The Nevada's Terrible Experience.

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DIARY OF MR. JOHN C. DALEY, OF RICHMOND, Va., ONE, OF THE

The following is a diary of the s.s. Nevada's terrible experience off our corst, kept by Jno. C. Daley, one of Mer scomen: -"At 6 a.m. Dec. 27th, 1812, the steamer Nevada was getting inderway in St. John's, Nfid., for Luisburg, N.S. Everything was serede until Dec. 28th when it started blowing a gale, and at 4.30 p.m. our radder became disabled, and we were helplessly adrift with a heavy sea running. We kept the engines going d ad slow ahead all night. The morning broke, Dec. 29th with a heavy sea and blowing a gale; Capt. Willett had the crew lower drags over the side, and had her going half speed ahead but was unable to keep her on a course. We had a large iron bucket which was purchased for the same of the same which was purchased for the purpose of hoisting ashes; the crew made a line fast to it and lowered it first on the one side until she came around, then shifted to the other side, but the sea was too heavy, and we could not steer. Her engines were stopped and we continued to drift. On Dec. 30th at 4 a.m., we sighted a vessel off our port bow, and sent up signals of distress, but she either did not see us, or paid no attention and was soon out

Things Began Looking Pretty Blue for us, seas breaking over us all the time, and she was rolling so bad it was impossible to stay in one place long enough to even think of sleeping. time that she was shipping water p.m. Dec. 30th. We kept drifting, no hope of rescue in sight until Dec. 31st, meuse harbor, where we dropped and the steamer off our starboard beam; we again sent up distress signals. She saw us and ed alongside. It came on to snow at came alongside and hailed us. She proved to ve the Athenia, of Glasgow, the night. January 2nd, still at anshe stood by until the morning of the 31st. About 9 a.m. we started trying to get a line aboard her. We floated line down to her and she picked it up and made fast to a heavier line. Our crew took a turn on the after winch and started heaving in. They had the line almost aboard when the small line parted and we lost all we had gained. They then got a heavier line, made it fast to a hatch cover and floated it down, but the float was so heavy and the sea so rough they were unable to get the line over the rail of the Athenia. The crew then hauled the line aboard and began casting about for something lighter and still Luoyant enough to carry the line. It was about this time that some verleavy seas struck us. Once in particular we went down in the trou .n of the sea, and a big wave broke over entirely covering us with wats. When we came up water pouring of our decks, in torrents, all the people were lined up on the starboard rail of the Athenia. They

Probably Thought and With good cause, that we had gone to the bottom. The seas were so high at this time, that, although we were only about 600 yards from the Athenia, and she is a tall four-masted steamer of about 15,000 tons. She was entirely hidden from us at times. In the meantime the engine crew had emptied the oil from some 5 gallon tin casks. The were made fast to a line and after several attempts, we got the line her. She made fast to a wire cab and started paying out; we had th went the line, and we lost the wir This was at 5 p.m. and was our la attempt at getting a line from the Athenia. It is getting steadily cold er and still blowing to beat three of a kind. As our rudder has been swinging loose since the 28th, and pounding the stern, we are in constant fear she will go by the board ripping plate off or staving a hole in At once we closed the water-tight door leading into the shaft tunnel, s that in case she did spring aleak might keep her afloat for a time wit the pumps. At 6.30 p.m. the crecheck her drift. They got up all the

Is You Child's Tongue Coated

If Cross, Feverish or Stomach Sour, Means Waste-Clogged Bowels.

Children dearly love o take delicion 'Syrup of Figs" and nothing els cleans and regulates their tender li tle stomachs, liver and 30 feet bowels so promptly and thoroughly

Children get bilious and constipated just like grownups. Then they get sick, the tongue is coated, stomoch sour, breath bad; they don't eat or rest well; they become feverish, cross, irritable and don't want to play. Listen Mothers - for you child's sake don't force the little one clean, sweeten and regulate the stomach, make the liver active and constipated matter, the sour bile, the foul, clogged-up waste and poisons,

without causing cramps or griping. With Syrup of Figs you are not drugging or injuring your children. Being composed entirely of luscious figs, senna and aromatics it cannot be harmful. Full directions for children of all ages and for grown-ups print-

ed on the package. Ask your druggist for the full name "Syrup of Figs and Elixir of Senna," prepared by the California Fig Syrup Co. This is the delicious tasting, genuine old reliable. Refuse anything else

ast to a wire and threw them over. We tave given up hope of getting a line from the Athenia until to-morrow f the morrow ever dawns for us which is very much in doubt.

