

Child Welfare

Articles on Child Welfare, Published by the Canadian Red Cross Society, Will Appear Weekly in This Column, Furnished by the Local Red Cross Branch.

WHAT SHALL WE EAT?

Compiled by the Department of Public Health, Nova Scotia.

these days, when so much attention is being given to the question of food cost and food production, it is well to think of food not only as a matter of food supply, but also as a matter of food quality.

It should be clearly realized that the sources of food are mainly (1) to build up the body and repair tissue waste; (2) to produce body heat and vitality; and (3) to provide an adequate and sufficient food for the greater number of the population.

While palatability is an important factor, it is not the only one. The greater number of the population are highly economically wasteful, but physiologically wasteful.

The present situation at home is sufficiently serious, and the future possibilities are sufficiently menacing to demand our careful consideration.

The meats (including fish) afford the bulk of the protein required for growth and repair of tissue, although the grain or cereal contributes a considerable amount.

The meats also provide certain salts and extractives which are useful in nutrition. The extractives give flavor to the meats. It is important to note that while the extractives are dissolved out to meat which is used for making soups, stock, meat, while rather tasteless, has lost very little of its nourishing qualities, and should by no means be thrown away.

The most sources of energy are the fat and carbohydrates. The carbohydrates are the sugars and starches, which we derive more largely from the cereals, root crops and fruits. Under normal conditions the carbohydrates furnish us with energy in the most economical and most economical form.

Amongst the vegetable foods, those which yield the largest amount of protein are the cereals and the legumes or pulses (beans and peas especially). The cereals are also rich in carbohydrates which are so necessary to energy production.

Inasmuch as most of our food goes to the production of heat and energy, it follows that fat and carbohydrates must find a prominent place in our dietaries. Practically one hundred per cent. of fat is available for energy production, so this food provides energy in such concentrated form, that we do not require very large quantities of it.

The cereals, as already stated, furnish us with a certain proportion of protein, and they also provide a chief value, however, lies in their high carbohydrate content. The carbohydrates, as has been noted before, furnish energy in its most readily available form. Seventy-five per cent. of fine wheat flour is carbohydrate, about ten per cent. is protein and about one per cent. fat. Bread is not only one of the most nutritious, but is one of the most economical of foods.

We are now confronted with the possibility of a shortage of wheat flour, and it may be necessary for us to resort to a method similar to that which many countries were forced to employ some time ago, or to which has recently been adopted in England. In England, it is now permissible for millers to add small proportions (approximately five per cent.) of the flour of barley, maize, rice or oats to the flour of wheat. Of these substitutes, barley and maize (Indian corn) are to be preferred to rice and oats. Probably barley flour might be used to the extent of ten per cent. in bread making without seriously affecting its digestibility or nutritive value.

Oatmeal cannot be used in such proportion without causing loss of "lightness" in the bread, although otherwise it is a good substitute for wheat flour. Rice lacks much of the nourishing property of wheat. At present market prices there would be little, if any, economic profit in substituting other cereals for wheat in bread making.

U. S. Asked To Send Speaker On Opium Traffic to L. Of N.

GENEVA, Aug. 15.—When the fourth annual assembly of the League of Nations which convenes at Geneva, September 3, takes up the question of the control of the opium, morphine and cocaine traffic one of the surprises may be an address before the assembly, for the first time, of a representative of the United States.

During the past year the United States has not only consented to cooperate with the league in its worldwide campaign against the harmful drug traffic, but has actually assumed the leadership. To maintain this leadership however, it is generally conceded, it will be necessary for the United States to have a representative present at the fourth assembly.

While this would create an entirely new precedent for the League, namely the right of a government which is not a member of the league to have a speaker present on the floor of the assembly, League members declare their willingness to establish a precedent.

The question has also been unofficially broached to the American government and it is generally believed that a spokesman will be named.

The choice will unquestionably fall either on Congressman Porter, chairman of the commission on foreign affairs of the American houses of representatives or on Bill Brewster.

Both of these men were members of the delegation which the American government sent the past summer to Geneva to collaborate with the league's advisory commission on the opium traffic. Congressman Porter has already expressed a willingness to present the American viewpoint on the opium traffic to the league assembly.

During the August and June meetings of the league's advisory commission on the opium traffic, the American delegation succeeded in securing the adoption by the commission of what is known as the American program. This program is embodied in the United States in the Porter houses resolution and stipulates that control of the harmful drug traffic can only be attained by international cooperation.

