

# CANADIAN LABOR PRESS

A National, Department of Labor  
Cor. Queen & O'Connell  
OTTAWA, ONT.

True Confidence and Understanding Between Employer  
and Employee Absolutely Necessary to Industrial Peace.

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## Canada Offers Good Possibilities to the Prospective British Emigrants

### Not All "Milk and Honey" But a Country That Gives Exceptional Returns to Its Citizens of Their Original Investment

There is always a certain class of individual who are ever ready to decide anything and everything that comprises their circle of activities until it gets to be a fixed habit with them so that they are able to pick a flaw in whatever comes before their notice. In Canada we seem to have our full share of such individuals judging from the way in which they even discuss their own country as evidenced by the large amount of wrong publicity that Canada has been subjected to during the past few months. Indeed, we believe that a large amount of selfishness, narrow-mindedness and lack of perspective accompanies their entirely erroneous viewpoint of the situation as it exists.

We would like to know how any new country can grow without immigration? History tells us that it is only a few hundred years ago since the first immigrants came to Canada in the shape of explorers, seeking new worlds to conquer and stirred by the natural human trait of ambition to ever be on the lookout for something better; and just as the Indians (the original Canadians) opposed their coming, we find to-day certain classes of people in Canada offering strong objections to new immigrants coming to our shores. We advisedly say "new" immigrants, for weren't we all immigrants in the true sense of the word at one time. If it was not for immigration, none of us would be here to-day and the Indian would roam the country with perfect freedom.

No country is without its drawbacks and in a comparatively new country such as Canada, there are bound to be numerous difficulties, but these difficulties are not of such a nature that they are insurmountable as it is plain to be seen from the progress that has been made in the past. In fact, our ambition and energy has exceeded our capabilities to make the proper use of what we have created. By this statement we mean that it has long been known that Canada has unlimited natural resources and our energies to date have been bent in the direction of establishing means to handle these resources but we are now somewhat at a standstill for lack of the necessary amount of population to take care of our needs. Our national machinery has been built on an enormous scale with the idea that some day Canada would be a great country on an equal scale with its neighbor. To-day we have everything but the population and Canada should now rank first in the consideration of the prospective emigrant.

**The Need for More People**  
The need for more people is admitted, in fact, it cannot be denied and everytime we think of those great vacant areas in Western Canada, it is with a feeling that it is not a question of limiting the number of people we can afford to admit to this country, but whether we will in any reasonable time be able to secure suf-

ficient newcomers to put those areas under cultivation and thus add to the production and wealth of this country. There are approximately 25,000,000 acres of land in the three prairie provinces situated within fifteen miles of existing railways which are vacant. If these lands were sub-divided into 320 acre farms, it would mean 78,125 new farms suitable for immediate cultivation. If on each half section there were four colonists, the total would be 312,500. Government statisticians have estimated the value of each colonist in the purchase of goods to be \$1,562.95 net per annum, so the value of this settlement to the country would be \$122,106.00 per annum.

Now, there is nothing that will hold our people and invite others so much and effectively as national prosperity, particularly prosperity among the producers. If production is made profitable and distribution effective, we have solved our principal national problem. The way it can be solved is in a combination of the realization of the needs of the respective parts of the country together with the maximum of individual effort by the people themselves. Canada does not hold out much promise to the person who comes here with the idea that they have reached Utopia, but it does offer a wonderful opportunity to that individual who realizes that Canada possesses exceptional possibilities and only requires the spirit and ambition to make use of those possibilities to the fullest extent to be successful.

No one who knows Canada can have anything but faith in its future, and no one who has any knowledge of conditions can be improved. In its present economic conditions should hesitate to point out its difficulties and the respects in which culture, when this country has come to the full realization of the step which have been taken by Great Britain and the United States, and rid itself in a large measure of the burdens which are pressing it will be found that our prosperity depends upon the extent to which we can translate the pioneer spirit which has been responsible for the country's progress thus far, into the more intricate modern commercial enterprises.

### ASK FOR MADE-IN-CANADA GOODS

When You Spend Your  
Made-in-Canada Dollar

Every time you pass a Made-in-Canada Dollar over the counter—ask for Made-in-Canada goods!

Then you will have more Made-in-Canada Dollars coming your way.

Every time you say "Made-in-Canada Goods, Mr. Merchant," you plant the idea in somebody's mind. It's a good idea to plant everywhere. It will grow. As fast as it grows Canada will grow.

The Made-in-Canada idea is good for everybody: It is a stimulant for Canadian raw materials, Canadian labor and Canadian capital. All sections of the Canadian working world reap the benefit. It keeps all the workers busy in the various manufacturing industries; the earnings of the industrial workers buy the produce of the workers on the land. It is good for all classes. It banishes or greatly reduces the unemployment problem.

Insist on Made-in-Canada products and you will bar out the competing wares of cheap, swinish labor of Europe and Asia. Low wages make low ideals. Union labor has been for years and is battling for high ideals. High ideals come only where the workers are paid and treated in a highly civilized manner.

For high ideals—for general Made-in-Canada prosperity—Don't forget to say that all may hear: "Made-in-Canada goods for me every time!"

## Unsanitary Camps Rapidly Disappearing

### Outbreak of Typhoid in One Camp Due to Faulty Sewage Disposal Plant in Town

"The old unsanitary industrial camp is rapidly passing," declares Alex. R. White, chief sanitary inspector for Ontario, in his annual report, recently published.

Much of the credit for the improvement is given by Inspector White to the co-operation of the employers. Mr. White adds: "The absence of sickness or other labor troubles in connection with these great northern industries is a tribute to both capital and labor alike."

The extent of dysentery in the fall during the months of August, September and October gave concern. While the camps were apparently in reasonable sanitary condition, diarrhoea and dysentery caused considerable sickness and loss of time.

