

# Buy Canadian Goods

Will you help to provide work for Canadians by buying Canadian-made goods, when possible, in preference to imported goods?

The home market is the best market. Build it up! Great Britain, France and Italy are restricting imports and protecting their own industries and workers. Canada must develop her domestic trade. Every dollar spent on foreign goods represents loss in work and wages to Canadian workingmen. Every dollar spent at home improves the domestic market for manufactured and agricultural products and stimulates national development.

During 1918, foreign products to the value of \$906,954,900 were imported into Canada for consumption in this country. If one-half of these goods had been produced in Canada, or if the people of the Dominion had substituted "Made-in-Canada" products for one-half of the imported commodities, employment would have been provided for 100,000 more workers and close to \$100,000,000 more would have been paid in wages and salaries.



## CANADIAN RECONSTRUCTION ASSOCIATION

WESTERN OFFICE  
510-11 Electric Railway Chambers  
Winnipeg

HEAD OFFICE  
Royal Bank Building  
Toronto

EASTERN OFFICE  
603-4 Drummond Building  
Montreal

7a

## Bear us in mind

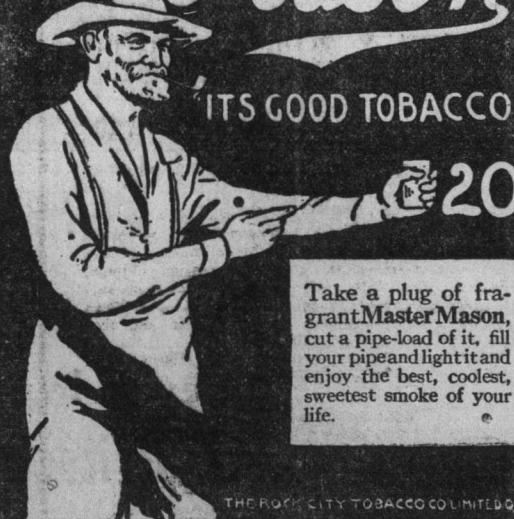
In these days of food scarcity and the necessity for strict economy good bread is more than ever before in the world's history "the staff of life." Ocean Flour has been the foundation for good bread making for more than half a century. Your grocer can supply you with Ocean Flour and if he does not do so please phone direct to the mill.



## SMOKE

Master  
*Mason*

ITS GOOD TOBACCO



THE ROYAL CITY TOBACCO CO. LIMITED, QUEBEC

## Boundaries of Three Wards Rearranged

In Order to Equalize the Population in Two

The rearranged boundaries of the wards of the City as decided on by the City Council Monday evening are outlined in the following motion that was passed after being presented by Ald. Bowman and Ald. Bitter, being carried unanimously:

That this council in view of the present inequality of the North Centre and East wards, affirms the expediency of a new subdivision of that part of the city, and suggests the following as suitable on bases of said wards in order to equalize the population in the same North Ward: West, King St. to the main line of the Grand Trunk Railway and the Northwardly and westerly limits of the city, Centre Ward: King St. Frederick St., the easterly limits of the city and the main line of the said railway.

East Ward: King St. East, Frederick Street, and the easterly limits of the city.

That a copy of this resolution be transmitted to the Mayor and the Lieutenant Governor-in-Council, with a certificate that it was passed this day unanimously and a request for proclamation accordingly.

And that the Mayor transmit a copy to Mr. C.H. Mills, M.P.P., our local member in the legislature and request his interest in securing the necessary proclamation, it as early a date as possible in order that the assessment and notice lists for this year may conform to the new subdivision.

### CONESTOGO

Miss Moore of Kitchener was a guest at the well known Schweizer Hotel here last week.

A slighting party of young Waterloo people spent a very pleasant and social evening at the home of Mr. and Mrs. Henry Hollis, on Monday evening last week.

Pte. Louis Hagen who recently returned from overseas to his home in Kitchener was on Tuesday last week the guest of his sister Mrs. Sol. Kiveli. Student H. Kiveli of the Seminary Waterloo will preach in the Luth. Church here next Sunday afternoon.

Mrs. Richard Bartsche and daughter have returned to their home at Ridgeway after a short visit with relatives here and the vicinity.

On Tuesday evening last week the home of Mr. and Mrs. Geo. Adamson was the scene of a farewell party tendered them by a few score neighbors and friends prior to their departure for the west where they intend making their future home.

Mr. Harry G. Hasenborn left on Sunday on an extended trip to Buffalo and points in the eastern States.