This program, after being adopted by the league's advisory commission was recommended by the latter to the league council for approval. The council however merely decided to circulate it to all the members of the league, they to send to the September assembly delegations fully instructed.

Unless the United States has a speaker present at the assembly both to present and defend the American program, she will be in the embarrassing position either of having to convey her defenses to some other country or of taking the risk of defeat at the hands of such countries as India and Holland, which are not keen about limiting the production of poppies and coca leaves.

protein, but at a greater cost than meat. However, the relatively small amount of fuel consumed in the cooking of eggs offsets to a large extent the greater first cost as compared with meat. Amongst the vegetable foods, those which yield the largest amount of protein are the cereals and the legumes or pulses (beans and peas especially). The cereals are also rich in carbohydrates which are so necessary to energy production. Inasmuch as most of our food goes to the production of heat and energy, it follows that fat and carbohydrates must find a prominent place in our dietaries. Practically one hundred per cent. of fat is available for energy production, so this food provides energy in such concentrated form, that we do not require very large quantities of it. The cereals, as already stated, furnish us with a certain proportion of protein, and they also provide a chief value, however, lies in their high carbohydrate content. The carbohydrates, as has been noted before, furnish energy in its most readily available form. Seventy-five per cent. of fine wheat flour is carbohydrate, about ten per cent. is protein and about one per cent. fat. Bread is not only one of the most nutritious, but is one of the most economical of foods. We are now confronted with the possibility of a shortage of wheat flour, and it may be necessary for us to resort to a method similar to that which many countries were forced to employ some time ago, or to which has recently been adopted in England. In England, it is now permissible for millers to add small proportions (approximately five per cent.) of the flour of barley, maize, rice or oats to the flour of wheat. Of these substitutes, barley and maize (Indian corn) are to be preferred to rice and oats. Probably barley flour might be used to the extent of ten per cent. in bread making without seriously affecting its digestibility or nutritive value. Oatmeal cannot be used in such proportion without causing loss of "lightness" in the bread, although otherwise it is a good substitute for wheat flour. Rice lacks much of the nourishing property of wheat. At present market prices there would be little, if any, economic profit in substituting other cereals for wheat in bread making. (Continued on Page 11)

Latest Inventions And Improvements

A 20-TON STEEL DOOR

The way of the transgressor becomes ever harder. Armed though he be with every resource of science, it is difficult to believe that any burglar could damage appreciably the "treasury door" which a British firm has made for the strong room of one of the principal banks. This door, which weighs 20 tons (20,000 lbs.) and is 2 ft. (61 cm.) in thickness, is the result of many years' scientific research. It is capable of resisting, to a greater degree than anything hitherto produced, every possible risk. A cylindrical casting of drill resisting manganese steel, nowhere thinner than 2 ins. (5 cm.) extends inwards at points along the Sparrow's Road, Queen's Road, Whim Road, Sturgeon Road, St. Mary's Road, Peter Road, Selkirk Road, Maitland Road, Wood Islands Road, Colville Road, Montague Road and connecting roads. The attack was by no means equal at all points, as in many places within the territory referred to, comparatively little damage was in evidence, while near at hand it was often serious.

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GIVES SIMPLE RULES FOR ADDRESSING LETTERS WASHINGTON, Aug. 17.—"John Brown, barber, Sappington"—if that is all you know of the address of the person to whom you wish to write, put it on your envelope and help out the postmaster, said Postmaster General New recently. Inadequate addresses on letters not only endanger the chance of delivery, but give the Post Office Department a lot of extra work.

The growing evil of inadequate addresses has been a problem of the postal service ever since its inception, and the reason for more careful attention to the matter is that the number of letters sent by mail is increasing rapidly. The Post Office Department is now endeavoring to bring about a change in the postal service ever since its inception, and the reason for more careful attention to the matter is that the number of letters sent by mail is increasing rapidly.

An Improved Air Calve.

Every householder must have appreciated the convenience of that type of tap in which the movement of a handle through a right-angle turns the water full on. Also he will probably have noticed the peculiar click and jarr which occurs in the pipe if the handle is turned off suddenly. In industrial work both of these pipes assume increased importance. The saving of time effected by the instantaneous on and off movements is an important factor which valves have to be operated many times a day, but the shock—technically called "water hammer"—which results from sudden stoppage of the flow may have serious consequences where large pipes are concerned. A way of obtaining the advantage, without the risk of a quick-action valve has been evolved by a British firm and incorporated in a design which may be briefly described as follows: Normally, the valve is held closed by the pressure of the supply and by a spring on the valve stem. In order to open the valve a handle is provided with a special cam which, when turned through a right angle, the cam then bears on a plunger and forces the valve wide open. When the handle is turned to the "off" position, the valve is closed automatically but not suddenly. A dashpot action controls the tendency of the spring to close the valve, and the water is therefore cut off gradually. This eliminates "water hammer" and the actual time occupied by the valve in closing is, of course, very short.