Camp physicians gave various reasons for the epidemics. Some imagined that meat had been served which was partially spoiled. Others spoke

of strong soap being used for wash washing purposes, the utensils being left to dry while considerable soap adhered to them. In some cases the water was blamed. But the chief inspector has reached the conclusion that "in the majority of cases it is a question of too many flies." I am convinced that most of our dysentery

(Continued on page 2)

## Fleeing Into U.S.A.

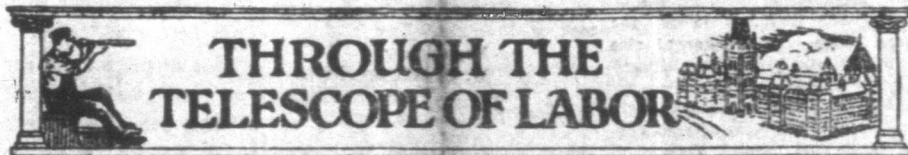
### Surprising Figures of New Immigration

Some curious figures of immigration into the United States are given in the annual report on the quota law, states the Exchange. Immigration has risen very rapidly between 1922 and 1924.

The principal sources of the increase were:

1. Ireland, 10,579 to 17,111; 2. Germany, 17,931 to 75,091; 3. the Scandinavian countries, 14,625 to 35,577; 4. Canada, 45,810 to 200,690; 5. Mexico 19,551 to 39,336.

During the same period immigrants from England, Scotland and Wales showed a decrease of from 25,152 to 19,496. Southern and Eastern Europe and Turkey, which sent 915,974 immigrants in the fiscal year of 1914, contributed only 163,813, or considerably less than Canada, in 1924.



## Brilliant Example of Industrial Welfare Work

### A Forward Step in Providing for the Needs of Canadian Workers as Exemplified by the National Iron Corp'n, Toronto

We have often wondered at the nearsightedness of many employers of labor at not making any provisions for their employees outside of paying them their weekly wage, as it has been proven that the direct loss to an employer through lack of interest in his workers, is a heavy one. Efficiency and the absence of that spirit of co-ordination among workers, which is so essential to success, is not to be found in the factory where there is no reciprocation from the employer.

From this thought grew a desire on our part to make a tour of some of our representative industries with the idea of illustrating just what can be accomplished by proper co-operation between employer and employee. In this connection, we visited the National Iron Corporation of Toronto, and we were glad that our itinerary included this company. We were met by Mr. Atkinson, the Comptroller, who fairly radiates goodwill and confidence. Mr. Atkinson very candidly explained to us that they had found by experience that it paid the company in dollars and cents to foster a spirit of goodwill among their employees and in his own words he says, "We believe that by treating our men well and by cultivating an atmosphere of mutual consideration, both the employees and the company are benefitted, and we may say from experience, that any outlay which the company makes in carrying out its activities is compensated by greater efficiency and enthusiasm on the part of our employees."

A tour of the plant quickly confirmed what Mr. Atkinson had told us and we found that a splendid feeling of "esprit de corps" existed among the men and that they reacted most favorably to the humanitarian advances made by the executive.

Last year the National Iron Corporation erected a combined cafeteria and washroom building of the most modern type and installed lockers for each man with an individual key for same. In the cafeteria they provide a hot meal each day of a substantial character at the very nominal charge of 30c. Christmas week a Christmas dinner is put on of turkey, plum pud-

## President Coolidge Economizes

It has been often pointed out that part of the popularity of Coolidge in the United States rests on his policy of reducing taxation. He now proposes to carry this policy still further by a second reduction (by \$341,063) of the present appropriation to the Federal Department of Labor. The Women's Bureau is already crippled for lack of funds, but its expenses are to be reduced still further. Other points in which the richest country in the world will economize, if Coolidge's proposals are adopted, are:

reception which was last year. Due to depressed industrial conditions.

A "Suggestion Box" has also been inaugurated and it is the privilege of every employee to make suggestions as to labor-saving or "Safety First" improvements and any suggestion which is found practical is rewarded with a prize of \$5.00. Mr. Atkinson stated that the company is very keen on the "Safety First" movement and endeavors to do its part by providing safety appliances such as goggles, etc., to all men whose work is of such a nature as to require such safety appliances.

In passing, we would just like to mention the fact that Mr. Gordon Perry, the President, has always shown a keen interest in labor matters and paid particular attention to the needs of his workmen, appreciating the fact that confidence and co-operation between employer and employee is absolutely necessary to industrial peace and progress.

In conclusion, "The Canadian Labor Press" wishes to commend the National Iron Corporation upon its policy and hopes that those employers who have not already adopted such a co-operative principle may do so in the very near future.

## "The Canadian Labor Press" and a National Policy for the Canadian Workman and Canadian Industry

(By Travail)

Let us start the New Year, 1925, by buying Canadian home made goods, by supporting Canadian labor, by supporting a national policy of protection of the Canadian workman and Canadian industry. Let us consider one hundred and ten millions of people to the south of us and see if we can compete with this great horde of people—we with our nine millions of people for the whole of this great Dominion.

Is there any wonder that our factories are closed, and our payroll gets smaller when we allow that hundred and ten million people to send their goods to us in Canada? How is it to be expected of us to keep up our pay envelopes. When the Dominion government lowers the protection duty to 12 2-3 p. c. as against the previous government's duty of 22 1/2 per cent. No raw material should leave our country, but it should be manufactured into goods in

the costs of receiving and dealing with immigrants, the Children's Labor Bureau, the Welfare and Hygiene Departments, etc. "The Federation News" writes that "during the last four years, the labor department has been slowly dying, as a consequence of the policy of the Harding-Coolidge regime in placing a Pittsburgh banker at its head." It concludes that "if John L. Lewis or any other trade union official takes charge of the department next March he will find his hands tied, for there will be no money beyond the trifling sums Coolidge has approved."

