CONSTIPATION is the most common ailment of the age, one responsible for many serious and often fatal diseases.

"RIGA"

PURGATIVE WATER

is the safest, surest and most economical remedy for its cure. It flushes the intestines and removes the accumulated waste matter which undermines health and endangers life.

On Sale everywhere: 25 cents the bottle.

RIGA PURGATIVE WATER CO. MONTREAL.

Up-to-Date Models

These is something very attractive about this smart little suit. The trousers and suspenders can be made of blue, and the little blouse of white. McCall Pattern No. 8168, Boy's Tommy Tucker Suit. In 3 sizes; 2 to 6 years. Price, 15 cents.

Smart, indeed, is tunic dress of satin. The front has a vest effect, which is most becoming. McCall Pattern No. 8139, Ladies' 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.

When you take a load of produce to town, haul a load of fertilizer or lime on the return trip.

ECONOMY TALK is all right—ECONOMY PRACTICE is better. INSTANT POSTUM is an economy drink—absolutely no waste. Besides, it is convenient, saves fuel and sugar, and leaves nothing to be desired in the way of flavor. TRY A CUP!

THE MAKING OF AN AIRPLANE

THOUSANDS OF OPERATIONS ARE NECESSARY.

Some Details of the Intricate Factors Entering Into the Manufacture of Warplanes.

The time, labor and material which go into the making of a warplane are thus set forth by Lieutenant Colonel Hiram Bingham, Signal Corps, U.S.A.

Let me try to depict by a rough picture a plane in the making. Suppose, for instance, you were set to driving 4326 nails and 3377 screws. Undoubtedly that would be quite a task—a total of 7703 separate operations. Well, when you had reached the 5000 mark you could truthfully be told that you had done less than two-thirds of the work of this sort required for a single airplane. (These figures are for a training plane; for a French battleplane 23,000 screws are said to be needed.) Somehow a plane looks so simple and floats so gracefully through the air that we lose all thought of the skill that goes into its making.

Must Use Little Metal.

Just recently we have received some figures of the material which is required for one of the simpler training planes. For instance, 921 steel stampings must be cut out, 798 forgings cast and 276 turn-buckles, all for a single machine.

Think, then, of the hundreds of thousands of such pieces needed for the thousands of planes in the American program and of how utterly hopeless for us the situation would be if those parts were not standardized, turned out by machinery in tens of thousands, and usable in scores of different factories on any kind of plane. The reduction of aircraft manufacture to the simplest, standardized quantity production basis has been one of America's great triumphs in the air and an achievement which very soon will be making itself felt.

But metal must be used in an airplane as little as possible. It is altogether too heavy, especially when a few extra pounds make all the margin in speed between victory and defeat. An engine of 300 horsepower is in itself enormously heavy to rise into the air; so that the rest of the machine must attain the very acme of lightness.

The Strain Exerted.

That very lightness, however, entails enormous strength and perfect adjustment. Think of the strain which is exerted on every wire and nut, every inch of linen and every bit of wood as this 300-horsepower mechanism rushes through the air at 150 miles an hour! Cyclones often do not go as fast, and we can easily picture what happens to a strongly built house when the air strikes it at that speed.

But if the strain is great simply because of high speed, what must it be when a plane suddenly careens downward, taking a tremendous pressure off one part and hurling it upon another. It is that kind of sharp, sudden, unevenly distributed shock which allows the slightest tap of a knife to crack an egg or the explosion of a depth bomb to crush in the unprepared side of a submarine. Obviously a plane must be built so skillfully and of such perfect material as to withstand not only the pressure of the cyclone speed, but also the added shocks of its sudden evolutions.

Airplane Spruce.

The one material which gives this double characteristic of strength with lightness is spruce; not the ordinary spruce, but a superselected spruce from the giant trees of the Pacific coast. Few would believe that this would present much of a problem with America's vast resources, but when one considers that only a small fraction of the very best spruce is usable at all, and that the war has vastly increased the demand for that, the difficulty will begin to appear. Let me explain this in detail:

The ideal trees for airplane spruce are the fine old patriarchs, scarce enough at best, which have a girth of about fourteen feet and run up 160 feet without a branch. Now, when this splendid wood is cut, 52 per cent is thrown out at once—the part in the heart where the grain is too circular and the part at the circumference where the grain is too coarse. Another 10 per cent. is culled out for various reasons and another 7½ per cent. lost to kiln shrinkage. This leaves us less than one-third of our original wood for further selection.

Of this third, however, only a small proportion is fit for the more delicate work. Less than 1 per cent. of it has the necessary length and strength for ailerons; 2.3 per cent. is fit for the wing beams; 4.6 per cent. for the long struts and the same for the landing gear. The balance can only be used for ribs and the smaller fittings.

These figures show why America's vast lumber resources are being strained to the limit to build our air fleet. They explain also why it has been necessary for the United States to take over the whole spruce output as agent for the combined Allied program and eliminate the ruinous competition which had prevailed among the English, French and Italian Governments."