For all practical purposes the action is instantaneous, but there is just that element of scientific control which makes the difference between failure and success.

Switchgear for Mines.

In "fiery" coal mines, where the slightest exposed electric spark may light the explosive atmosphere, with results disastrous to life and property, electrical machinery is nevertheless used on an enormous scale and where proper equipment is used to control the various motors by closing or opening the electrical circuit. There is, of course, inevitably an arc between the switch contacts at the moment when they are drawn apart, and arrangements that make such arrangements that this arc cannot ignite freamp or coal dust in the surrounding atmosphere. Merely to enclose the switch in an "air-tight" chamber is not sufficient. No casing which meets the requirements of the service can be sealed hermetically. The only safe policy is that adopted by British manufacturers, which recognizes that explosive gases will collect within the casing, which must therefore be designed to withstand and confine an internal explosion. The standard test applied to British switchgear for use in mines, or other explosive atmospheres, consists in filling the casing of the apparatus with the most explosive mixture of freamp and air, placing the whole apparatus in a chamber filled with a similar mixture, and applying the mixture inside the casing by an electric spark. The explosion must not be communicated two the mixture in the outer chamber, nor must the casing of the switch or any internal part be injured by the force of the explosion. It is also arranged that no contact can be made or broken with the "live" parts whilst the casing is open for purposes of inspection. The means by which these results are secured are the outcome of long experience in design, manufacture, and use.

A Self-Damping Iron.

As every housewife knows, clothes that are "bone dry" cannot be ironed smooth. Unless one is very fortunate in stopping the drying of the linen at exactly the right moment, each piece must be sprinkled by hand. This operation results in saturating some parts of the fabric whilst others remain quite dry. Even after the material has been rolled up and left for an hour or two, some parts are much wetter than others. All this expenditure of time and trouble is avoided by an electric steam iron recently placed on the market by a British firm. Outwardly an ordinary electric iron, this special patent is not easy to locate in a

The Grasshopper Outbreak In P. E. Island

(By W. H. BRITAIN.)

In a recent trip to Prince Edward Island on behalf of the Dominion Entomological Branch, the writer, in company with Mr. J. A. Clark, Supt. of the Charlottetown Experimental Farm, visited the area which, for the past two years, has been visited by a more or less severe outbreak of grasshoppers.

Heading the list of Englishmen possessed of American wives and American fortunes is the Duke of Marlborough. His Grace, the Duke, married Consuelo Vanderbilt and an equitable portion of the Vanderbilt millions in 1895. A divorce has since separated the couple, but the Duke speedily got himself another American wife.

The Marquess Curzon of Kedleston is another English aristocrat possessed of the bluest of blood and an American wife. Lord Curzon would appear to agree with the Duke that American wives are worth having, for the present Marchioness is the second American girl to bear the title.

French titles, which are much coveted by the English variety, have attracted 72 American searchers for social distinction. The fortunes of 23 Italian nobles presumably have been increased by the gold of American wives.

Eight American women have become members of the Belgian nobility. Through the Australian, Russian German and Balkan women of title who once got along as a mere housewife, "misses" have not been counted, the number is large.

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ALL REPAIRATION DELIVERIES STOP

PARIS, August 17.—Germany formally notified the Reparation Commission in a letter dated last Saturday, and just published to day, that all reparation deliveries in kind would cease after that date because of the great expense involved, which it was believed might jeopardize the pending German peace negotiations.

The letter says that the "financing of the deliveries is largely responsible for the budget deficit and inflation," adding: "Deliveries undertaken up to present and not yet paid for alone necessitate, at the present rate of the mark, an expenditure estimated at 300,000,000 marks."

The promise is made that the deliveries will be resumed "as soon as the finances and currency of the Reich are on a firm basis."

Using Light Cure For Tuberculosis

BALTIMORE, Md., Aug. 17.—The use of the "Alpine Light" in the treatment of tuberculosis is being tried in the X-ray department of Franklin Square Hospital. In several cases according to Dr. S. C. Bowers, director of the department, the patients have shown remarkable improvement.

150 English Titles Now Held By Women From U. S.

LONDON, Aug. 17.—Acquiring standard European titles by the cash-marriage plan continues to be a favorite occupation of American debutantes and widows—grass and otherwise.

