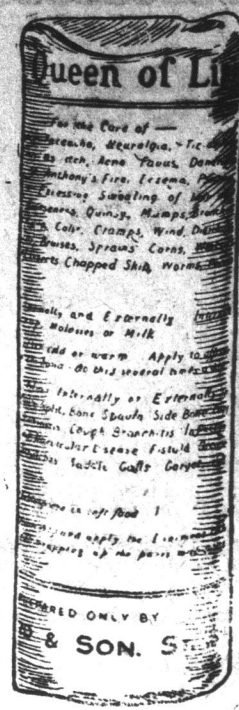


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Malnutrition Found Among Children Who Seem to be Healthy

NEW YORK, July 28 (A.P.)—The malnutrition of children in the United States constitutes a serious health problem, according to the new York Association for Improving the Condition of the Poor, which for the last four and a half years has been testing various methods of combating the evil. Some of the facts ascertained from the society's study are included in a statement given out here to-day.

It is set forth that among 2,181 apparently well children examined in the medical clinics of the society, 636, or 30 per cent, were diagnosed as malnourished. The society is seeking the most effective methods of correcting habits of eating or living which cause malnutrition, and has issued a monograph entitled "Food for the Family," containing suggestions for proper feeding as a means of insuring proper nutrition.

This condition of malnutrition is not due to insufficient food, but to the constant use of improperly chosen food or the inability of the body to make use of the food eaten because of insufficient air, rest, sunshine or physical defects. If these children were in danger from fire or industrial accidents, the report of the society says, every safety device and preventive measure known would be urged to protect them. Although the effects of malnutrition are much slower, often more indirect and much less dramatic than those from fire or accidents, they are even more deplorable because of the larger number affected and the lingering misery resulting.

"Many a wage earner is unable to increase his income to the safety level because of health conditions due to poor nutrition. Too many children who apparently show no signs of disease or malnutrition are allowed to drift into the wage-earning period with only a part of their rightful earning capacity developed.

"Malnutrition, thus concerns more than the individual or the home in which it occurs. It affects the whole country by reducing the economic pro-

8. Wash hands and face before eating.
9. Drink plenty of water between meals.
10. Be in bed by nine o'clock or before.
11. Have windows opened in the sleeping room at night.
12. Brush the teeth at least once a day.

Important DON'TS—
Do not let the children eat pork or veal, much meat of any kind, fried foods, rich pies and cakes, strong spice and vinegar, green or spoiled fruit.
Do not let children drink tea, coffee, beer, wine, sodas.
Do not let them eat between meals, except the thing named in No. 7 above. Do not let them eat candy, ice cream cones, nuts, cakes and cookies between meals.

STARTING WRONG.

Before he married Sarah Jane he built a cottage in the lane, and furnished it, with loving care, from attic to the cellar stairs. He thought how joy would light her eyes, when he had sprung his surprise. "Few brides," he said, "however sweet, find homes all ready and complete." And when the pastor, large as life, had deftly made them man and wife, the husband led his blooming bride to that new house, and stopped inside. "This is your home," he proudly said: "the floor, the roof, the furniture, the lovely chrome on the wall, the gorgeous whatnot in the hall—I bought them all, and not a cent is owed by me to any gent." From room to room she slowly crept, and then sat on the floor and wept. She sprinkled plain and fancy tears and gashed her teeth and wrung her ears. The things her loving James had bought to make the home a happy spot but filled her bosom with despair; discordant colors everywhere; and chairs and tables that were screams, and pictures that would spoil one's dreams. She could not bear to tell the truth to James about that misfit booth, and so she lived among his junk while her artistic spirit shrunk; and oft the weary husband sighed, "Why is she sad, my fair young bride? Why does she shudder when she views the lovely purple, pink and blues which make our cottage all the style? What can I do to make her smile?"

Saves Time, Trouble and Expense

Women will be glad to hear that they can save time, trouble and expense by using Pearline, the great washing powder for all washing purposes. Pearline is easy to use and easy on the hands and the clothes. Pearline does not destroy or injure in the slightest manner the most delicate garment, and it never injures color. In all respects Pearline is the ideal washing powder. Ask your grocer to get Pearline for you, if he hasn't stocked up yet from Gerald S. Doyle's—C.

Interesting Facts and Figures

An aviator recently reported that London's smoke extended forty miles northwest of the city in a cloud 1,500 ft. high.

Manchester's extra laundry bill as a result of smoke is \$250,000 a year.

Two more vitamins have been discovered, according to a report from the University of California. One is found in tea and the other is a substance extracted from wheat. The latter is stated to have 300 times the life-giving qualities of any other known vitamin.

The largest illuminating advertisement in the world has been erected at Loughborough. It is 513 ft. long and 40 ft. high, and consists of lettering painted on the side of a corrugated iron building. Twenty-six flood-light projectors are used to illuminate the sign.

The Palace of Engineering at the British Empire Exhibition is the largest, concrete building in the world. It has a floor space of more than half a million square feet, equal to about six and a half times the area of Trafalgar Square.

Beachy Head is one of the highest of the English cliffs. Its summit is 564 ft. above the sea. The Welsh coast has several cliffs higher than Beachy Head. Holyhead is 719 ft. and Great Orme's Head 878 ft. St. Catherine's Cliff, Isle of Wight, beats all these. It is 830 ft. high.

A plug of tobacco by its moisture and softness will indicate the approach of a storm. A loose window-cord will tighten up just before rain, and a pair of gloves ordinarily tight on the hands will become almost baggy on the approach of bad weather.

The atmospheric pressure on the body of the average man is 32,400 lb. The ordinary rise and fall of the barometer will increase or decrease the pressure 2,500 lb.

Fresh Fruit & Vegetables

Ex. S.S. ROSALIND:
**WATERMELON.
PLUMS.
PEARS.
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GRAVENSTEIN TABLE APPLES.
BANANAS.
FRESH TOMATOES.
LOCAL TOMATOES.
GREEN CABBAGE.
NEW & OLD POTATOES.
ALL RIBS OF PORK.
HOCKS.**

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