I Have Given up Hope and only wonder what it will be like unless the grand finale arrives. I went on watch below at 8 p.m. The sea is the heaviest we have yet exsea is the heaviest we have yet ex-perienced, and we are drifting right on shore. At 10 p.m. the lookout sighted Cape Pine Light House. The sea is a trifle calmer at this time, but still very rough. It was at this time that the 2nd mate and one of time that the 2nd mate and one of the engineers were talking in the mate's cabin. The engineer asked the mate what he thought of the situation. The mate's reply was we will all be in a watery grave by 2 hours from now. The engineer takes pipe and to-bacco from his pocket, passed the to-bacco to the mate and said, "Well Paddy, we will have one good smoke before we go, anyway," and smoke they did. I came off watch at 12; sea still going down; we drifted past Cape Pine, the Athenia about 8 miles Pine, the Athenia about 8 miles astern of us. Wind has abated considerably. Four a.m. Jan. 1st, 1913. Sea has become comparatively calm: we started the engines half speed ahead in the attempt to get around the point before it came to blow again The Athenia again came alongside at 8 a.m. and hailed us; our captain de clined her assistance and she went or her way. The crew unshipped one of and rigged up a jury rudder, and trie steering her, but found we were still unable to keep her on a course. At 11 a.m. we sighted a steamer inshore,

Blew for Assistance.

She came aolngside at 12 a.m.; w got a line aboard her and she steam-The sea was running so high at this ed ahead; the first thing she did wa time that she was shipping water through the engine room skylights. The sea began to calm down about 12 made the wire fast to the anchor chors at 3.50 p.m. and the steamer Solway, which brought us in anchorchor. The crew went ashore and were very warmly received by the people o Fermeuse. During all our sleepless days and nights, the crew were all at their posts, with smiling faces and a joke always at hand. Although almost frozen and drenched through with the seas breaking over us, and every man expecting death at any moment, not a man showed the white feather. During my three years actual service in the American Army, never saw anything grander than the crew of the Nevada standing by, facing almost certain death, with not even a soldier's fighting chance. a word of complaint, knowing that it we went down that we had about one chance in a million of being saved, every man at his post ready for his have to go on the field of battle to try a man's mettle, if you did, and modern Napoleon could pick an army of such material, he could soon con-trol the universe. After ten days at anchor in Fermeuse we were towed to St. John's by the s.s. Coban, and are the Powers. The Times says that a on top of the heap after a very stormy time of it.

Whites Win.

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y r	The Bonavista Trophy was won by the Whites at the Curling Rink, yes-	233
0	terday. The scores were:	
e	White. Green.	Ĭ,
8	A. Munn W. H. Rennie	â
n	T. Cook R. C. Grieve	ä
Э.	T. J. Edens T. C. Fitzherbert	Š
t.	F. W. Hayward (s.) T. Winter	3
е	11.	ä
-	H. Brooks S. J. Foote	ě
of	A. Cunningham G. Knowling, Jr.	8
n n	E. McNab F. W. Knight	ĕ
it	H. W. Lemessurier (s.) W. R. Warren	ä
8555538	12.	ĕ
g r.	R. G. Ash J. J. Maher Thompson	ĕ
it	J. J. Maher Thompson	ı
0	G. J. Harvey J. Knight	ä
e	F. Brehm (s.) T. J. Duley	ě
h	12.	â
W	R. J. Coleman F. J. Morris	B
0	W. J. Ryan W. Donnelly	ä
e	T. Godden P. C. O'Driscoll	B
n	R. Stein (s.) J. C. Jardine	E
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	J. Lindberg A. Bryden Dr. McLaughlin J. Kent	l
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	A. Donnelly (s). J. Peters 11.	ı
	J. Foley T. J. Barron	B
23	W. Peters J. Baxter	ľ
	E. Taylor A. Macpherson	E
it	W. Ryall (s.) E. Rowe	l
	16.	ŀ
	W. Cornick Dr. Smith	ľ
IS	J. A. Branscombe D. Eaton	r
se.	R. C. Smith Dr. Murphy	l
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The trophy will be presented on Trophy Night.

