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WESELOH'S Shoe Store 3 Doors from Post Office Phone 671. The Home of Low Prices.

TRUP OF FIGS' IS NATIVE FOR CHILD

Kid at tongue! Remove poisons on stomach, liver and bowels.



California Syrup of Figs look for the name California of package, then you are sure you are having the best and most laxative or physic for the stomach, liver and bowels.

FOLKS HAVE GRAY HAIR NOW

Says Ladies are Using Recipe of Sage Tea and Sulphur. That loses its color and lustre. It fades, turns gray, dull and is caused by a lack of sulphur hair. Our grandmother made mixture of Sage Tea and Sulphur. Keep her locks dark and beautiful thousands of women and to value that even color, that dark shade of hair which is active, use only this old-time

WATER FOR SICK HEADACHES

Everyone should drink hot water with phosphate in it before breakfast. Headaches are caused by an auto-toxin which means self-poisoning. Liver and bowel poisons collect, sucked into the blood, circulate which pumps the blood and it congests in the smaller arteries of the head producing throbbing pain and distress, headache. You become nervous, irritable, sick, feverish and miserable meals sour and almost nauseous. Then you resort to aspirin or the bromide, which only relieve but do not rid the system of these irritating toxins. Use of hot water with a teaspoon of limestone phosphate in it, before breakfast will not only see poisons from your system, but you of headache, but will purify and freshen the all-canal. Our pharmacist for a quarter of limestone phosphate. It is safe, harmless as sugar. If you aren't feeling your best, if you are coated or you wake up with a foul breath or have constipation, biliousness, constipation or indigestion, begin the phosphate water cure to rid your system of poisons.

Drop-head Singer sewing machine, 67 Ahrens St. W. 11-18-50. Home grown, Lang's Tannery. Prices going higher. Supply. S. H. Hoesenauer. 11-18-50. New Quebec heater and Apply 17 St. Ledger St. 11-18-50.

Mens Shoes

Special at \$6.50



Here you are, at less than the wholesale price today. This store is full of exceptional values at all times. But our MEN'S SHOES AT \$6.50 are big favorites just now.

Men's Havana Brown Calf Shoes of extra good quality, made on good fitting English lasts and can be had with Neolin Soles and Rubber Heels or with Leather Soles and Heels, in all sizes at the moderate price of \$6.50.

There is also a Black Calf Lace Shoe for men. It is a right up-to-the-minute, English last, and can be had with Neolin Soles and Rubber Heels or with Leather Soles and Heels. The price is only \$6.50 for all sizes.

ERNST'S Head to foot outfitters to Men and Boys' 32 E. King St.

WE HAVE FOR SALE

Sherlock-Manning Pianos

at from \$375 to \$475.

The Sherlock-Manning is a high grade piano of beautiful tone which will always give satisfaction.

Phonola Talking Machines

at from \$25 to \$400.

Don't buy a phonograph until you've heard the Phonola.

Lutheran Book and Music Rooms 67-69 Frederick St. Phone 446.

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Savings Department

Deposits of \$1. and upward received, and interest allowed at highest current rates. Savings Department accounts given special attention.

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J. J. BENSON, Manager, Kitchener Branch.

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are cordially invited to discuss all matters of business with us.

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everybody reads food-news!



Any news pertaining to food comes pretty close to touching men and women where they live. You'll be glad you read this if you ask for

'Ocean Flour' The Wm. Snider Milling Co. Waterloo, Ontario.

SOMETHING ABOUT MILK

Mysteries and Marvels in Its Production and Life.

How Milk is Secreced—Thunder Does Not Sour Milk, But Bacteria Does the Business—Agalactia, or Absence of Milk, Occurs More Frequently With Cows Than in the Females of Other Live Stock.

(Contributed by Ontario Department of Agriculture, Toronto.)

A CONDITION known as "agalactia," or absence of milk in the mammae at the time of parturition, probably occurs more frequently in cows than in females of other classes of stock. It may occur in a female in any condition as regards general health, general care and surroundings. The causes, or conditions to which it is due, are not well understood. It occurs even though pregnancy has been apparently normal and has reached full term. It is probably more frequently seen in females which have not bred for a long time, or in those which have produced their first young, though themselves aged. While it may occur in an animal under any conditions, there are conditions that appear to predispose an animal to the trouble. In such cases there appears to be a want of development in the lacteal apparatus, which may have been caused by previous or present chronic disease of the udder, a chronic lessening in bulk, called "atrophy" of the udder, exhaustion following disease, severe labor, insufficient food, either during or immediately after pregnancy, natural debility, emaciation, etc.

The mammae is usually small and soft, and attempts to milk produce only a few drops of a yellowish fluid, in some cases followed by a few drops of a whitish, watery fluid. Treatment is frequently unsuccessful. It consists in feeding liberally on easily digested milk-producing food, massaging the udder frequently and stripping the teats three or four times daily. Great attention should be paid to the digestive organs in order to keep them as normal as possible, and the patient should be kept so that she will take considerable exercise. The writer's experience has been that the administration of drugs is non-effective.

In many cases the gland becomes perfectly inactive, and remains so until after the next parturition, when, in most cases, it becomes normal.—J. H. R., O. A. College, Guelph.

How Milk is Secreced. No one knows exactly how the cow secretes milk. Various theories have been put forth explaining the process, but none of these are entirely satisfactory. About all we know is that milk is a true secretion of the mammary glands located in what is known as the udder, more commonly called the "bag" of the cow. It is made from blood.

In order that the cow may have plenty of blood, out of which she may manufacture milk, she must be in a healthy condition, be supplied with plenty of pure air, and water, and have an abundance of the right kind of food.

