

If you want
**Extra Good
Shoes**
come to

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

**"RUP OF FIGS" IS
XATIVE FOR CHILD**



At tongue! Remove poisons
on 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
teas of Sage Tea and Sulphur,
keep her locks dark and beau-
tiful. Thousands of women and
to value that even color, that
dark shade of hair which is
active, use only this old-time
recipe.

**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-poison-
ing. Liver and bowels poisons out,
sucked into the blood stream,
which pumps the blood and
it congests in the smaller ar-
teries of the head producing
throbbing pain and distress,
aches. You become nervous,
sick, feverish and miser-
able. Then you resort to ac-
cupunctur or the bromide, which
only relieve but do not rid the
system of these irritating toxins.
Use of hot water with a tea-
spoon 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 al-
l-canal.
Our pharmacist for a quarter
of limestone phosphate. It is
live, harmless as sugar.
aren't feeling your best, if
s coated or you wake up with
a foul breath or have colds,
on, biliousness, constipation or
id stomach, begin the phos-
phate water cure to rid your sys-
tem of poisons.

LE-Drop-head Singer sewing
e, 67 Ahrens St. W. 11-18-51.
is, home grown, Lang's Tan-
narrow. Prices going higher.
supply. S. H. Hoesenauer.
11-18-51.
LE-New Quebec heater and
Apply 17 St. Ledger St.
11-18-51.

Mens Shoes

Special at
\$6.50



Here you are, at less than the wholesale price to-
day. This store is full of exceptiona 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.

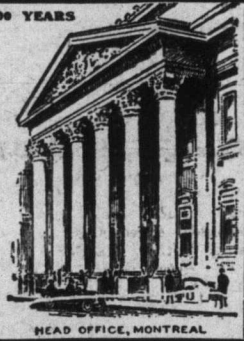
**Lutheran Book
and Music Rooms**
67-69 Frederick St. Phone 446.

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ESTABLISHED OVER 100 YEARS

Savings Department

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

Deposits may be made,
and withdrawn, by mail as
easily, readily and safely as
in person.



J. J. BENSON, Manager, Kitchener Branch.

**THE ROYAL BANK
OF CANADA**

HEAD OFFICE, MONTREAL. Estab. 1869.
CAPITAL & RESERVE \$33,000,000, ASSETS \$490,000,000.

**Merchants, Manufacturers and
Business Men.**

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

Our chain of 610 branches throughout Canada, West
Indies, Central and South America, London (Eng.),
Paris (France), Barcelona (Spain), New York (N.Y.),
places us in a position to provide unexcelled service
in all matters pertaining to Banking.

Kitchener Branch-F. H. Boehmer, Mgr.
Waterloo Branch-H. G. Miste, Mgr.

**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 Secreted—Thunder Does
Not Sour Milk, But Bacteria Does
the Business—Agalactia, or Ab-
sence of Milk, Occurs More Fre-
quently With Cows Than In the
Females of Other Live Stock.

(Contributed by Ontario Department of
Agriculture, Toronto.)

A CONDITION known as "aga-
lactia," or absence of milk
in the mammae at the time
of parturition, probably oc-
curs more frequently in cows than
in females of other classes of stock.
It may occur in a female in any con-
dition as regards general health, gen-
eral 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 an-
imal 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 lactal apparatus,
which may have been caused by pre-
vious 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, nat-
ural 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 con-
sists in feeding liberally on easily
digested milk-producing food, mas-
saging 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 pos-
sible, 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 Secreted.
No one knows exactly how the
cow secretes milk. Various theories
have been put forth explaining the
process, but none of these are en-
tirely 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 basis for man-
ufacturing beef, instead of milk. In
addition, there are cows which ap-
parently 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 se-
crete 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 sugar in the milk, chang-
ing it into lactic or milk acid. One sci-
entist, however, says this explanation
is not satisfactory. He regards the
souring of milk as a result of feed-
ing on milk sugar by the lactic acid
germs, leaving behind them what is
known as sour milk.

No matter what the true explana-
tion 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 unfavor-
able 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 heat-
ing, 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 or-
der has given all Canadians
a world-wide interest in
affairs, and to Canada an
international responsibility.

It has carried the interest of Cana-
dians beyond the happenings of
their own town, county or prov-
ince.

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 ma-
terials and markets for finished products.

Business and professional men can no
longer afford to live in "splendid isola-
tion" 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 profes-
sional 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 condi-
tions in Canada. Advancement and re-
form 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 inter-
ested 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 Inter-
national newspaper world. Its great variety of features and
departments make it worthy of a place in every Canadian home.*

The Globe

TORONTO

Canada's National Newspaper

ORDER FROM YOUR NEWSDEALER OR DIRECT FROM THE PUBLISHERS

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:
Choice spy apples, per barrel... \$6.25
Fancy spy apples, government
inspected, per barrel... \$6.75
Fancy greening apples, govern-
ment inspected, per barrel... \$6.50
Choice cooking apples, per peck... 50c
Fancy spy apples, per peck... 65c
We also have Tolmon Sweet Rus-
sets, Ontario, Baldwin's and King
apples at special prices.
Fancy snow apples, grown on a
government fruit farm, per peck... 85c
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-table-
spoonful Oakite with one eighth
amount of soap usually used,
after washing wring as usual.

For Dishes

For dishes use one-half tea-
spoonful of Oakite. No injury
to the hands.

For lime in Kettles

Take the lime out of your kot-
tle 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.