance, convenience and economy, Cuticura Soap and Ointment meet with the approval of the most discriminating. Ideal for every-day toilet uses.

For sample each by mail address, treat-ment "Cuticura Dept. N, Boston, U.S.A." sold by dealers throughout the world.

HOW MRS. BOYD AVOIDED AN OPERATION

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well."

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles."

so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARIE BOYD, 1421 5th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary—every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years' experience is at your service.