## Tariff Protection What It Means to Canadian Workers

**Stable Industrial Conditions**  
will result when the manufacturer is not obliged to meet unfair competition.

**Steady Employment**  
for the workers when the factories are operating full time.

**Higher Wages**  
are possible through increased production and reduced consumption.

**Lower Taxes**  
and our capacity to take care of present taxation will be the natural result of Canada's increased prosperity.

This is what appeared on the first Bulletin issued by "The Canadian Labor Press" touching upon the critical industrial problems facing Canadian workmen to-day.

work of the man. You are paying the man for his work. But how much does that work owe to his home. How much to his position as a citizen, how much to his position as the provider of a family. The man does the work in the shop, but his wife does the work of the home, and the shop must pay them both or what system of figuring is the home going to find its place on the cost sheets.

Now, it is obvious that to regard the man alone, refusing to reckon with the home and the family in the background, is to arrive at a series of facts which are misleading and which alone can never suffice even for a temporary solution of the conditions that concern us.

## Trouble Predicted on British Railways

### National Union Secretary Cramp Sees Difficulties Over Wage Demands

London, Eng.—"Trouble of the most serious kind" in the railway world of Great Britain is anticipated by C. T. Cramp, Industrial Secretary of the National Union of Railwaymen, as a result of the managers of the railways refusing the new wage demands of the union and the Railway Clerks' Association and submitting counter-proposals for big reductions in wages.

The union's program of increased pay and improved conditions in connection with the railwaymen's work is far-reaching, and the railway companies estimate that the men's demands would mean increased wages amounting to £20,000,000 a year, this not including the cost of the pensions demanded for all grades of workmen at 60 years of age on a contributory basis.

As against the serious views of Secretary Cramp on the present position of the matters in dispute between the men and the companies, it has been assumed generally that both sides will decide to refer their claims and counter-claims to central wage boards, and that the final decision probably will not be reached before the middle of April or the end of April.

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Red Bull



# Editorial Page of The Canadian Labor Press

## Buy Made In Canada Goods, Keep Canadian Workmen Employed

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**THE CANADIAN LABOR PRESS**  
 THE CANADIAN LABOR PRESS  
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 A NATIONAL, SANE LABOR PAPER

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Following is brief in an outline of our Policy:

1. The Canadian Labor Press supports the International Trade Union Movement, of which there are approximately three hundred thousand members in Canada.
2. The Canadian Labor Press supports the policy of the present Dominion Trades and Labor Congress of Canada.
3. In the interests of the Canadian Worker, The Canadian Labor Press believes that Canadian industry needs adequate tariff protection.
4. The Canadian Labor Press advocates fair play to employer and employee.
5. The Canadian Labor Press stands for the betterment of Trade Union conditions in Canada and the welfare of our country at large.
6. The Canadian Labor Press is independent in politics and free from any political influences.

### Tariff and the Worker

THE time is now opportune for Canadian Labor to realize the requirements of Canadian industry and to mould their actions and influences toward a policy that will assure the proper prosperity of our industries which, it is freely admitted, we are all more or less dependent upon, and in turn Canadian industry is almost wholly dependent upon suitable tariff protection.

Theoretical people often say that the policy of protection is designed for the exclusive benefit of the manufacturer, that it is a scheme to put extra profits in his pocket, that, in this respect it is class legislation and should not be tolerated.

Protection should ensure the greater portion of the Canadian market to Canadian factories, so as to enable them to produce in large quantities and thus lower their costs and, consequently, their selling prices. Otherwise, the manufacturers of the United States and other countries, with their home markets highly protected by customs tariffs, would dump their surplus production into Canada and drive Canadian factories out of business.

Protection should also bridge the gap between the high wages paid in Canada and the low wages paid in European and Asiatic countries, and also the difference in the par values of currencies.

If the manufacturer is unable to carry on, it should be quite clear that not only will he himself suffer, but that directly and indirectly many other people will be affected. The ramifications of his difficulties will extend far and wide, so far in fact that it may justly be claimed that the whole fabric of the country's business and social life will be more or less affected.

The question of protection is a national one. It affects labor vitally, as will be observed from a perusal of the articles of prominent labor leaders which have appeared from time to time in the Labor Press. The entire business and financial systems of the country, with their thousands of employes and those dependent on them, are intimately concerned in the question because on the activity and prosperity of industry much of their success depends.

If we cease to have adequate tariff protection for our industries, we, as workers in that industry will cease to have a job.

### Unsanitary Camps Rapidly Disappearing

(Continued from page 1)

and a proportion of our sporadic outbreaks of typhoid arise from this source.

**Reams of Tanglefoot.**

Inspector White says that his inspectors have been discussing this matter with industry from some years with varying success. The management seem to have contented themselves with the purchase of reams of tanglefoot and almost every chemical and insect powder obtainable to exterminate the fly, but only after gaining access to the buildings, no thought being given to destroying the breeding places.

Consequently, the provincial inspectors have changed their tactics and are now trying to show the camp managers just how manure and latrines breed flies. Much better results are looked for from this method.

Of 63 cases of typhoid in the camps, 3 developed at the Mattagami Pulp and Paper Mills at Smooth Rock Falls. That was more than a year ago and the sewerage from Timmins, further upstream, where typhoid had existed, was blamed for the outbreak. It is said that the disposal plant at Timmins was not functioning properly and untreated discharges were let loose. Chlorination of the

water supply and liberal doses of vaccine soon ended the epidemic. But in the meantime the company lost thousands of dollars through no fault of its own.