At The Nickel

Hundreds of ladies and gentlemen were charmed with the pictures at the Nickel last evening, and all agreed to swallow nauscating castor oil, or that it was one of the most interestviolent calomel or harsh irritants like
Cathartic pills. A teaspoonful of
It consisted of five different pictures: Syrup of Figs will have your child smiling and happy again in just a few hours. Syrup of Figs will gently clean, sweeten and regulate the pretty drama, abounding also with humour. "Her Little Poet" and "A move on and out of the bowels all the Night Out" are extremely funny. The singing of Mr. Thomas was also a

> NO NEW CASES.-No new cases Smallpox have cropped up at Heart's Content and it is believed that the disease has been obliterated. There is now no infectious disease in the country except at Broad Cove, where Smallpox has made its appearance.

MAN SEVERELY BURNED. — As one of the watchmen on Bell Island was cooking some food one night rεwas cooking some food one night cently, over a gasolene stove, it exploded. The flames came up about him, his hair and eyebrows were burnt off and his face badly seared. He had to be treated by a doctor and suffered intense pain,

Satisfaction or Your Money Back!

That's the condition that goes with every barrel Cream of the West Flour. It's a fair, square guarantee, and I want you to take it to mean just what it says.

Cream the West

the hard wheat flour guaranteed for bread

Give Cream of the West a fair, square trial. If you don't have satisfaction in baking bread, you'll get satisfaction at your grocer's. We guarantee one or the other. Cream of the West is a superior bread flour, Improve your home-made bread by using it.

The Campbell Milling Company, Limited, Toronto ARCHIBALD CAMPBELL, President

Cable News.

Special to The Evening Telegram.

LONDON, Jan. 14. The decision to definitely break up the Peace Conference, simultaneously with the presentation of the Turkish Government's note to the Powers, was reached to-day by the allies.

Special Evening Telegram.

LONDON, Jan. 14. Conflicting reports as to the conditions of the great fortress of Adrianople are current; but it appears evident that the Turkish troops and inhabitants of the city are suffering Special Evening Telegram. from disease and lack of supplies. They have been besieged ever since is to be worded in such a way that it the dispute to arbitration. will become effective in the event of the Ottoman Government refusing Special Evening Telegram. compliance with the advice given by

nilitary and religious notables met at Constantinople yesterday to decide ople. It is expected the decision will! be published to-day.

Special Evening Telegram.

WASHINGTON, Jan. 14. Secretary Knox will reply to Great Britain on the Canal Tolls question in a few days. The reply will be a rebuttal to the note of protest made by Sir Edward Grey, and will hold that under the Hay-Pauncefote Treaty the United States Government has the right to exclude from the payment of tolls, any ships which do not compete with those of Britain.

NEW YORK, Jan. 14. A despatch from Washington to the the last week in October by the Bul- New York World, says Secretary garians, who have since been rein- Knox's reply is now being edited by forced by large bodies of Servians. Attorney General Wickersham and fresh from their victories on the oth- War Secretary Stimson. The matter er side of the Balkan peninsula. Be- will be laid before the Cabinet, which, fore Tchatalja lines, which defend it is expected will discuss it to-mor-Constantinople, is a great Bulgarian row or on Friday. Knox closely folarmy, strongly entrenched. Fronting lows the arguments used by President them are large bodies of Turkish Taft in his memorandum attached to troops, some of them the remnants of the Bill, when he signed it, and the defeated armies, and other fresh around which Britain's protest is bastroops from Asia Minor. A threaten- | ed. It is expected that Britain's reing note by the allies to the Turks ply will be to ask for a reference of

LONDON, Jan. 14.

naming for decision, namely, whether five or six battleships shall be laid down, depends on the Austrian naval programme. If the Admiralty decides to wait before taking action until the Austrian ships are laid down, five will be the number for this year. This will involve an expenditure of \$24,-000,000, including, in addition, six light armored cruisers, twenty destroyers, and a number of submarines, with 5,000 additional men, making a total of 142,500 officers and men. the present Dreadnought and the Battle Cruiser and will probably be armed with eight 1614 inch guns, each firing 2,200 pound shells, or with 15 inch firing shells that weigh 1.800 lbs.

Special to Evening Telegram.

LONDON, Jan. 14. For several days many babies born in England will bring their parents all sorts of valuable presents, in addition to the maternity benefits under the new National Insurance Act. which took effect to-day. The idea whether Turkey should cede Adrian- has so caught the public that many wealthy people are giving silver cups. spoons and money to the first babies born in various districts under the new Act. The first mother who became entitled to the 30 shillings maternity benefit was Mrs. Amy Goulding, of Paddington, wife of a painter. She gave birth to a girl at one minute after-midnight. The infant was christened Georgina, as a compliment to Chancellor Lloyd-George.

