



OUR HOME PAGE



"Liver Trouble so Severe I Had to Quit Work"

Mr. Thomas Honey, Brantford, Ont., writes: "I was a great sufferer from enlargement of the liver for ten months, and finally I had to quit work. I would wake up in the mornings with a bitter taste in my mouth, had frequent headaches, yellow complexion, and pain in my right side, and between the shoulder blades. It was almost unbearable, and terribly weakening. I could not sleep at night and my heart also bothered me. But the whole trouble has now left me, thanks to that wonderful medicine, Dr. Chase's Kidney-Liver Pills."

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HOUSEHOLD NOTES

Care of the Mother

The health and protection of the mother is the basis for the health and normal development of her child. Make safe the first 18 months of your baby's life—9 months before he is born and 9 months after—and his future will be comparatively free from danger.

The health of mother and baby depends upon sufficient income properly expended, wholesome living conditions, good health and right living on the part of the parents, protection of the expectant mother from overwork, worry and undernourishment, proper care during pregnancy and confinement, adequate rest during the lying-in-period and breast feeding for the baby. A doctor should be consulted as soon as the mother thinks she is pregnant and visited at least once a month until the sixth month and then every two weeks. Urinalysis should be made at every visit.

The diet should be plain and wholesome, including fruit, fresh vegetables, eggs, cereals, meat not more than once daily, potatoes, bread, simple desserts and at least a pint of milk a day. Drink plenty of water, at least six glasses daily. Constipation should be avoided by eating laxative foods such as ripe and stewed fruits, cereals and whole wheat bread. Do not use strong cathartic medicines.

Frequent bathing is especially important during this period. Careful attention should be given to the teeth.

Eight hours of sleep at night in a well ventilated room and an hour's rest each day will help the mother to keep well and strong. She would live out of doors as much as possible. Regular exercise is necessary for good health. Simple housework is often beneficial although lifting or straining should be avoided.

Mothers should know that the baby cannot be "marked" by any fright or other experience. Worry and nervous strain will lower the baby's vitality but will not mark it. During confinement the mother should have the best medical care available. After the baby comes she should rest in bed at least ten days and as much longer as the doctor advises. Full housework should not be undertaken for at least six weeks.

What Do Growing Children Need?

By The Children's Bureau, U. S. Dept. of Labor

Every child has the right to be well born, well nourished and well cared for.

Child-welfare experts agree that the essentials for the child's best growth and development are: a well-kept home, wholesome food and adequate clothing, trafficking in good personal habits for future health, play with the right sort of playmates, the opportunity for education and the kind of work which will best prepare the child for successful living.

The child's home should be clean and attractive. There should be plenty of fresh air and sunshine, summer and winter. Each child should have, if possible, a separate bed. Good sanitary arrangements and a pure, abundant water supply are essential.

The child's food should be clean, simple, appetizing, and well cooked, with at least a pint of milk, some form of fat (preferably butter), cereal and bread, vegetables both starchy and green, fruit and eggs, meat or fish, included in the daily diet. Regular hours for meals, with dinner at noon for children under 7 years of age, are best for growing boys and girls.

Children need clean, whole garments and enough of them to afford a change of underclothes and night clothes at least once a week. Warm underwear and stockings, a heavy coat, cap, and mittens, are necessary for cold weather. Feet should be well protected against rain or snow.

Children need to be taught the essentials of personal hygiene. A daily bath, the washing of hands and faces before each meal and at bedtime, the brushing of teeth at least twice a day are the routine of personal cleanliness. Health also demands a regular bed hour with ten hours of sleep at night with open windows.

Play and companionship are as necessary for a happy childhood as shelter and food. Children need safe, clean roomy places for outdoor and indoor play, with constructive and suitable playthings and tools. Wise parents will make friends with the friends of their children, helping them to choose the right sort of playmates.

capitalist system." (Rome Congress of the I. F. T. U., 1922.)

"War is the most terrible scourge of humanity and particularly of the workers."

In war, the workers are always the losers, Capitalism always wins."—(World Peace Congress, The Hague, 1922.)