**A Big Population.**

Information supplied by Crown timber agents and employers showed that 172 lumbering companies were in operation. These control, with jobbers and sub-jobbers, 751 camps and provide employment for 25,595 men. In addition the inspectors had to deal with:

- Fifty mining companies employing 2,700 men.
- Four paper mills employing 2,775 men.
- Fifty-five sawmills employing 3,657 men.
- Eighteen construction companies with 82 camps and 5,550 men.
- Twenty-six road camps with 875 men.
- Two fishing companies with 175 men.

These bring the grand totals up to 243 companies, 960 camps and 44,327 men. These men with their dependents, supply people and summer resorts, made up of 12345 123 12345 resorts, made up a population of 100,000 in the north country.

**Minister Criticized Labor Official**

Secretary Varley Writes Hon. W. R. Motherwell Regarding Statement About Strike

An explanation is being sought from Hon. W. R. Motherwell, Federal Minister of Agriculture, of his statement on January 31st that some time ago he had visited a building in Toronto being erected for the department and had found bricklayers on strike against a wage reduction from \$1.25 to \$1.12 1/2 cents an hour.

Hon. Mr. Motherwell, it is reported, made the statement when the Premier and members of his Cabinet met a deputation to request relief for the unemployed.

In a letter to Hon. Mr. Motherwell, William Varley, Secretary of the Building Trades Council, referred him to The Labor Gazette, October, 1924,

### Labor Capitalism

Hamilton, Ont.—When a wage-earner turns wage-payer his point of view shifts. He is apt to view conditions in a different perspective from that to which he has been accustomed, and to see certain facts which he had overlooked, and to see them in new relations. It has frequently been remarked that the most exacting employers are those who have been wage-earners.

Labor organizations which have embarked upon capitalistic enterprises do not make the most generous employers. This fact is conspicuously in evidence at the recent convention of the American Federation of Labor. Here was a quarrel on between the Brotherhood of Locomotive Engineers and United Mine Workers, and the latter organization has brought the dispute to the convention in the hope that it may be adjusted. The Railway Brotherhood is one of the most powerful and wealthy of labor organizations. It has established banks and is operating them, and it is interested in great financial corporations. One of its enterprises is coal mining. It owns and operates several coal mines. One of these mines, operated by a dummy company called the Coal River Mining Company of which Warren S. Stone, president of the Locomotive Brotherhood, is chairman, is having trouble with its mine workers. It is charged that the company has "arbitrarily refused" to meet representatives of the Mine Workers' Union to discuss the terms of a new contract, and even that it has dismissed from its service several workers for no other reason than because they had joined the miners' union. It is charged also that such is the bad feeling between the mine workers and another company owned by the Locomotive Brotherhood that it has been deemed prudent to employ "armed guards" to protect the company's property.

It is evident that, as organized workers negotiating with the railway companies about wage scales and working conditions, the locomotive engineers take a different view of the industrial situation from the view they take as employers of labor. As workers, they see clearly what they believe to be their own rights as wage-earners, and see rather dimly the difficulties in the way of according them what they believe to be their rights. As employers, they see the difficulties very clearly and are inclined to question the justice of the demands made by the employes.

To adjust such disputes as this one, which has been laid before the A. F. of L.—to adjust them in a way that is just to both parties to the dispute—it is necessary to be able to visualize in this proper perspective both the rights of the workers and the difficulties in the way of granting them what they demand. And the double experience gained by the members of labor organizations which, like the locomotive engineers are also capitalistic organizations should qualify them to serve as arbitrators in disputes between employers and workers. Not, of course, between their own organization and the railway companies, but disputes in which they are not financially interested.

ing them into finished products, or approaching thereto, which sell equally as well or better, after having distributed hundreds of millions of dollars to our farmers, workmen, business men and industrial concerns.

Instead of exporting our saw logs along the Pacific coast at say \$20.00 per M., why not manufacture them here, the first saw cut making them worth double the money \$40.00, and the further conversion into more nearly finished products, such as knock down furniture, doors, etc., making it worth a hundred dollars and more per M.

Our wheat exported at say 2c per pound in normal times instead of flour at 3c per pound or shredded wheat, corn flakes, etc., at from 10c to 15c per pound, thus requiring our Pulp wood products for wrapping and cartons for shipping. Our Mineral and Fishing products the same.

Canada boasts of nature having endowed her with everything she needs, so if circumstances make it necessary we would be self contained, and self reliant in the matter of food, fuel, clothing, fruit, vegetables, implements, vehicles, minerals, both for fuel, construction, etc., in fact everything humanity needs to make a happy, prosperous and contented people, of ten times our present population.

I believe everyone of our 9,000,000 population of to-day believes this, and if so, why do we lack the courage of putting an embargo on the exportation of our products both natural and artificial, until approaching finished products, "fearing retaliation," which would never come, but if by chance it should, it would probably prove the greatest blessing which ever overtook us.

Yours truly,  
 W. O. SEALEY,  
 61 Hunter St. West.  
 Hamilton, Ont., Jan. 24, 1925.

### THE END OF THE DAY

Here lies the lovely day,  
 The friends are gone away,  
 The still white blind is drawn  
 Until to-morrow's dawn,  
 And just one effort more  
 You must make ready for.

Prepare your bed for rest,  
 But ere you do that best  
 Lay this now left to do,  
 Bring, bring your prayers with you  
 Again, for God to keep,  
 And then lie down and sleep.  
 —In "Daily Herald"

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Copies of the Regulations issued by the Department of Education may be obtained from the Deputy Minister of Education, Toronto, Toronto, December, 1924.

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# OUR HOME PAGE

## Here It Is--The Old Favorite

No Treatment for Coughs and Colds Was Ever So Satisfactory

All these years Dr. Chase's Syrup of Linseed and Turpentine has held its place in the family medicine chest because there has been nothing to equal it.

It holds the confidence of all as the most certain relief from Croup, Bronchitis, Whooping Cough and Asthma.

