Task:

how much NaNO3 must be weighed out to make 50 cm3 of an aqueous solution containing 70 mgNa+ per cm3

Solution:

There must be 70 mg Na in 1 cm₃. In 50 cm₃ there will be $m(Na) = 70 \cdot 50 = 3500$ mg = 3.5 g The number of moles of Na in 3.5 g is n(Na) = m(Na) / MW(Na) = 3.5 / 23 = 0.15 mol The number of moles of NaNO3 is equal to the number of moles of Na The mass of NaNO₃ is $m(NaNO_3) = n(NaNO_3) \cdot MW(NaNO_3) = 0.15 \cdot 85 = 12.8$ g

Answer: $m(NaNO_3) = 12.8 g$