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SALADA TEA COMPANY OF CANADA LIMITED

German Smeers At Disarmament

If we credit the German press, it would seem that the London Naval Conference from the start, and that the longer it dragged on the more obvious the "deception" of it became.

In the view of the Leipziger Nachrichten Nachrichten, it was a device to "bait" the artless, and this daily continues.

"The London Naval Conference never had anything to do with disarmament."

"This fact was, naturally, perfectly well known to the men taking part in it."

They knew that disarmament was just the lettering on the sign over the door behind which they sought to agree on the subject of armaments so as not to involve themselves in a ruinous competition.

"The five naval Powers wanted to form an armaments trust under the auspices of England and America, so that the whole of mankind would feel satisfied with the business done by the firm of Disarmament & Company."

"This was certainly no easy thing; but to play the game - right, no one ought to have defied its rules so flagrantly as Tardieu—that is, if the conference were not to crash, as it did, over the abyss."

"Tardieu was somewhat intoxicated with the success he had at the Hague Conference, and he tried to hound the London gathering just as he had done the previous one with helpless Germans in front of him."

"If this London gathering has taught one thing more than another, it is this; not one of the great Powers, even remotely, dreams of adhering to its obligation to disarm as a requital to Germany for her disarmament."

"All the great Powers are persuaded that they must keep armed so as to be in a position to vindicate their rights with their own mailed fists."

The "fiasco" of the Naval Conference, declares the Hamburger Nachrichten, proves that there will be "no more reconciliations of great Powers on the back of Germany." The Berlin Kreuz Zeitung similarly remarks that "the map of Europe traced in the Versailles Treaty is doomed."

Meanwhile, not a few German papers, and among them the Koelnische Zeitung, are enjoying what they at least consider the greatest French diplomatic defeat in history.

The sum of German present opinion inclines pretty strongly to this view. On France alone it is asserted, must henceforth fall the burden of holding down the Continent of Europe. The Hamburger Fremdenblatt remarks that "France has only herself to blame if to-day she is isolated," and it proceeds:

"Mussolini does not believe in an enduring peace."

"He makes a mockery of the rigidity into which Continental Europe has been forced by recent diplomatic pacts."

"Is it not against all reason, he has contended again and again, that the area of Italy should be so reduced as to force the Italians to migrate, whereas the area of the French empire remains so vast that she is unable to people her own colonies?"

"In France itself now two groups confront each other."

"One is actuated solely by distrust of Germany. It would pay Italy a good price for a free hand against Germany."

"Next, it would reverse the pro-German policy of the Locarno pact. We must not forget that dread of Italy really inspired a certain element in France to reach a better understanding with Germany."

"Briand, and with him a great number of French statesmen, is afraid that a yielding disposition in France will be interpreted as an admission of the rights of races to a greater independence of development."

Use Minard's for Burns.
AUTO-SUGGESTION

"How do you account for this?" snapped Mrs. Brown, dashing into the butcher's shop and waving a small parcel in front of the butcher.

"What's the matter?" asked the butcher nervously.

"Matter!" cried the angry woman. "This is the matter." She unwrapped the parcel. "I found this piece of rubber in one of the sausages that I bought here this morning."

The butcher sighed unhappily.

"Yes, madam," he said at last, "the motor-car is replacing the horse everywhere now."

HEADACHES

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ROYAL YEAST CAKES

are a Delightful Change

Try this Recipe:

1 Royal Yeast Cake dissolved in one-half cup lukewarm water.
 1 teaspoon salt
 1 tablespoon sugar
 1 1/2 cups flour
 1 1/2 cups scalded milk
 1 cup butter

Four the scalded milk over the sugar, salt and butter. When cooled to lukewarm add the dissolved yeast and one-half cup flour. Allow to stand in lukewarm place over night, or, if sponge is set in morning, let stand until light. Add flour enough to knead. Let rise again until double in bulk, then cut down and knead slightly. Butter media rings and place these small balls of dough in each ring. Let rise until double in bulk, brush over with melted butter and bake in hot oven.



Bread is one of the most nourishing of foods. It can be made more interesting, however, by occasionally varying the form of serving it.

If you bake at home, the Royal Yeast Cake Book will provide you with many practical tested recipes for all kinds of home-made breads. It will be mailed—free—on request.

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 Hon. PETER HEENAN, Minister

BACKED BY THE WHOLE DOMINION

Saves Your Babies Lives From Disease

Ontario Health Department Will Send Free "Baby Book"

(This is one of a series of weekly articles on health sponsored by the Canadian Social Hygiene Council. So important is the subject of infant mortality that the article on this subject has been divided into two parts. Part one is published below. Part two will follow next week.)

Poverty is responsible for more infant deaths than anything else, because most of the predisposing causes of infant mortality are due to a lack of money and to the ignorance and carelessness that often goes with it.

A nation needs all the healthy and strong children it can acquire in order to keep its place in the world march of progress.

The population of a country depends, aside from migratory fluctuations, on the number of children born and the number of those children that reach maturity. The strength of a nation can be no greater than the strength of its citizens, therefore the future strength of a nation depends on the health, vigor and intelligence of its children for the child is the father of the man and the school boy of to-day is the citizen of to-morrow. There can be nothing more clear and obvious than that.