"The workers today, just as during the war, are the victims of this capitalist rapacity, whereas the workers' only and real interest is to frustrate the designs of the capitalist groups and ensure peace in the world."—(Conference, Amsterdam, 1923.)

"The trade union organizations of all countries must not cease to devote their attention to propaganda to put an end to animosities between the nations, so that it may be possible to reorganize the relations between the peoples, basing them upon mutual international aid, the application of international law, and compulsory arbitration."—(Vienna Congress, 1924.)

"The pacifist attitude of the workers is born of their feeling of class consciousness, and of their desire for progress and freedom, which, implying the solidarity of all workers in all lands, forces them to oppose all war, and to draw no distinction between the ideas of emancipation and justice and the idea of peace."—(Jouhaux in the Vienna Congress.)

Socialist Victories in Switzerland

A big success has been scored by the Swiss Socialists at the municipal elections in Zurich and the cantonal elections in Aargau. In Zurich the Socialists headed the poll with 54 candidates returned against 44—a net gain of 10. In the figures of the other parties were:—Liberals 40, (1 loss); Communists 9, (4 losses); Grunetians (moderate Social reformers) 1, (4 losses); Christian Socialists (a bourgeois Party) 10, (1 gain), Democrats 16, (2 losses); Labor (Socialists and Communists), has therefore secured a majority on the Council with 63 against 63 of all other parties. At the Aargau cantonal elections the Socialists obtained 61 seats, gaining 10, while 26 Communist was returned.

Reaction in Brazil

The Brazilian Government has suppressed many labor organizations within the last few months. It is now going a step further, and re-establishing the National Labor Council. The Council, which is supposed to "organize workers," was set up by a former government; it has no labor representatives, its members being appointed by the Brazilian President; it is therefore easy to imagine what kind of an organization it is which is proposed to take the place of trade unions which has existed for years. It is even reported that this "Labor Council" is to nominate labor representatives to attend the next International Labor Conference.

There is also agitation in Brazil against the confirmation of Brazil's membership of the League of Nations, on the pretext that it is too expensive. The gentlemen who run Brazil's large-scale industries are of course, among the most zealous advocates of Brazil's withdrawal from the League.

Ratification of the 8-Hour Day Conv'n.

On March 31st, the Latvian Parliament ratified the Washington Convention concerning the Eight-Hour Day and the 48-hour week. In the course of the debates there were keen differences of opinion. The Government proposed a conditional ratification; namely, that the Act should only come into force after the Convention had been ratified by all the important industrial States which had signed the Treaty of Versailles. The Social Democratic deputies strongly urged unconditional ratification, but were unsupported by the other parties. Eventually a compromise was reached; the Agreement will come into force in Latvia as soon as it has been ratified by three of the States of the greatest economical importance mentioned in Article 333 of the Peace Treaty.

War and the Working Class

It will not be waste of time to recapitulate the considered views of the organized workers of all lands on the subject of war and militarism, as expressed by their officially chosen representatives. We take a few sentences selected at random from speeches made at various congresses and conferences:

"The fight against militarism and war and the world peace, based upon the fraternalization of the peoples, is one of the principle tasks of the Trade Union movement which adopts the program of the overthrow of the

Growth of Brazil'n. Textile Industry

Thanks to European and North American capital, South America industry has made great strides during the last decade. Its progress was greatly stimulated during the war, when, being cut off from its supplies of European goods, it spared no effort to make itself entirely independent of Europe. One of the industries which has advanced most rapidly during the last 15 years is the cultivation and manufacture of raw cotton. If progress should go on at the same rate as at present, it is highly probable that within the next ten years Brazil will have become one of the greatest raw cotton producing countries in the world. Moreover, many great textile factories have recently been built which, with government aid, have been equipped with the very latest machinery. 154 textile factories now exist in Brazil, and probably there will be 15 more new ones before the end of the present year. A new weaving mill is now being erected which will be used for manufacturing finer goods. It will have about 80,000 spindles and 1,000 looms. The president of Brazil is one of the largest shareholders, but the factory belongs to a consortium, and was built with Brazilian, Italian, French, British and Dutch capital.