Yes, Who?

The wounded Tommy was sitting up in bed when the nurse brought him his tea. He stared at his plate, and just as the nurse was leaving him, he said:

"Oh, I say! Who ever put the butter on this bread?"

"Why, I did," returned the nurse indignantly.

Tommy went rather red, and stammered:

"I—— Oh, pardon, nurse, but—well, who scraped it off again?"

LEMONS MAKE SKIN WHITE, SOFT, CLEAR.

Make this beauty lotion for a few cents and see for yourself.

What girl or woman hasn't heard of lemon juice to remove complexion blemishes; to whiten the skin and to bring out the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should be mixed with orchard white this way. Strain through a fine cloth the juice of two fresh lemons into a bottle containing about three ounces of orchard white, then shake well and you have a whole quarter pint of skin and complexion lotion at about the cost one usually pays for a small jar of ordinary cold cream. Be sure to strain the lemon juice so no pulp gets into the bottle, then this lotion will remain pure and fresh for months. When applied daily to the face, neck, arms and hands it should help to bleach, clear, smoothen and beautify the skin.

Any druggist will supply three ounces of orchard white at very little cost and the grocer has the lemons.

To a Butterfly.

I've watched you now a full half-hour,
Self-poised upon that yellow flower;
And little Butterfly! indeed
I know not if you sleep or feed.
How motionless! not frozen seas
More motionless! and then
What joy awaits you, when the breeze
Has found you out among the trees,
And calls you forth again!
—William Wordsworth.

Minard's Liniment Lumberman's Friend.

Worse Than He Realized.

It is told of Rufus Choate, the famous U.S. lawyer, that on one occasion he appeared in court in behalf of a certain blacksmith whose tools and stock-in-trade had been seized by a creditor.

So powerfully did the great advocate depict the wrong that he contended had been done to his client and so vivid was his description of the extent to which the forge had been stripped, that the blacksmith, who sat near by, was observed to burst into tears.

"Why, Tom," said a sympathetic friend, "what's the matter with you? What are you crying about?"

"Oh," replied the blacksmith between his sobs, "until Mr. Choate spoke I had no idea I had been so abominably t-t-treated!"

I cured a horse of the Mange with MINARD'S LINIMENT.
CHRISTOPHER SAUNDERS.
Dalhousie.

I cured a horse, badly torn by a pitch fork, with MINARD'S LINIMENT.
St. Peter's, C.B. EDW. LINLIEF.

I cured a horse of a bad swelling by MINARD'S LINIMENT.
Bathurst, N.B. THOS. W. PAYNE.

Italy Spends Five Millions Daily.

The war is costing Italy $149,000,000 a month or, in round numbers, about $5,000,000 a day, says a recent despatch from Rome. In estimating the cost of the war the expenditure incurred during the ten months of Italy's neutrality for war preparations as well as the money spent during the thirty-three months of war up to the end of last February are taken into account. The estimate is only approximate, because besides the money actually spent for war expenditure payments made by the War Office and the Admiralty for extraordinary expenditure due to the war are included in the calculation.

Ask for Minard's and take no other.

Chicken houses should be thoroughly cleaned and sprayed, and an effort made to get rid of all mites and lice. These pests affect the vitality of the flock, cause hens to leave their nests, and kill young chicks. Breeding stock should be carefully selected and well housed and fed to insure good hatches and strong chicks. Ample nests should be provided for the layers. Chicks should be protected from getting wet or becoming chilled. Guard against rats.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it.

If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug house for you.

Easy Enough.

Men own, with modesty becoming,
That they've no knack for law or plumbing
Or adding figures, art or preaching
Or banking, mayoring or teaching;
But I have never yet seen one
Who didn't think that he could run
A farm much better—though a bad one—
Than most men who have ever had one.

Minard's Liniment used by Physicians.

Canada Should Can Sardines

Canada imports annually, canned sardines valued at over $100,000. The major portion of these imports are from the United States, Norway, the United Kingdom and Portugal, in the order named. Oddly enough, only 20 per cent. of the New Brunswick catch is canned in this country. The remaining 80 per cent. is shipped to Maine to be canned by American canners. The Canada Food Board is at present taking active steps to have these fish canned in Canada. If this is done it will be, obviously, a distinct advantage to Canadian consumers.

Any banana can be used for making marmalade.

AutoStrop SAFETY RAZOR

A Quick, Clean, Comfortable Shave Guaranteed

Every soldier shaves under difficulties—cold water, chilling atmosphere and a time allowance of about three minutes for the whole job.

The AutoStrop Safety Razor overcomes all shaving difficulties—it is the only razor that is always ready for use—that always has a keen edge because it sharpens its own blades automatically. Strops—shaves—cleans—without removing blade.

Give him an AutoStrop—the gift of the hour.

AutoStrop Safety Razor Co., Limited
83-87 Duke St., Toronto, Ont.

51-1-18

War and Population.