The aim of every nation should be, then to have every child grow up strong in body and strong in mind, agents in producing a higher type of civilization.

One of the best criteria of the civilization of a nation is the care which it expends on its infants. The only method of estimating this is by observing the infant mortality rates. This is usually computed on the number of infants out of every 1000 born who do not live until the end of the first year.



WRIGLEYS

Life—like good golf—is made up of many little things each one of which helps the score.

Better digestion—steadier nerves—clearer brain, are all factors that count and are gained from the use of Wrigley's.

After every meal

Make up
 Keeps you awake

ISSUE No. 19—'30

It's a common superstition that the rearing of children is instinctive with the human race. Nothing could be farther from the truth. The mother child must be taught how to care for her first year and to have any sort of chance of surviving the dangerous maturity. Poverty may be an excuse in some quarters for not giving a child all that it needs. But poverty is no excuse nowadays for not knowing what the child needs and how to take care of it. Ignorance on the part of the mother is inexcusable as there are health centres throughout the country to which those within reach may go at regular intervals and which will send reliable information to women in outlying districts. Such information may be had by writing to the Social Hygiene Council in care of this paper.

The mother should learn from her physician or from a competent nurse and if neither of these are available because of the mothers isolation in some inaccessible country districts then from the literature which can be obtained from a number of sources.

Children of ignorant mothers are rarely properly bathed, rarely get sufficient sunlight, enough fresh air or the right kind of food. They are nearly always treated as if germs were non-existent. Their bottles are sometimes filthy from a scientific standpoint.

A public health nurse once told the writer of a thing she saw one time. It is hardly believable. The nurse was paying her first visit to a poor family and it happened to be what the mother figured was the baby's feeding time. The mother was putting milk into a bottle which she carefully washed under the tap before putting the milk into it. The procedure was to fill a tumbler with milk and then pour it into the baby's bottle from that. As the nurse watched wide eyed a fly fell into the glass of milk. The mother calmly picked it out with her dirty fingers and went on filling the infant's bottle. Needless to say that mother had a few lessons on the preparation of feeding for babies within the next few days.

A baby's food must be wholesome and pure. With a mother who is both poor and ignorant such a standard is impossible. A mother who knows what she is doing but who is poor and unable to afford the proper surroundings finds it hard to maintain the standards necessary if her baby is to grow up with an even chance in the world.

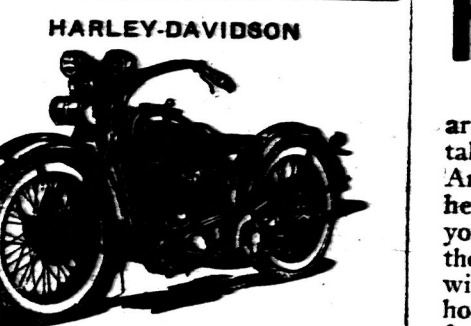
A mother between the ages of twenty-five and thirty has the best chance of giving birth to a healthy child—one which will be able to resist the dangers besetting it during the first year. Care of the infant should begin long before the child is born as the physical condition of the mother is of the utmost importance. If the mother is poor and undernourished, or suffering from any of the complications of pregnancy, the child's chances of life are greatly lessened. If the mother has to work she should arrange it that she has some rest before the birth of her baby. The death of weakly infants, due to overwork and undernourishment on the part of mothers, forms a great part of the infant mortality rate.

It is quite obvious the part that

poverty plays in keeping up our infant mortality rate—and in bringing children poorly equipped to maturity. Bad housing and poor sanitation are detrimental to the health of the child. Families that are forced to live in cramped quarters of one or two rooms cannot but suffer. There is lack of fresh air and sunlight, there is dirt and filth tracked in from the street by many feet, and—a very important consideration—a lack of proper storage for food. Nearly always there is a complete lack of refrigeration—all these things tend to lessen a child's chances for life and in life. Great strides have been taken by the health authorities, but there is much work yet to be done. The work of health officers in connection with housing is no bed of roses. You may find it hard to believe, but their efforts are often misunderstood and they are always meeting strong opposition from different quarters. No landlord—unless he is very public spirited will allow a house or building of his to be condemned without a fight. There are many landlords of course, who are ready and willing to help in every way possible. They very often need no word from the health officers that their properties are uninhabitable and they make changes or repairs of their own volition.

If you are a landlord you can help greatly by taking a pride in your properties and seeing to it that they are a help instead of a hindrance in the solution of the very real housing problem. You must not think that the problem is confined wholly to the cities. Towns and villages have it just as well. I know of an Ontario town where a great percentage of the houses are on the market for sale or rent. The same economic conditions that they cannot afford to pay even the ridiculously low rental that is asked for excellent brick houses in the best of condition. Many of these people are living in what are real slums and under unsanitary, unwholesome conditions. Without hurting the town any ninety per cent.—yes 100 per cent.—of the bad houses could be condemned. But—and here is the problem,—in that town everybody knows everybody else. It is extremely hard for the health officers to do anything at all.

Statistics compiled in England show that the infant mortality rate varies directly with the amount of space in which a family has to live.



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