### CAPTURE IMPORTANT TOWN

LONDON Mar. 18.—The Siberian army of the Omsk government, beginning an offensive against the Bolsheviks on the Ural front, has captured Omsk Bisk and Ochanak, according to advices received here today.

The Bolshevik official wireless from Moscow, admitting the Siberian army's advance, also stated the Soviet forces had been obliged to abandon the important town of Ufa.

### USE COCOANUT OIL FOR WASHING HAIR

If you want to keep your hair in good condition, be careful what you wash it with. Do not use prepared shampoos or anything else that contains too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mulitised coconut oil (which is pure and entirely greaseless) is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dirt. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

THE NEW RIVAL IN HOCKEY  
Montreal March 17.—Fans where by the Eastern Hockey Association will become a serious rival in Ontario of the Ontario Hockey Association were launched at an informal meeting in Montreal on Saturday night between Co. troller Flange of Ottawa, who accompanied the St. Brigid's team here on their unsuccessful Ross Trophy quest; Art Ross, the donor of the trophy, and Cecil Hart of the Montreal branch of the E.C.A.H.A. The plan proposed aims at the formation of the Central Canada Hockey Association, and will make an interesting departure from the beaten path of amateurism by allowing those recognized as professionals in other branches of sport to compete in hockey as amateurs.

The policy committee of the United Mine Workers of America has been called to meet at Indianapolis today to take action on the matter of wages, unemployment and other issues growing out of the re-organization period. A conference on the restoration of disabled soldiers and sailors to self-support, international in its representation and the scope of subjects to be discussed, will be opened in New York City today under the auspices of the Red Cross Institute for Crippled and Disabled Men, a departmental branch of the American Red Cross. More than 250 of the members of the new British House of Commons saw service in the war.



## Give her BOVRIL

In the independent experiments on human beings conducted by Professor Thompson, of Dublin, at the request of a Government Department, the Body-building Power of Bovril was proved to be from 10 to 20 times the amount taken.

Canada Food Board, Licence No. 13-442



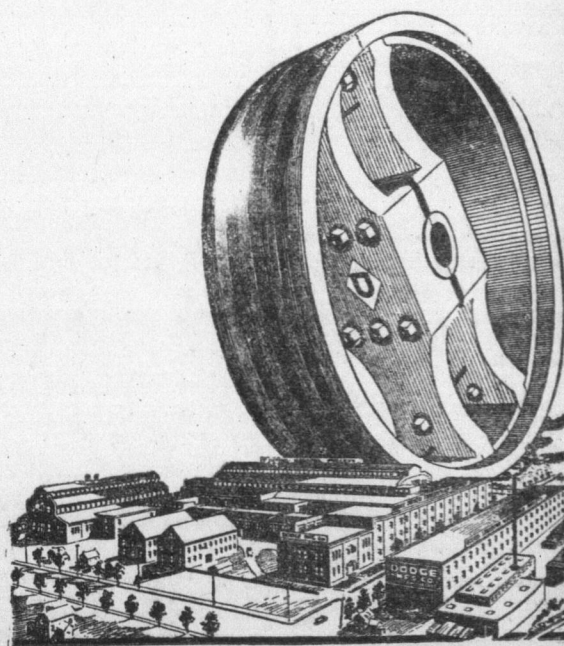
## A Healthy Skin

Your skin does not smart and burn after being washed with Ivory Soap. Instead, the skin is soothed by the mild, pure delightful Ivory lather. Ivory Soap is non-irritating because it contains no uncombined alkali. It does not remain in the pores because it does not contain unsaponified oil. Its purity and mildness make it the logical soap for those who would keep their skin clean and healthy.

IVORY SOAP 99 44/100% PURE

IT FLOATS

Made in the Procter & Gamble factories at Hamilton, Canada



## Dominating All Else

is this one fact about Dodge Wood-Split Pulleys.

They cost less to operate than any metal pulleys of equal size.

The same amount of power delivered annually for \$8.00 less for each pulley is the

average money value of the saving. Surely, therefore, when cutting overhead expenses without impairing efficiency, is so necessary, it is worth your while investigating to see whether you could use Dodge Wood-Split Pulleys to advantage.

**DODGE**  
WOOD-SPLIT PULLEYS  
M. Weichel & Son, Limited.  
Phone 315. King Street.  
Stockers for Waterloo and District.

If you want to save time and money see W. H. Rosenbusch. He has the largest selection of houses in the city. Where you get a square deal. 38 Frederick St. Phone 324