Theories as to the underlying causes of the great war are as numerous as guesses regarding the time when the end may come, and hardly a week passes that some person whose position gives his words more or less weight does not offer explanations on the subject. One of the latest is from Dr. C. Killick Millard, medical officer for Leicester, England, who says:

"Throughout the world's history overflowing populations have been a fruitful cause of political unrest and war. Germany's mad dream of world supremacy was fostered and encouraged by her rapid increase of population during the last fifty years. If the fall in the birth rate had set in earlier—latest returns show that it is only slightly greater than in England—the present war might have been avoided."

MONEY ORDERS.

Buy your out-of-town supplies with Dominion Express Money Orders. Five Dollars costs three cents.

Kernel Wheat to Front.

Little buns of barley,
Little rolls of rye
Send wheat across the ocean
To every good ally.

Keep Minard's Liniment in the house.

Did you ever stop to think that a farmer is a laborer and a capitalist? If he is to continue in that double capacity he needs a proper return from both work and money. In other words he should have "a good living and 10 per cent."

Apples will form the basis of almost any jelly.

LIQUIDS and PASTES

KEEP YOUR SHOES NEAT

2 IN 1 SHOE POLISHES

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

PRESERVE the LEATHER

THE F. F. DALLEY CORPORATIONS LTD. HAMILTON CANADA

SMOKE TUCKETTS T&B CUT

ABSORBINE

TRADE MARK REG. U.S. PAT. OFF.

will reduce inflamed, swollen Joints, Sprains, Bruises, Soft Bunches; Heals Boils, Poll Evil, Quittor, Fistula and infected sores quickly as it is a positive antiseptic and germicide. Pleasant to use; does not blister or remove the hair, and you can work the horse. $2.50 per bottle, delivered.

Book 7 R free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful, Swollen Veins, Wens, Strains, Bruises; stops pain and inflammation. Price $1.25 per bottle at dealers or delivered. Will tell you more if you write. Liberal Trial Bottle for 10c in stamps.

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

HIRST'S PAIN Exterminator

Don't Suffer Pain—Buy Hirst's

and be prepared against attacks of rheumatism, lumbago, neuralgia, sprains and all similar painful ailments. For over 40 years a family friend. Don't experiment—try Hirst's—at dealers, or write us.

HIRST REMEDY COMPANY
Hamilton, Canada

HIRST'S Family Salve, (50c). HIRST'S Pectoral Syrup of Horehound and Elecampane, (35c)

35¢ BOTTLE

Comply with Law

STOPGLARE LENS

Daylight Night Driving without Glare or Danger

SEND FOR CIRCULAR $3.00 PER PAIR ALL SIZES

at your dealers or direct

STOPGLARE LTD.
HAMILTON, ONT.

MAGIC BAKING POWDER

MADE IN CANADA

CONTAINS NO ALUM

Celery and peas are not recommended for small gardens, but runner beans will produce well for the space they occupy.

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 8?, 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.

A Cure for Bad Breath

"Bad breath is a sign of decayed teeth, foul stomach or unclean bowel." If your teeth are good, look to your digestive organs at once. Get Seigel's Curative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c. and $1.00 Bottles. Do not buy substitutes. Get the genuine. 6

CUTICURA HEALS ITCHING ECZEMA

So Bad Could Not Sleep. Red With Water Blisters and Burning.

"I had eczema so bad I could not sleep. It first started on my arm, then I had it on my body so that I could hardly wear my clothes, and I had to stay in bed. My flesh was dark red with water blisters, and burning and itching.

"Everything I tried seemed to make me worse, and I had the trouble for nearly two years. I read about Cuticura Soap and Ointment, and I got them. They did me good right away, and now I am entirely healed." (Signed) Mrs. Peter McIntosh, French River, Ont., April 10, 1917.

How often such distressing, disfiguring skin troubles might be prevented by every-day use of Cuticura Soap and Ointment for all toilet purposes.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

NERVOUS PROSTRATION

May be Overcome by Lydia E. Pinkham's Vegetable Compound—This Letter Proves It.

West Philadelphia, Pa.—"During the thirty years I have been married, I have been in bad health and had several attacks of nervous prostration until it seemed as if the organs in my whole body were worn out. I was finally persuaded to try Lydia E. Pinkham's Vegetable Compound and it made a well woman of me. I can now do all my housework and advise all ailing women to try Lydia E. Pinkham's Vegetable Compound and I will guarantee they will derive great benefit from it."—Mrs. FRANK FITZGERALD, 25 N. 41st Street, West Philadelphia, Pa.

There are thousands of women everywhere in Mrs. Fitzgerald's condition, suffering from nervousness, backache, headaches, and other symptoms of a functional derangement. It was a grateful spirit for health restored which led her to write this letter so that other women may benefit from her experience and find health as she has done.

For suggestions in regard to your condition write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their 40 years experience is at your service.

SMOKE TUCKETTS ORINOCO

CUT FINE FOR CIGARETTES — CUT COARSE FOR PIPE