### Bronchitis

Mrs. Fred Barlow, Crystal Hill, via Spring Valley, Sask., writes:—  
"My little granddaughter always had bronchitis every two or three months ever since she was a baby, and as the nearest doctor or druggist is twenty-seven miles away, it was very difficult for us to get medical aid.

"I decided one day to send for some of Dr. Chase's Linseed and Turpentine, and when I received it, began giving it to her. She has not had the least symptoms of bronchitis since taking that one bottle, and she is now five years old. The neighbors all notice what a difference there is in the child.

### Whooping Cough

Mrs. Athadene Barclay, Chesterville, Ont., writes:—  
"At the age of three weeks, my baby boy contracted whooping cough from the other children and got so bad that we had little hope of saving him. Knowing the value of Dr. Chase's Linseed and Turpentine, we gave it to him freely, and as a result the cough did not last long and the baby was saved."

### Stubborn Cough

Mrs. Joe Hall, Wyoming, Ont., writes:—  
"I contracted a cold and had a severe cough for 19 long months. I had tried many medicines and was finally advised by two friends to try Dr. Chase's Syrup of Linseed and Turpentine. Before I had finished the second bottle, the cough had left me."

## DR. CHASE'S Syrup of LINSEED and TURPENTINE

35c. a bottle. Family size, three times as much, 75c. All dealers or Edmanson, Bates & Co., Ltd., Toronto.

Family Size 75c



### Nut Muffins

Sift one and one-half cups of flour with two teaspoonsful of baking powder, one teaspoonful of brown sugar and one-half teaspoonful of salt. Add one tablespoonful of melted butter, one-half cupful of chopped nut meats (preferably walnuts), one beaten egg and three-fourths cupful of water or milk. Mix well and bake in hot buttered gem pans. Serve with butter and cream cheese.

### Constipation and Its Cure

By Dr. Jos. H. Smith

In nervous disorders and particularly neurasthenia, constipation is often an accompanying symptom and results from the lack of nervous force transmitted to the intestinal muscles due to wrong diet and other hygienic sins of omission and commission.

The sufferer from constipation usually seeks relief by means of purgative drugs. It is true that drugs give temporary relief, but they cannot cure constipation, which must depend on unimpaired nerve energy and the regulating of ones mode of life.

First of all it must be impressed upon the patient that it is all-important promptly to heed every inclination to move the bowels and to form regular habits as to time for relieving them. The bowels if thus properly attended to will regulate themselves like clock work.

Overeating must be strictly avoided. The necessity for thorough mastication and insalivation of the food must also be insisted upon; for the thorough mastication of food is necessary properly to prepare it for digestion.

Many people suffer from constipation because they do not supply the system with a sufficient amount of water.

The fault in the diet of the average individual suffering from constipation is that it is of a too concentrated character, and what may be prescribed as pasty.

White bread, cake, pie, white flour foods, potatoes and meat tend to clog the intestines, therefore these should be eliminated from the daily menu in favour of such foods as have bulk, roughness and lubricating qualities as for example:—wheat cereals such as oatmeal, flaked wheat, etc. Acid fruits such as grapes, apples, oranges are ideal in this capacity.

Among the vegetables that may be taken advantageously I might mention cabbage, carrots, lettuce, spinach, turnips and onions which in conjunction with dried fruits such as dates, figs, prunes and raisins make to all an ideal diet.

The inclusion of a liberal amount of fat in a diet is often necessary. Olive oil can be palatably taken and used on various foods, or if one or two tablespoons of oil are taken at night on retiring to bed, good results can usually be secured.

Exercises for strengthening and developing the entire muscular system is necessary in all cases and walking, simple bending and body twisting movements are an admirable aid in stimulating the bowels and muscles of the lower organs.

In all cases it is advisable to have an examination by a capable adviser

for other complications may be found which may speedily be removed so that normal bowel function may continue.

### VITAMIN SANDWICHES

**Beef, Cheese, and Tomato**  
sandwich is as good a filling as can be imagined for a man who has to take sandwiches at work. Tomatoes are full of vitamins, and cheese contains as much nourishment as does the meat. Moreover, you can use tinned tomatoes and know that the long cooking has not killed their value. Tomatoes differ from other vegetables and fruits in that the vitamins are preserved throughout the cooking.

Take one quarter pound of meat, two ounces of cheese, half a pint of canned tomatoes. Put the meat and cheese through a meat mincer, add the sieved tomatoes cook until thick leave to get cold and then use as a filling on wholemeal bread.

**Cream Cheese and Eggs**  
make an expensive but excellent filling. To a half pint of cream cheese beat in a tablespoonful of melted butter or margarine, a few chopped nuts or olives, one hard-cooked chopped egg, salt, pepper and onion juice. Leave to set and grow very cold, then use on wholemeal bread. Figs and cream cheese make a sweet filling.

### Advocates Poll Tax for Single Women

Toronto, Ont.—The District Labor Council at its meeting recently endorsed a motion forwarded by the Guelph Labor Council favoring the imposition of a "poll tax" on all single women on the grounds that as women claim equal rights with men, they should also share the responsibilities of citizenship equally.

A protest was registered against the practice of sending aged, indigent men and women to the Jail farm, and calling upon the civic authorities to provide a home for all such persons. It was stated the necessity for such a home was far greater than the need of a hospital in East Toronto. One delegate asserted the hospital project was being engineered by real estate speculators.

The Council also went on record as favoring the supplying of free text books to pupils attending the Collegiate Institutes and Technical Schools.

### Unemployment in Various Countries

The unemployment figures for the past month show that there has been an almost universal increase of unemployment. As, however, trade has not changed for the worse, it may be assumed that this is due to the usual seasonal rise of unemployment in winter. Even in Germany, where the economic crisis due to the currency stabilization reached its height in August last, after which the autumn months showed a considerable decrease in unemployment, November again showed a slight increase. Hungary and Roumania are going through bad times on account of the deflation policy of their governments, so that there is a good deal of unemployment in both. The following survey shows the respective degrees of unemployment in different countries during the closing months of 1924:—

### Buy Now and Save

The statistical returns that are daily compiled and broadcast are now stating with increasing frequency that "Prices are stiffening." If you do the weekly shopping you will no doubt say: "We know it only too well."