One hundred and fifty English titles of much distinction, and frequently more poverty, have been gobbled up in this manner.

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EMPIRE FORESTRY PARTY OPENS TOUR

OTTAWA, Aug. 17.—Special cars attached to the Ottawa-Toronto train of the Canadian National Railways carried the members of the British Empire Forestry Conference who left here tonight to begin their tour of Ontario and Western Canada. The party will arrive in Toronto at 6.35 o'clock Monday morning and will motor at once to the Yonge street wharf, where they will board the steamer for Niagara.

The delegates are delighted with the result accomplished during the business sessions held here all last week, and with the excellence of the arrangements made for them and the courtesy shown at them during their stay in the Capital. Much credit for the credit for the arrangements is due to Mr. E. H. Finlayson, acting director of forestry for Canada, manager of the conference, and Mr. Roland D. Craig, forest resources specialist, Dominion Forestry Branch, Department of the Interior, who have been responsible for the mapping out and organization of the tour and to Mr. Angus Gordon, resident manager of the Chateau Laurier, who placed the entire services of the hotel at the disposal of his guests, and gave his personal attention to their comfort and convenience.

The organization of the tour up to the present time has been perfect, not the slightest hitch, or deviation from the programme having occurred. The Canadian National Railways also have placed at the disposal of the conference the highest quality of equipment and services.

Monday will be spent at Niagara, where points of interest will be visited. The party will leave Niagara Falls at midnight by special train over the C. N. R. for St. Williams, in Norfolk County, where on Tuesday they will inspect the Ontario Government experimental station and plantations. They will leave St. Williams at 3.30 o'clock Tuesday afternoon, arriving in Toronto again about 8 o'clock Tuesday night.

Says Unionists are Using Deception

TORONTO, Aug. 17.—In a statement issued today the Presbyterian Church Association says:

"An article prepared for the Presbyterian Witness reveals that the campaign for effecting church union is from now on to be a campaign of deception. Not content with telling Presbyterians to follow no divisive course to retain their church; to remain quiescent or to remain asleep until the decision is passed and they have been robbed of their church, now they are to be told that church union will make no difference.

"But everyone who has studied the legislation, knows very well that this is not so; that the so-called 'model church' is not Presbyterian, if it were, no Methodist or Congregationalist would give up his own church for that substitute.

"Let the church unionists be fair and frank with the people."

resent herding AT QUEBEC CITY MONTREAL, Aug. 17.—Five hundred stalwart Britishers, ready for hard work and ambitious for advancement, landed on Canadian soil Friday, and passed through Montreal on their way west to aid in gathering the harvest.

They are not here for the harvest only, they said, but intend to settle down somewhere on the continent and build homes and fortunes for themselves. The United States beckons them with its high wages and good living; they look to the western fields of grain meekly as a stepping stone to better things, money relief from unemployment, worry, comfortable homes. The newcomers nearly all complain of the treatment at the hands of immigration officials at Quebec City, they claim that they were herded into a pen like sheep and held there while foreigners speaking foreign tongues were rapidly rushed through.

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FINISHING HENS AND BOILERS

Dispose of all hens that are not to be kept over for breeders just as soon as they stop laying. If this plan is followed the marketing will be extended over a considerable period. If you can get them all marketed before broilers become plentiful you are certain to obtain better prices than if you market them later in the season.

After hens have been laying heavily they are likely to be thin in flesh and should not be marketed until put into good condition again. Even hens that have been loafing and are consequently fat are not in as good condition for killing as they should be. Ten days feeding in the crates will make a great difference in these birds, as the crate feeding and marketing itself softens the muscles and makes the fowl much more tender and juicy.

SYMPTOMS OF ANAEMIA

Many poultry growers do not become that special feeding of broilers is necessary. They think that because the chickens are young that they will be tender and consequently they take them from the range and market them as they are. Such methods tend to retard the demand for poultry meat. A consumer who gets a broiler that is hard and stringy is not inclined to order another, but if he gets a broiler that has been properly fed in confinement for ten days to two weeks the quality will be such that he will want more. To properly finish either fowl or broilers they should be crated fed. Nothing but soft feed should be used and to get the finest quality it is necessary to mix the mash with sour milk, in the proportion of about three pounds of milk to two pounds of grain. A mixture of equal parts of finely ground oats and cornmeal is one of the best feeds but other grains may be used if lower in prices or more easily obtained. A little salt added to the feed will make it more palatable and the fowl will eat more. Do not over feed for the first day or two, as the birds will go off their feed and will lose weight instead of putting it on.

