

Dr. Stafford & Son St. John's

Malnutrition Found Among Children Who Seem to be Healthy

malnutrition of children in the United States constitutes a serious health problem, according to the ..ew York Association for Improving the Condition of the Poor, which for the last four and a half years has been testing among those which its nutrition bur- the home a beauty spot but filled her various methods of combating this 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 d'agnosed 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

This condition of malnutrition is not due to insufficient food, but to living conditions too congested, resultthe constant use of improperly chosen ing in inadequate rest and improper food or the inability of the body to ventilation; and mother ill, were other make use of the food eaten because of insufficient air, rest, sunshine or phys- malnutrition. ical defects. If these children were in danger from fire or industrial accidents, the report of the society says, of malautistics are much slower, a "dozen good health rules for chillions dreamaging them there for and much less dreamaging them there for the much less dreamaging them there are much slower, as "dozen good health rules for chillions the much less dreamaging them there is not the much less dreamaging them the much less dreamaging the much less dreamaging the much less dreamaging them the much less dreamaging the much less dreamaging them the much less dreamaging the much less dramatic than those from fire or accidents, they are even more deplorfected and the lingering misery re-

"Many a wage earner is unable to increase his income to the safety level because of health conditions due to good luncheon, not candy, pickles and poor nutrition. Too many children ice cream cones. who apparently show no signs of dis-! 4. Eat course food, such as oatmeal, ease or malnutrition are allowed to bran muffins and vegetables, so that drift into the wage-earning period the bowels will not be constipated. with only a part of their rightful earning capacity developed.

"Malnutrition thus concerns more country by reducing the economic pro-

duction of the individual and thereby his blooming bride to that new house, increasing the cost of living. Since and stepped inside. "This is your much of the sickness and lowered vi- nome," he proudly said; "the floor, tality in later life is the result of poor the rooftree overhead, the lovely nutrition, as physicians have frequent chromes on the wall, the gorgeous ly stated, the importance of providing whatnot in the hall—I bought them educational guidance in nutrition as all, and not a cent is owed by me to well as providing attent on for the any gent." From room to room she correction of physical defects is very slowly crept, and then sat on the

causes of malnutrition, the society an- teeth and wrung her ears, The things alyzed the condition of 275 families her loving James had bought to make eau is now assisting. Of that number, bosom with despair; discordant col-227 families required instruction in the ors everywhere; and chairs and tables preparation of the proper food; 198 that were screams, and pictures that needed assistance in the planning of would spoil one's dreams. She could meals: 46 families had to be helped in not bear to tell the truth to James marketing, because simple foods, en- about that misfit booth, and so she tirely strange to them, were recom- lived among his junk while her armended; while special diets had to be tistic spirit shrunk; and oft the weary planned for 88 families. Only 27 fami- husband sighed, "Why is she sad, my lies needed financial assistance to pro- fair young bride? Why does she shudvide adequate food. Greater economy der when she views the lovely purwas found to be necessary in 44 fami- ples, pinks and blues which make our ies, while in 60 families assistance took cottage all the style? What can I do the form of helping them to readjust to make her smile?"

Indifference, women working and no Saves Time, one at home to look after the children,

the A.I.C.P. will use in its efforts to poses. Pearline is easy to use and every safety device and preventive reduce malnutrition among the tene- easy on the hands and the clothes. measure known would be urged to ment districts of this city includes, in Pearline does not destroy or injure in protect them. Although the effects addition to suggested diets and menus, the slighest manner the most delicate

1. Use milk-fresh, clean, whole get Pearline for you, if he hasn't able because of the larger number afchild should have a quart a day, in Doyle's .- C some form

2. Eat plenty of vegetables. 3. Be sure that school child has t

6. Have the meals at the same hours

each day. 7. Eat only bread, or crackers and than the individual or the home in milk, or bread and butter between which it occurs. It affects the whole meals, and only in the middle of the morning or the afternoon

Fresh Fruit & Vegetables

Ex. S.S. ROSALIND:

WATERMELLON.

PLUMS.

PEARS.

GRAPE FRUIT.

LARGE CALIFORNIA ORANGES.

GRAVENSTEIN TABLE APPLES.

BANANAS.

FRESH TOMATOES.

LOCAL TOMATOES.

GREEN CABBAGE.

NEW & OLD POTATOES.

HOCKS.

DUCKWORTH STREET & QUEEN'S ROAD.

"ALL RIBS OF PORK.

leeping room at night. 12. Brush the teeth at least once Important DON'TS-

Do not let the children eat pork or eal, much meat of any kind, fried ods, rich p'es and cakes, strong pice and vinegar, green or spoiled

Do not let them eat between meals except the thing named in No. 7 above. Do not let them eat candy, ice cream ones, nuts, cakes and cookies between

STARTING WRONG.



ried Sarah Jane he built a cottage in the lane, and furnished it. with loving care, from attic to the cellar stair. thought how joy would light her eyes, when had sprung his

Before he mar-

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 To ascertain what are the principal and fancy tears and gnashed her

Trouble and Expense

they can save time, trouble and expense by using Pearline the great A guide to proper nutrition which washing powder for all washing purgarment, and it never injures color. In all respects Pearline is the ideal washing powder. Ask your grocer to

Interesting Facts and Figures

An aviator recently reported that bondon's smoke extended forty miles northwest of the city in a cloud 1.500 ft. high.

Manchester's extra laundry bill as result of smoke is £250,000 a year. Two more vitamines 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 vitamine. The largest illuminating advertisement in the world has been erected at Loughborough. It is 512 ft. long and 40 ft. high, and consists of lettering painted on the side of a corrugated fron building. Twenty-six floodlight projectors are used to illumin-

ate 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 678 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 wea-

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

London, New York and Paris Assoc. of Fashion

Just Put on Display and Now Ready for Your Inspection-FOR MISSES, WOMEN AND MATRONS

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COME! Choose from Brand New Stocks in the BEST Varieties at the

Lowest Possible Prices

A Sensational New Coats New Dresses Merchandise New Hats New Suits New Waists New Skirts

Also, Complete Shipments of

Men's and Boys'

Just Put on Display

ondon, New York aris Assoc. of Fashion nurse, wrote:

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