Prices are rising. Foodstuffs, clothing, building materials, even paper. Everything is going to cost more. This move toward higher prices is not necessarily a temporary movement, rather it is likely to last for a considerable period and although housewives of limited means may bewail the fact, I can offer one consolation that should balance the pessimism of those who shop.

General increase in prices is invariably a sign that business conditions are getting better. Prices drop when demand is lowest, when the warehouses are full and business at a standstill, but immediately a buying movement is felt, prices stiffen and even before the general public feel the turn towards prosperity, materials and commodities begin to cost more.

In many instances the increase of prices has not yet been felt by the buying public. In foodstuffs however, meat, groceries, etc., the effect is being felt. In other lines, the increase comes slowly but surely and our advice to our readers is to buy heavily at the present time. Both woollen and cotton goods will be up in price before the year is out as also will leather goods. Certainly those who can afford to invest in such things will be well advised to take advantage of the present low prices.

### DEAFNESS NOISES IN THE HEAD AND NASAL CATARRH CAN BE CURED

The new Continental Remedy called "Larmaleine" Regd. is a simple, harmless home-treatment which absolutely cures deafness, noises in the head, etc. NO EXPENSIVE APPLIANCES NEEDED for this new treatment. Instantly operates upon the affected parts with complete and permanent success. SCORES OF WONDERFUL CURES REPORTED.

Try one box to-day, which can be forwarded to any address on receipt of money order for \$1.00. THERE IS NOTHING BETTER AT ANY PRICE.

### Expects Labor to Win in 5 Years Time

#### Mrs. Snowden Cautious in Dealing With Party Leadership

Mrs. Phillip Snowden, whose husband was Chancellor of the Exchequer in the Ramsay MacDonald Government, expressed herself as optimistic as to the return to power

of the Labor party at the next general election in Britain. She believed that the present Conservative Administration would remain in office, however for the full electoral term of five years. Questioned as to a possible change of leadership of the Labor party Mrs. Snowden declined to give an opinion.

Regarding of prospect of Labor regaining political power Mrs. Snowden said she based her assumption upon the fact that at the last general election, the Labor party had made a gain of more than 1,500,000 votes. She would not discuss criticism of some actions of her husband as a member of the Labor Government, but she felt that his special talents had been focussed upon the social administration of the financial department of the Labor Government on lines never before attempted by a Chancellor of the Exchequer.

Willson magistrate, to husband defendant: "What sort of a Christmas, did you have?"  
Husband: "A very quiet one. She's been away."

### The Last Word in Service

A \$5,000.00 Policy in the Commonwealth Life and Accident Insurance Company.

#### Guarantees

FIRST that in the event of death from any cause the face value of the policy will be paid, viz. \$5,000.00.

SECOND that in the event of accidental death, DOUBLE the face value of the policy will be paid, viz. \$10,000.00.

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Because it will bring you comfort and independence in your later years.

BECAUSE IT WILL GIVE YOU A LARGER RETURN FOR THE AMOUNT INVESTED THAN ANY OTHER LIFE INVESTMENT OF EQUAL SECURITY.

For example, if a man of 29 will pay to the Dominion Government the sum of \$5.31 a month until he is 60, the Government will agree to pay to him from 60 as long as he lives \$59 a month—a return equal to over 321% on the total amount paid.

If he dies before 60, every dollar that he paid in, with 4% compound interest, would be returnable to his heirs. If he should die between 59 and 60, the amount so returnable in a cash sum would be \$6,230.00.

Such an Annuity may be of any amount from \$50 to \$5,000 a year, the cost being relatively the same. It is non-forfeitable, cannot be seized for debt, and is free from Dominion Income Tax. For full particulars fill out this Coupon and address it as directed.

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(State whether Mr., Mrs., or Miss)

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# Labor News From Coast to Coast

## Our Overseas Column

**Australia.**  
According to the reports of 412 trade unions, with a total membership of 462,969, at the end of September 23,482, or 5.1% of their members were unemployed. The corresponding figures for the end of June, 1924, were 32,768 and 8.3%, and for the end of September, 1923, 28,122 and 7.4 per cent.

**Austria.**  
The number of unemployed in receipt of benefit rose during the first half of December from 115,699 to 130,066. On November 25th 88,237 persons were in receipt of unemployment benefit, and at the end of November, 1923, 77,550.

**Belgium.**  
According to the reports of 1,492 recognized Unemployment Fund Centres, with a total membership of 612,230, 18,444 members were either wholly unemployed or doing part-time work at the end of October, against 19,488 in the previous month and 12,691 at the end of October, 1923.

**Canada.**  
According to information received from trade unions with a membership of about 155,000, at the end of October 4.8 per cent. of the members were unemployed, against 5.9 per cent. in the previous month and 6.2 at the end of October, 1923.

**Czechoslovakia.**  
According to the official statistics the total number of unemployed at the end of September was 73,096, against 78,774 in the previous month. The number of persons in receipt of unemployment benefit directly from the State was 7,418, against 8,491 in August, while those receiving benefit through the concerns numbered 15,599, against 17,714 in August.

### M't'l. Garment Workers Settle Strike

**Cloak and Suit Organiser Announces That 27 Firms Have Met Terms**

Montreal, Que.—Settlements have been effected with 27 cloak and suit firms in Montreal, covering 700 employees, or nearly half the number out on strike, according to a statement made by Jim Hochman, International Organizer of the International Ladies' Garment Workers' Union, who is in charge of the cloak and suit workers' strike in the city.