Believes U. S. Must Join To Save Europe

LONDON, Aug. 17.—What is claimed to be "an authoritative and direct foot-note on British foreign policy," was made public this evening by the Central News.

"There is no tenderness in the British Empire for Germany," declares the statement "but the Government believe that if France is not to maintain an indefinite stranglehold on Germany, the complete overthrow of the economic situation of Europe if not of the whole world, is certain.

"Although there is more than suspicion that the French policy is directed to the isolation of Great Britain in Europe, the British Government are seeking not isolation but the co-operation of France, if that falls obviously Great Britain will try a hand at the isolation game.

"Great Britain may then try to from her support of France in the Ruhr and bring into line with her Holland, Switzerland, Sweden and Norway who are suffering equally with or more than Great Britain from the effects of the French policy.

"Apart from the immediate aims of the Government in Europe, the dominating note of their policy is ultimate co-operation between Great Britain and the United States in world settlement. No modification or sensational response from the United States need be expected but Premier Baldwin believes Europe cannot be saved unless the people of the United States join the British in saving them."

LOST WAS FOUND IN REFORMATORY WINDSOR, Ont., Aug. 15.—While Walkerville and Ford City Birkett, was searching for Charles Birkett, missing from his rooming house since Sunday they had an entry on their record showing that he had been sentenced to six months in the Ontario Reformatory.

Birkett was sentenced Tuesday, and it was Thursday evening when his release reported. His disappearance to police. The immediately instituted a search, and there was talk of dragging the Detroit River, as it was suspected that he had drowned while swimming.

TRIED A LONG SWIM TO ESCAPE ARREST WINDSOR, Ont., Aug. 15.—Arrested after a swim of nearly three-quarters of a mile in the Detroit River Friday night, Henry Williams, of Detroit, appeared yesterday in Windsor police court on a charge of attempting to smuggle drugs. His companions, Albert Lees, Wm. Hanneman and Conrad Walters, appeared with him.

SWARM CONTROL

(Experimental Farms Note.) Natural swarming may be determined at the big bear of beekeping and to control it is the most difficult problem of the beekeeper. Natural swarming generally occurs during a honey flow, especially at the beginning and if the young are allowed to issue it may be lost or the honey crop reduced in order to get the maximum crop of honey from a colony it is advisable to keep working force of the colony together by using some method of swarm control.

Swarming is usually caused by overcrowding or congestion of the brood nest and any manipulation that will relieve this congestion will often prevent swarming. All colonies do not require the same treatment and preparations for swarming may often be checked by applying the following manipulations. 1. By giving the queen more room egg production, or the honey crop reduced in order to get the maximum crop of honey from a colony it is advisable to keep working force of the colony together by using some method of swarm control.

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Of Interest To Farmers

THE FIRST STEP TOWARDS THE CROP OF 1924.

(Experimental Farms Note.) It may appear to be a little too early to begin thinking of next year's crop depends upon the preparation made for it and the time they are made. A successful season depends to a large extent upon the good wintering. Good wintering depends upon three things, namely: colonies well filled with young bees, an abundance of wholesome stores, and adequate protection from the varying outside temperatures during the winter and early spring.

The first thing then is to get colonies well filled with young bees and to get them before the winter sets in this means that we must have the bees produced before the months of July and October and in order to do this we must have a prolific queen in the hive during the months of August and September. The first step, therefore, in producing a crop of honey in 1924 it so that every colony is headed with a good, prolific queen during the latter part of July or the first week in August. A good second year queen will often produce the required number of bees in the fall but she is very likely to get lost during the most of the winter or fail the following spring. A queen reared during the latter part of June or July is the most dependable for she is not only prolific during the young and prolific the next spring, the two seasons of the year when brood production counts most.

Every beekeeper should examine his colonies during the latter part of July and destroy all queens that show the least signs of failing replacing them with young queens that are prolific. Old and replaced later in the season by younger queens.

A good system of requeening the colonies is one that is combined with swarm control, measures that is introducing a young queen at the same time treatment is applied to control swarming. During the main flow from clover, when swarming is most intense and the colonies have larvae in queen cups, remove the old queen from the hive and destroy all later again remove all queen cells and introduce a young queen.

By this method the swarming is controlled and the colonies are requeened at the right time. If the old queen is prolific and increase is desired a frame or two of emerging brood may be removed with her and placed in a new hive. This nucleus can be built up into a strong colony by fall when the old queen can be replaced by a young one.

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Only by marketing poultry of the highest quality, will an increased demand be created.