> Special Evening Telegram. Fire destroyed the house of R. H. had a narrow escape.

Local Council at

According to the Daily Mail, the number of voters attended, as owing ters as he was following instructions you earn! grand council of all leading civil, work of framing the British naval to the large amount paid the Revenue received from the Government.

programme for the coming year is Grows Beautiful, Heavy Hair nearly completed. The one point re-We Prove it-25 cent "Danderine" DESTROYS DANDRUFF-STOPS FALLING HAIR-CLEANS AND INVIG-ORATES YOUR SCALP-DELIGHTFUL DRESSING. To be possessed of a head of heavy beautiful hair; soft, lustrous, fluffy wavy and free from dandruff is merely a matter of using a little Danderine of the column of the

Danderine now-all drug stores recommend it—apply a little as directed The battleships will be of the newest type, the largest and strongest which science can build or money supply. They will be intermediate between the battleships and an incomparable gloss and lustre and try as you will be intermediate between the battleships and strongest which are apply a fitter as directed and within ten minutes there will be soft your hair really is, moisten a soft your hair really is, moisten a cloth with a little Daderine and carcing one small strand at a time. Your hair will be soft, glossy and beautiful the soft in the battleships will be of the newest and within ten minutes there will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will be intermediate between the battleships will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will be intermediate between the battleships will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will be intermediate between the battleships will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will be intermediate between the battleships will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will be intermediate between the battleships will be a soft your hair really is, moisten a color will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will be a soft your hair really is, moisten a color will be a soft your hair really is, moisten as the properties of the or falling hair; but your real sur- in just a few moments-a delightful prise will be after about two weeks' surprise awaits everyone who tries use, when you will see new hair—fine this.

from Bell Island and the poor condi-

It is easy and inexpensive to have, only sure hair grower; destroyer of nice, soft hair and lots of it. Just dandruff and cure for itchy scalp and get a 25 cent bottle of Knowlton's it never fails to stop falling hair at If you want to prove how pretty and

have, requiring

this, compelling

that: he thinks

a law's the only

salve for every

grief beneath his

hat. If some old

lean rambuctious

mule reached out

and kicked him

on the jaw, he'd

tion of public matters there, imme-More Laws diate action was necessary, and a local council was agitated as the best means for this. After the Magistrate had addressed the meeting at some length, brief speeches were made by Messrs, R. J. Costigan, J. M. Greene, Dr. Carnochan and L. C. Murphy. Mr. F. T. Berteau having been sworn in as Returning Officer and Poll Clerk, nominations began whereupon the following were nominated | for Councillors :- Messrs, C. F. Taylor, J. T. Lawton, D. A. Fraser, J. H. Bennett, J. C. Stewart, Magistrate Power, Wm. Rees, J. B. Martin, Geo. Stewart, P. Quigley, W. Squires, E. say the people ought to rule, and that Bennett, A. Murphy, J. Burton, M. Sel- there ought to be a law. His house lars, D. J. Jackman, J. Butler, J. A. is standing by the creek, and every Hughes; while Messrs. Wm. Bennett, spring the floods come down, and R. D. Walsh, J. M. Greene, R. J. Costi- drive him from it pretty quick, and gan and Dr. Carnochan declined nom- strew his garden through the town. ination. The voting booth is in the He never thinks to move his shack Ccurt House and closes on Monday away from that wild river's maw; he night, when the result will be made views the wreck and cried alack, and