Some cows are unable to make milk abundantly even though the owner does all he can be expected to do for his cows. In these cases, it is the fault of the cows—they have not the power within themselves of making milk from their feed. They seem to change their feed into blood which is used as a base for manufacturing beef, instead of milk. In addition, there are cows which apparently do little or nothing with their feed—they neither give milk in paying quantity, nor do they become fat. These are classed as "boarder" cows, and are very unprofitable for a farmer to keep.

The only way to know for certain whether or not a cow is able to secrete milk in paying quantity, is to weigh the milk from each cow for at least three days in each month. Also test the milk for fat at least twice during each lactation period. In this way, the owner may select the good from the poor cows, and thus build up a profitable herd for dairy purposes.—Prof. H. H. Dean, Ontario Agricultural College, Guelph.

Why Milk Sours.

It is a common impression that thunder sours milk, but this is not so. The reason that milk sours is that minute plants, known as bacteria, act on the sugars in milk, changing it into lactic or milk acid. One scientist, however, says this explanation is not satisfactory. He regards the souring of milk as a result of feeding on milk sours, and that the germs, leaving behind them what is known as sour milk.

No matter what the true explanation may be in detail, we believe that souring of milk is caused in some way by "germs" or bacteria which are microscopic plants that fall into milk from the air, and get in from many other places.

Like all plants, they must have air, suitable temperature, and moisture, in order to grow. The common plan of preventing the milk going sour is to cool it to 50 deg. F. as soon as possible after milking and keep it cold until it is used. The reason for this is, the cold makes an unfavorable condition for these plants to grow, hence the milk remains sweet, though sometimes it takes on bad flavors, or develops disease-producing germs. In order to prevent this, we "pasteurize" milk in order to kill the germs present, by means of heat. If it is cooled and kept cold after heating, the milk will keep sweet for some time and is free from disease germs. This is known as the safest kind of milk to use. "Safety First" is a good rule when buying milk.—Prof. H. H. Dean, O. A. College, Guelph.

The Queen of Spain possesses what is said to be the most remarkable telephone in the world. It is of solid silver, with a gold transmitter, and is supported by four bronze figures, among which a boy leaning against a Spanish coat of arms is conversing by telephone over a golden wire with an English girl in close proximity to a British lion. This work of art stands on her Majesty's writing table and connects with the royal nursery only. In Italy the women employed in banks and offices work only six hours day, from 9 to 12 and from 3 to 6. They also enjoy a Saturday half-holiday all the year.



Canada and World Affairs

CANADA is a signatory to a world-wide Peace Treaty. It is a member of a League of Nations to help maintain peace and regain prosperity. This new order has given all Canadians a world-wide interest in affairs, and to Canada an international responsibility.

It has carried the interest of Canadians beyond the happenings of their own town, county or province.

What is happening in Europe, Asia, South America, at all ends of the earth is of vital interest to you on your farm, in your office, in your home, or in your factory. It affects you more to-day than it did yesterday. It will affect you more to-morrow.

Therefore you MUST keep informed.

The manufacturer should keep in touch with the trend of events in Russia, in Central and Western Europe, and across the Pacific, because such events

have a bearing on the supply of raw materials and markets for finished products.

Business and professional men can no longer afford to live in "splendid isolation" so far as happenings outside Canada are concerned. The form and extent of political development in Great Britain and even in Continental Europe, affects conditions in Canada.

Manufacturers, business and professional men should read The Globe.

The field of organized Canadian Labor has always been largely international in scope; to-day it is almost world-wide. Labor conditions in remote corners of the earth have an influence on labor conditions in Canada. Advancement and reform that takes place in Europe, the United States, Australia, New Zealand, South Africa, and elsewhere, are the precedents on which legislation may be formed in Canada.

Therefore Organized and Unorganized Labor should read The Globe.

Women's vision, too, has gone over the Canadian horizon. They now are interested in world affairs in every phase of human effort. They have taken their place as electors of public representatives to Canada.

The women should read The Globe.

The Globe's unequalled news-gathering and news-editing organizations give it a peculiar status in the Canadian and International newspaper world. Its great variety of features and departments make it worthy of a place in every Canadian home.

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APPLES. We have two cars of choice Apples. Our prices are lower than wholesalers' prices at shipping points. Apples are the cheapest fruit in the market to-day. We offer for this week: Fancy spy apples, government inspected, per barrel... \$6.25 Fancy greening apples, government inspected, per barrel... \$6.75 We also have Tolman Sweet, Russett, Ontario, Baldwin and King apples at special prices. Fancy snow apples, grown on a government fruit farm, per peck... \$5c Spy apples, packed in bushel boxes; these are very choice, and are put up in good solid clean boxes; try a box at... \$2.50

SCHELL BROS. Oakite Cleans Clothes Absolutely For washing. Soak clothes over night adding one tab spoon of Oakite, in the morning place in washer (no boiling necessary) add half-tablespoonful Oakite with one eighth amount of soap usually used, after washing wring as usual. For Dishes For dishes use one-half teaspoonful of Oakite. No injury to the hands. For lime in Kettles Take the lime out of your kot with Oakite. One dessert spoonful in a kettle, boil one hour. Ask your grocer for it, as a book of directions.

LIGHT AND HEAVY SHOEMAKER WANTED Also girls for Quarter Room. Experience not necessary for we are prepared to take beginners. Very good wages paid while learning. Apply Merchants Rubber Factory.

GIRLS! GIRLS! GIRLS! We offer pleasant work at highest wages, sewing and other work in the quarter room. Apply Merchants Rubber Factory.