

CAN ANY CITIZEN VOTE FOR CONTINUANCE ?

Whatever our personal attitude is

toward the use of intoxicating liquor, we must admit that the liquor traffic is a prolific source of social evils, especially at this present time.

We cannot open our newspapers

without seeing constant evidence of the tragic results of indulgence in liquor — murder — street fights — immorality — crime — injury — death.

Our Civic and Health authorities

are seriously concerned about the excessive drinking, immorality, and other evils that are disgracing our cities, and spoiling the lives of girls and young women.

The Sale of Bottled Liquor

is producing a harvest of evil results. Sly-grog shops, drinking dens, broken bottles, broken shop windows, broken heads, broken laws, broken lives, broken hearts, are some of the tragic results of night drinking made possible by the sale of bottled liquor.

New Zealand Wine

containing 35 per cent proof spirit as against 6 per cent beer is still permitted to be made and sold, though its deadly effects on young people have been made known to the Government.

Cruelty to Women and Children

continues to bring sorrow and unhappiness to homes. Women also drink and neglect homes, husbands and children. Children are robbed of parental love and care, and become victims of cruelty and neglect.

If you vote for Continuance, you must share responsibility for these results of the liquor traffic.

Can you vote for continuance of the above-mentioned evils?

VOTE WITH A CLEAR CONSCIENCE

STRIKE OUT THE TWO TOP LINES ON THE BALLOT PAPER

Advice on Health (No. 122)

Foods Containing Iron

(Written for "The Listener" by DR. MURIEL BELL, Nutritionist to the Department of Health)

AS stated in the previous article, iron in foodstuffs may be either "available" or "non-available." The following list is a tentative one, giving values for available iron as far as our methods to date will allow. The foodstuffs are put down in amounts that might form part of one day's dietary. If we were to make an alternative list in which we ranked foods for their weekly contributions, we would find that the first four foodstuffs on the list below would have to take a lower place, on account of the infrequency with which we are able to purchase them. Probably bread and potatoes would then stand highest on the list, and in peacetime eggs.

Food	Serving	Milligrams of available Iron
Liver	2 oz.	5.7
Kidney	2 oz.	4.4
Heart	2 oz.	2.9
Oysters	1 doz.	2.8
Wholemeal bread	4 oz.	2.4
Egg	1 oz.	1.4
Spinach	2 oz.	1.0
Oatmeal	1 oz.	1.0
Potatoes	5 oz.	1.0
Peas	3½ oz.	1.0
Bread, white	4 oz.	1.0
Prunes	2 oz.	1.0
Rabbit	4 oz.	0.9
Wheat germ	½ oz.	0.75
Tripe	4 oz.	0.7
Sweetbreads	2 oz.	0.6
Chicken	3 oz.	0.6
Brains	2 oz.	0.6
Meat (lean)	4 oz.	0.4
Dates	1 oz.	0.4
Cocoa	1 tsp.	0.4
Apricot	3½ oz.	0.4
Raisins	1 oz.	0.3
Orange juice	4 oz.	0.3
Marmite	1 tsp.	0.3

A NEW programme at Station 3ZB has the title of "Ernest and Margaret." It is an every-day story of house hunting, honeymooning, homemaking, of bickering and reconciliation. "Megs" makes the mistakes that lie in wait for most young wives; Ernest is just as obtuse as husbands invariably seem to be—at first. This programme is being broadcast by 3ZB at 3.30 p.m. on Mondays, Tuesdays, and Thursdays, and will begin at 4ZB on Thursday, September 30.

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