The manufacturers settled with are the largest in the industry, Mr. Hochman declared.

Settlements had been effected on the lines of recognition of the union, the 44-hour week and wage adjustments, it was intimated.

### C.L.P. Wins Seats

South Vancouver, Can.—Four out of eight candidates proposed by the Canadian Labor party were elected to office in the recent South Vancouver municipal elections. Labor elected two aldermen, a school trustee and the police commissioner.

### Philadelphia Labor Is Organizing

Philadelphia.—The Central Labor union is campaigning among Philadelphia non-unionists to bring them into the ranks. Many locals are also stimulating union attendance by laying fines on absentees from local meetings.

### Building Wages in Cincinnati

Cincinnati, O.—As a result of a 13-month wage contract signed by the Cincinnati building trades council and the Associated Building Industries, \$1.25 will be the hourly wage for carpenters, hoisting engineers, laborers, ornamental iron workers, plumbers, slate and tile roofers, steam-fitters and structural iron workers. Laborers will receive 35c. hod-carriers, 52-1-2c. and other crafts wages between \$1 and \$1.25. The contract expires March 26, 1926.

### Laborers Operate Norwegian Mine

Oslø, Norway.—An interesting experiment is being conducted by organized labor, which is taking over the extensive copper mines of Lyngse, the northernmost point of Norway, and acting in a double capacity of employers and workers. The mines are very rich but they have not been exploited in recent years.

### Green Calls Gompers a Patriot

Boston.—Praise of Samuel Gompers as a patriot and loyal supporter of the government was sounded by President William Green, American Federation of Labor, at a Boston memorial meeting under the auspices of the Central Labor union.

### Denmark.

According to the statistics of the trade unions and the public Labour Exchanges the percentage of unemployed at the end of November was 8.6 against 6.5 in the previous month and 11.4 at the end of November, 1923. In the middle of December there were 27,518 applicants for work in the whole country, against 25,892 in the previous week, and 32,900 in the middle of December, 1923.

**Finland.**  
According to the statistics of the Labor Exchanges of the larger towns the number of unemployed registered at the Labour Exchanges on the 8th November was 1,893; against 1,289 in October, and 779 at the end of November, 1923.

**France.**  
The number of persons registered at the Labour Exchanges was on November 29th 11,863 (7,750 men and 4,113 women) against 10,483 at the end of October and 9,703 at the end of November, 1923. The number of unemployed in receipt of benefit on December 4th was 479, against 415 at the end of November, 1923.

**Great Britain.**  
Of the 979,734 members of the trade unions which sent in reports, 84,347, or 8.6 per cent. were unemployed at the end of November, against 84,859, or 8.7 per cent. in the previous month, and 110,743 or 9.9 per cent. at the end of November, 1923. Of about 11,500,000 persons insured against unemployment 11 per cent. were unemployed at the end of November against 11.1 per cent. in the previous month, and 11.5 per cent. at the end of November, 1923. The number of registered unemployed was on December 15th, 1,158,000.

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### KINGSTON LABOR MEN CONFERENCE WITH FEDERATION ORGANIZER

Kingston.—Local Labor men held a meeting with John A. Flett, Canadian organizer of the American Federation of Labor; John Noble, organizer of the electrical workers union; Hon. A. E. Ross, M.P., and Mayor Angrove. Mr. Noble said workers could suggest several cures for unemployment. One of these was the universal eight-hour day. Mr. Flett among other things said the workers lost little when the Lemieux Act was declared ultra vires.

### Civic Employees Resume Work in Ldn.

London, Eng.—The strike of Public Works Office employees, which began several days ago, ended February 2nd when the men agreed to resume work forthwith. London witnessed during this strike the unusual spectacle of pickets parading in front of Buckingham Palace, and St. James's Palace, and voluntary labor had to be resorted to to keep the services running in the Royal residences.

### No Unemployment in Building Trades

Toronto, Ont.—There is little likelihood of unemployment in the building trades in Toronto this winter, judging from reports of the steel workers' union and the builders' laborers' union, both of which state that not only is there no unemployment in the various organizations affiliated under their groups, but that there will probably be a shortage of good mechanics in this city before the end of this year.

### Wants Miners to Have Uniform Wage

London, Eng.—Frank Hodges, former secretary to the British Miners' Federation, urges a five years' truce in the mining industry, and makes the startling suggestion that the Federation finance an investigation of mining conditions in Germany with a view to securing British, continental, European and American agreement for uniform wages and hours in that industry based on the conditions obtaining in the country where the miners receive the most favorable treatment.

### APPRENTICES COMPETE TO PRACTICAL LABOR

Montreal, Que.—Apprentice bricklayers, plasterers and carpenters from Ontario and Quebec cities Jan. 30th received at the Montreal Technical School the silver cups donated as prizes in the practical work competitions staged in connection with the Convention of the Association of Canadian Building and Construction Industries. Prize winners from Ontario were: Hugh Amok, Toronto; Henry Bradshaw, Hamilton; D. Currie, Windsor; Gordon Maher, Ottawa; W. Crow and J. Allen, Toronto.

### Wants Public Policy for Unemployment

**Deputation From Toronto and Hamilton Discuss Problem With Government**

Ottawa, Ont.—Deputations from Hamilton and Toronto arrived in Ottawa January 31st and waited upon Premier King and members of the government pleading the cause of the unemployed in these two cities in particular. The joint deputation was in charge of Alderman Miller of Toronto, and consisted of the following: Major Shields, representing the G. W. V. A.; John MacDonald, representing the Trades and Labor Council, and A. E. Smith, president of the Unemployment Association of Canada, all of Toronto; Controller Davis, Alderman Lawrence, Alderman Burton and Geo. Stockdale, of Hamilton.