Elliott, near Sydney. One of the in- known. Considerable interest is be- says there ought to be a law. He mates, named John McLeod, was ing manifested but it is greatly mar- takes things casy day by day, when burned to death, and the whole family red by the fact that only one booth prudent men around him toil, a-herdhas been opened, and this in the ing geese or cutting hay or playing Court House, so that the miners and thunder with the soil; he hates to see residents of the mines must travel those toilers eat their turkeys while two miles to record their vote; the he feds on slaw; he loafs along the Bell Sland residents of Lance Cove, 3 miles; the busy streets and says there ought to East Enders, 1 mile and residents of be a law. When wintry tempests boom The people of Bell Island having Freshwater, 4 miles, and all this pre- and howl, his wiser neighbors sit at requested the Premier to grant them sumably to save the cost of open- ease, and eat their pies and roasted a Local Council, a meeting of the ing a few booths. The attention of fowl, and shredded eggs and scram-voters of the Island was held in St. the Magistrate was drawn to this mat- bled cheese; they rest at night in Joseph's Hall, on Friday evening, ter, as also to the mode of procedure feather beds, while Wax lies on his Jan. 10th, for the purpose of nomin- against which objection was taken, mouldy straw, and there the futile ating candidates. The Magistrate, R. and to the advisability of Government tear he sheds, and says there ought F. Power, Esq., presided, and explain- officials declining nomination, against to be a law. Oh, brethren, we have ed the cause of the meeting, stating it which a protest was made. In re- laws enough, and we have ord'nances had no connection with politics what- ply the Magistrate stated it was im- to burn! Get out and hustle-that's ever. A very large representative possible to do anything in these mat- the stuff, and put in brine the scalls

Copyright, 1911, by Day on man

Tea and Coffee "Over-Exercise" the Heart.

Normal exercise is healthful.

Over-exercise is harmful.

Exercise, up to a certain degree, increases the pulse-rate, causing ample flow of nourishing blood to all the body organs.

That is normal exercise.

Physicians and Physical Trainers know this.

Over-exercise urges the Heart to excessive actionflooding the body organs with blood. The after-effect is stagnation and decomposition in the tissues-as in the low-lands after a Spring freshet; and toxins (poison) abound.

These toxins are reabsorbed into the blood stream, and, passing through the Heart, poison that organ with the rest.

Over-exercise also causes strain.

Architects know what "strain" means in buildings and in bridges, just as Doctors and Trainers know it in the Human Structure.

When "strain" passes a certain limit, the structure begins to weaken-slowly dis-organize.

So with the Heart.

It can stand so much "strain"-more or less, in different persons. Beyond the individual limit-look out!

When the Heart is compelled to over-exercise and convey a blood-stream filled with toxins—it is serious, in the ex-

Tea and Coffee cause OVER-exercise of the Heart through the "whip" they contain in the form of the drug, caffeine.

This drug increases the Heart's action-even while the

"OVER EXERCISE" OF HEART.

A great many people go on suffering from annoying ailments for a long time before they can get their own consent to give up the indulgence from which their trouble arises.

Very Plain in Some People.

An Eastern man describes his experience as follows:

"I became satisfied some months ago that I owed the palpitation of the heart, from which I suffered almost daily, to the use of coffee-I had been a coffee drinker for 30 years. (Tea also is injurious because it contains caffeine, the same drug found in coffee.)

"I realized that I must give up the harmful indulgence in coffee but I felt the necessity for a hot table drink, and as tea is not to my liking, I was at a loss for awhile what to do.

"One day I ran across a very sensible and srtaightforward presentation of the claims of Postum, and was so impressed thereby that I, concluded to give it a trial, and I have used it ever

"The effect on my health has been most salutary. The heart palpitation from which I used to suffer so much. particularly after breakfast, is gone, and I never have a-return of it except when I dine or lunch away from home and drink coffee because Pestum is not served. I find that Postum cheers and invigorates while it produces no stim-

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, ture, and full of buman individual is at rest. The habitual use of tea or coffee, three or more times daily, forces the Heart to over-exercise.

This produces what Life Insurance Examiners and Physical Trainers term "Coffee Heart." Tea causes the same effect on the heart, because it contains caffeine, the drug found

If you have "Coffee Heart" you can't get life insurance and you can't "go in for athletics"-not much.

But-thousands of former "Coffee Hearts" now beat regularly, supplying the body organs with pure blood in normal amount; are insured and enjoy life.

They have wisely guit tea and coffee entirely and now drink the wholesome, famous food-drink,

POSTUM

Made of clean, hard wheat, Postum contains no tea or coffee or any other harmful substance.

It does not scourge; it neurishes.. It does not cause overexercise of the Heart; it supplies nutrition to that organ and to the blood-stream which feeds and preserves the whole

"There's a Reason" Postum now comes in New Form called

INSTANT POSTUM

It is regular Postum in a concentrated form, nothing ad-

Place a level teaspoonful in a cup, pour on boiling water, stir, add sugar and cream to taste, and it is ready instantly.

No bother-flavor always the same-delicious.

Sold by Grocers everywhere.

45 to 50-cup tin, 30c-90 to 100-cup tin, 50c.

Canadian Fostum Cereal Company, Limited, Windsor, Ont.