NEWS RECORD

All depends on what you eat (Established in 1878) as a substitute. It is a good (Established in 1878) The News-Record is published every aiternoon (holidays and Sundays excepted) at 49 Weat King St., Kitchener 'Berlin, Ont. by its proprietor The News-Record' Limited. The Subactription prices \$1.00 a year when path in advance and \$5.00 per annum when not so paid. time to study "food value." You may be eating the wrong foods, the foods that cost most and give the least nutriment. Shredded Wheat Biscuit contains

Hard to Drop Meat?

nutriment, pound for pound,

Wheat your "meat." A satis-

fying breakfast on which to

start the day's work. It is

ready-cooked and ready-to-

paid. By mait io any address in Canada, or the United States \$3.60 per annum invarably in advance/ Advertising Rates iurnished on application.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* Are you for Winning the War nourishing meal at a cost of a few cents. Make Shredded Forgetting the War THE COST OF MILK

DISTRIBUTION.

eat. Made in Canada. Having investigated the subject f milk distribution the Canadian

To vizualize the tole which an ex-

cessive number of distributors pay in the price of milk, it uses Toronto four months. and Ottawa as examples.

and Ottawa as examples. Toronto has 90 distributors and he spread is 5; cents. Ottawa, where 5 per cent. of its milk distribution in the hands of one or manager of the rgest Ottawa firm of milk vendors serts that were there but a single and Ottawa as examples. In the winters of 1915 and 1916 the same prices provailed. Even under war conditions and with the cost of feed much ligher the people of Regima are not paying more for rgest Ottawa firm of milk vendors serts that were there but a single and other investigation the distribution is done on a spread in the light that they do in 1913. The Regima plan besides maintain-ing the cost of milk at pre-war prices through the lowering of distribution in the hands of one on a spread is the cost of milk at pre-war prices through the lowering of distribution is the out of distribution is the cost of milk at pre-war prices through the lowering of distribution is discovering of distribution is the cost of milk at pre-war prices through the lowering of distribution is discovering of distribution is the lowering of distribution is the lowering of distribution is the cost of milk at pre-war prices through the lowering of distribution is discovering of distribution is discovering of distribution is discovering of distribution the same prices provailed. Even at the hands of the Inter-peared that sugar would become as through the lowering of distribution the cost of milk at pre-war prices through the lowering of distribution the cost of milk at pre-war prices through the lowering of distribution the cost of milk at pre-war prices through the lowering of distribution the cost of milk at pre-war prices through the lowering of distribution the cost of milk at pre-war prices through the lowering of distribution the cost of milk at pre-war prices through the lowering of the body and produce the spread is 5; cents. Ottawa, where 75 per cent. of its milk distribution cost of feed much higher the people is in the hands of one company, of Regima are not paying more for the distribution is done on a spread their milk than they did in 1913. of 3<sup>1</sup>/<sub>4</sub> cents. The manager of the largest Ottawa firm of milk vendors asserts that were there but a single through the lowering of distribution asserts that were there but a single delivery system in his eity, the spread could be reduced to 3 cents. With the cost of milk, when rs-ceived from the dairymen, being practically alike in both eities, it is ber of dealers in Toronto as compared ber of dealers in Toronto as compared

This city and Waterloo having a population one-half of that of London, Ont., could, in the adoptio of the plan outlined, save \$21,124 er year to their citizens. Were all the milk vendors to con solidate their businesses it might be thought that it would create a monopoly. This is prevented by having governmental supervision, so as to ensure reasonable prices to the

tarmer; a reasonable recompense to the milkman and a fair price to the body about it," said Mrs. Florence more real, body-building than meat, eggs or potatoes The plan is worthy of careful con- avenue, Mt. Dennis Toronto. and costs much less. Two ideratio on the part of the milk of these Biscuits with milk and a little fruit make a

service.