The chief centre of the textile industry is Sao Paulo, where about 175,000 persons are engaged in it, of whom 75 per cent are women and children. There is a new prohibiting child labor in Brazil, but it is apparently not difficult to evade it; it is all the easier, because Brazil now has so many penniless immigrants, and because 95 per cent of the people are illiterate.

Italian Socialists Call Congress

For a long time past the Italian Socialist Party has been considering the question of calling a Party Congress—the first Socialist Party Congress under the Fascist regime. But political conditions in Italy have all along tended to frustrate any plans of such a nature.

The Party has now decided, however, to hold at least a small Congress. It is met in Rome on March 28th, where all branches of the Party throughout Italy were represented. The meeting is expected to take up three days. The principal items on the agenda were the report of the Party Secretary, Comrade Basso, the political situation (to be introduced by Turati and Baldesi), relations between the Party and the Trade Unions (Treves), the Party Press and the nomination of the Party Executive.

Mexican Labor Government at Work

Remarkable progress has been made in Mexico through the efforts of the Labor Government. Drastic disarmament measures have been carried through. The budget for the Ministry of War and the Navy has been reduced from 130 million pesos to 87 million—a reduction of 43 million. What remains of the Army is being equipped on such constructive work as the building of roads, which have hitherto been almost unknown in that country.

An excellent step has been taken by

the Socialist President, General Calles, who, on the recommendation of the Labor Minister, Morones, appointed the first Labor attaché for Washington. Other Labor attachés the workers of Mexico and the workers of Buenos Aires and Central America. The main duties of these Labor attachés will be to study the labor, cooperative, and other social movements within their jurisdiction, the laws of the various countries relating to Labor and social reforms and to bring about more cordial relations between will be appointed for Berlin, Paris, etc. of other countries. It is interesting to note that no naval or military attaché are to be appointed to any Mexican Embassy. The substitution of Labor attachés for military attachés means indeed a significant and favorable change.

And within the Labor Movement itself progressive changes are evident. A new Union has recently come into existence. It is called the Mexican Employees of Public Officials and is composed of all public servants employed by the Federal Government, the States or the municipalities. They declare it to be their duty "to destroy the idea that Government employees constitute an intermediary or middle-class, a sort of buffer class between the capitalist and the proletariat, when in reality they are nothing but workers who sell their labor power for wages." Their program also states that "should the revolutionary institutions of their country find themselves in imminent danger," they will "use energetic means to defend them in a frank and definite collaboration with other revolutionary elements of which the proletariat is composed."

Switchmen's Union Wins Decision

Chicago.—The Switchmen's Union of North America has won an important case against the Northern Pacific through a decision just handed down by the Railroad Labor Board.

Following the termination of federal operation of the line a number of switchmen were deprived of seniority by the dissolution of joint terminals. An attempt to adjust the matter with the carrier failed and the Switchmen's Union carried the case to the Labor Board, which ordered the men reinstated to their former positions.

The Northern Pacific protested and asked for a rehearing, which was granted, and set up the idea that the Switchmen's Union was not recognized as being the duly authorized representative of the yard employees.

The board holds that its former decision (No. 2157) was just and is therefore reaffirmed.

"The Labor Board is of the opinion," reads the decision, "that the contention of the carrier is not well grounded."

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Greater Slaves Than Negroes Were

New York.—Mothers who are bearing more children than their health and finances should permit are "more enslaved than the black race ever was," in the opinion of Margaret Sanger, founder and head of the American Birth Control League. Addressing the Freethinkers Society, Mrs. Sanger said that her correspondence, letters from women all over the country who did not know birth control methods and could not stand the slavery of too many children, that they could not afford to care for properly led her to the belief that these women were greater slaves than the Negroes. Of the 3,000 women who have sought information on birth control at the league office during the last two years, 33 per cent have been Protestant, 32 per cent were Roman Catholic, 31 per cent Jewish, Mrs. Sanger says. She believes that threats of hell and purgatory can't stop the women from finding out what they want to know—in birth control—and practicing it. She wishes advocates of birth control in the United States would be as open about it as they are in England. Five New York hospitals now give information within the law.

Better Conditions in Building Trades

"One of the most hopeful developments in the building trades is the increased stressing of labor effi-

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