The deputation represents that unemployment in the two big centres is very serious and constitutes a heavy burden upon the municipalities. Major Shields of Toronto, claiming that unemployed in that city numbered 40,000, of whom sixty per cent. were ex-service men.

### Strike Pickets Parade Before Palaces

**Heating and Lighting, However, Are Kept Up—Public Buildings Feel Effect of Walk-out**

London, Eng.—London witnessed the unusual spectacle recently of strike pickets parading in front of Buckingham Palace and St. James' Palace when the striking members of the engineering staff of the office of works fulfilled their threats to that effect made earlier in the day. While the King and Queen are at Buckingham, Prince George is residing in his rooms at Buckingham and the Prince of Wales is quartered at St. James. The King's sons, however, did not suffer from the drastic methods of the strikers, as so far the pickets have not interfered with volunteer workers who have kept up the heating and lighting in the Royal residences.

### 8-Hour Day Before Supreme Court

**Argument Before Supreme Court Begins Next Week**

Ottawa, Ont.—The Federal Department of Justice is all set for an argument before the Supreme Court during the mid-winter term that starts next Tuesday on the eight-hour day question. It is uncertain, however, if the case will be argued this term, because each of the provinces is a party to it and all of them may not be ready so soon. In that event argument will be deferred until May.

The essential question for the court to determine is whether the right to legislate as to working hours is a prerogative of the Dominion or the provinces. The latter have always dealt with this subject, but for some years there have been efforts to secure a uniform Canadian law and the court will decide whether such would be intra vires of the Federal Parliament. There is no question of the right to prescribe such hours on Dominion works, but whether applicable to industry generally there could be such a law is not at all certain, and the case now before the court will have a clarifying influence.

### Reds May Revolt in Dutch East Indies

**Communist Propaganda Being Directed by Exiled Leader Resident in Shanghai**

Amsterdam, Holland.—The communist activities in the Dutch East Indies is causing much anxiety in business circles. The Dutch East Indian government was urged recently in the people's council to take strong repressive measures against the increasing communist propaganda. The uneasiness has not been abated by the continual journeyings of the native communists to Shanghai and Hong Kong.

Semaden, one of the most fervent leaders of the Dutch Indian communist party, who was recently expelled from Java, is staying in Shanghai. It is believed that his young satellites are constantly going to China bringing instructions from the great man and are in readiness to put them into execution one day in the Dutch archipelago.

### Strike Nearly Stopped War

Shanghai, China.—Refusing to risk their lives, transporting troops under fire, employees of the Shanghai-Nanking railroad struck, tying up the main lines and nearly stopping the war.

To Merchants and Salesmen



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Jas. H. H. Ballantyne  
Deputy Minister  
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J. M. Brown, Chairman  
**THE FACTORY INSPECTION BRANCH**  
Jas. T. Burke, Chief Inspector  
**THE STEAM BOILER BRANCH**  
D. M. Medcalf, Chief Inspector  
**THE EMPLOYMENT SERVICE OF CANADA**  
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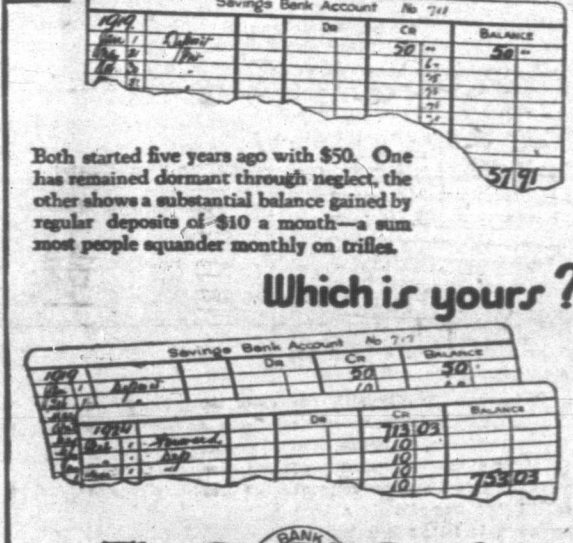
**The Order you lost — Who got it?**  
The opportunity was there. Did your competitor call up your customer by Long Distance, and sell him?  
Opportunities used to come a-knocking at the door. Nowadays salesmen go out to meet them half-way—by Long Distance.  
They tell us that about 40% of the sales opportunities they go after by telephone prove profitable. Such salesmen are said to have "telephone initiative."

### Hydro Wks. Would Negotiate Wit Co'y.

**Will Seek Interview When Judgment Received**

The Canadian Electrical Trades Union, in session recently discussed at length the decision of the privy council, which it has acknowledged, had virtually killed the Lemieux act. An agreement committee of the union will seek an interview with the Hydro commission as soon as the written judgment is received and will endeavor to open negotiations for a board of arbitration whose personnel would be agreed upon by both parties to go into the long delayed settlement of the dispute. It was suggested the present Snyder board be accepted for this purpose.

### Compare these Accounts



Both started five years ago with \$50. One has remained dormant through neglect, the other shows a substantial balance gained by regular deposits of \$10 a month—a sum most people squander monthly on trifles.

**Which is yours?**

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### Abraham Lincoln Said :-

"When you spend a dollar at home you have both the goods and the dollar."  
"When you spend it away you have nothing but the goods."

Had Lincoln been referring to present day conditions in Canada, his advice could not have been more to the point. Prosperity amongst Canadian manufacturers means general prosperity. Help make Canada prosperous! Here are a few "Made-in-Canada" specialties.


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MANUFACTURING—All lines of White and Grey Cottons, Prints, Sheetings, Shirtings, Pillow Cottons, Cambrics, Long Cloth, Ducks, Bags, Twills, Drills, Quilts, Bureau Covers, Towel and Towelling, Yarns, Blankets, Rugs, Twines, and numerous other lines used by manufacturers in rubber and other trades.

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