BY THE WAY.

pain that settled in my side. In a little while my left side, arm and shoulder began to throb and ache till The bank clearings in this city I suffered agonies from rheumatism for the week ending Dec. 27, totalled \$585,663. This is an increase of 33.1 per cent. over the same week of 1916. stiff it almost killed me to bend over

Most Grateful

Woman in Town

"The Way Tanlac Helped Me Is

Simple Wonderful," Says Mrs. Edwards

"I feel so happy over what Tanlac

Edwards, a resident of Buttonwood.

"Several weeks ago," continued

Mrs. Edwards, "I contracted a severe

and I actually was unable to put on Acting on the ground that the my shoes. My shoulder hurt so I Acting on the ground that the his shoes. My should fill the ball of the fill the half at t and the nation indirectly responsible, the Government will be requested in the consumers could be materially lowered ware two milk distributing companies in Regina and several producers whose there fewer distributors.
It uses the word "spread" to designate the difference between the price paid to the farmer and the price paid by the consumer.
The information gathered shows that the information gathered shows that the information gathered shows that itelies having the largest number of distributors pay the highest price.
And the nation indirectly responsible, the Government will be requested to make good the stricken city's losses.
The information gathered shows that the chartered banks of Canada had \$1,008,657,236 on the information gathered shows that the price paid by the consumer.
The information gathered shows that the largest number of distributors pay the highest prices.
The now company continued to the strice of the strice of

The Canadian Manufacturers' As-that awful pain in my side is entirely

that cities having the largest numbers of distributors pay the highest prices. And conversely the fower the dis-tributors the lower the price. In the majority of cities in Ontario. considered strictly as a war measure; do all my housework as well as I over In the majority of cities in Ontario, Quebee and the Maritime provinces, the spread is 5 cents per quart. This price prevailed for a period of four months, as against 12 cents which was in effect for atchewan and Manitoba, it is 54 The new summer price was 10

Rhe umatism is not only one of the nost prevalent, but one of the m

There has been a slight easing up painful and difficult to treat of all



Warm Blankets and and we are fortunate in when these furnishings me are selling at prices much

## COMFORTERS

MCLINTOCK'S SPECIAL Down O forters of the best quality of input stock at practically old prices, which not be repeated. We are offering special prices \$5.50 \$6.50 \$7. \$5.50 \$10.50 \$12.00 \$1350 \$14.00 to.....

WOOL FILLED COMFORTERS of the best Imported stocks to suit any data colors you may require in all sizes colors you may require in all colors at moderate prices, \$3.50 \$4.50 \$5.00 \$6.00 and ...... \$6.50

COTTON FILLED COMFORTERS of the good neat designs in all sizes at y moderate prices to suit any purse, special \$1.85 \$2.00 \$2.25 \$2.50 to \$4.00

FEATHER PILLOWS at special price for quick sale at per pair \$1.75 \$2,50 \$3.00 \$3.50 \$4.50 and .... \$5.50

CUSHION FORMS filled with Russian Down in all sizes at each 55c 60c 65c 75c 85c to .....

mforters are in good deman ing a good supply just now much needed. Many of these ler regular prices this week.

SPECIAL VALUES IN BLANKETS

Monday, December 31, 1917.

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\$16.

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25 pair Wool Blankets in the differer makes, English, Scotch and C at a year ago prices in all the and sizes, 5, 7, 8 and 9 pound h thoroughly scoured soft finish, pink an blue borders whipped single at per pain \$12.50 \$11.00 and ..... \$10.00

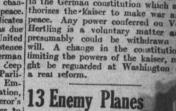
10 pair only all wool Blankets, extra special values, large size blanket, well finished pink and blue borders, whipped single, at per pair \$11.00, for ... \$9.75

Crib wool Blankets 36x50 colored b der, silk bound, same color as border can be had single blanket, made from fine quality wool, each . .... \$2.00

Fancy colored Blankets in pink and blue, Teddy Bear, Bow Knot, Bunny, Po-Pepee cat, Land, in 30x40, 36x50, good washing colors at 85c and.

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to check your wasting powers, en-liven your blood and build up your nerve force. Scott's is help-ing thousands and will give you the strength you need. Scott & Bowne, Toronto, Ont. P-15

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