

## FRIENDS THOUGHT HE WOULD DIE

"FRUIT-A-TIVES" Conquered Dyspepsia and Restored His Health.



MR. ROBERT NEWTON.

Little Bras d'Or, C.B., "It was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches, and did not sleep well at night. I lost so much weight — going from 170 pounds to 146 pounds — that I became alarmed and saw several doctors who, however, did me no good. Finally, a friend told me to try 'Fruit-a-tives'.

In a week, there was improvement. The constipation was corrected; and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

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as your particular method of making requires. Nothing deteriorates more quickly than Coffee after it is ground or pulverized. Try our special coffee — for particular people.

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If your eyes are laboring under an undue strain, they are consuming far more than their waste this nerve force when a share. You cannot afford to pair of Harvey's Glasses will stop the leak.

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Dr. Martel's Female Pills have been ordered by physicians and sold by reliable Druggists everywhere for over a quarter of a century, don't accept a substitute.

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June 1st.

A train running through

will leave Toronto

day, June 1st and each

and Saturdays there-

## CARE OF BRAKES PROLONGS AUTOS

### Quick Steps Sure to Injure Tires and Mechanism— Some Timely Advice

"Use your brakes intelligently and only when absolutely necessary is an excellent motto to have printed on the instrument board of every car," says William H. Stewart, Jr., president of the Stewart Automobile School, Brooklyn. "The average skilled driver, yes, the average skilled driver, uses his brakes too much. This wears out the tires, injures the tires — three good reasons why such treatment should be avoided."

"Learn to stop your car by coasting to the point where you wish to stop. This may be learned with a little practice and should always be done on a level road. If you find yourself going a little too far, a light pressure on the pedal will stop you. This is far better than dashing up to a place and then jamming on the brakes to make a spectacular stop."

Besides wearing the brake lining and attachments, it racks the tires severely, sometimes making the wheels lock and the tires slide in one spot. If this is done frequently, the tread will be ruined and the fabric exposed. A tire worn away in this manner cannot be returned for adjustment as it has been ruined by abuse.

"When coasting down a hill, use the brakes alternately. By changing from service brake to the emergency brake, you are allowed to cool, prolonging its life. The longer it lasts the less it costs to repair, and so the total upkeep is reduced. Some cars for mountainous tourists have an attachment which effects water on the brakes every time they are applied. It consists of a water tank which must be filled regularly, as it is used for the cooling system, and a pump which is fastened to the brake rod and so throws water every time the brake is used. But changing from one brake to the other does not cool the drums on the wheels as one brake operates on the outside and the other on the inside of each drum. So it is advisable to relieve the pressure as far as possible."

"This is accomplished by using the engine as a brake. On a gentle slope stay in high gear with engine throttled down, and do without the brakes. On a steeper grade use the second gear or the first if the car is a heavy one."

"When the emergency brake is used on a hill it must be applied with caution or the brakes will be broken. If the brake is set and the hand removed it cannot give when the car passes over water bars, etc. At this time the rear axle moves backward owing to the flattening of the springs, and if the brake rods are drawn tight the strain comes on the axle housing or breaking some part. While moving the foot brake, the foot automatically yields to the strain, but if the emergency brake is set, it cannot yield."

"Where one brake rod passes through a tube carrying the other they may become frozen, that is stuck together, if they are not properly greased. Therefore, if the grease cups are turned around at least one turn a day, if they do become seized, remove the lower part of the grease cup and force kerosene into the hole with an oil gun, working the brakes meanwhile to loosen them."

"Look over the equalizers, if they are provided, and adjust the rods to the same length to insure balance. If brake lining is badly worn, watch the workman while he replaces it, and perhaps the next time you can do it yourself."

"Test the brakes occasionally by speeding up and then applying. If the car keeps on or swerves to one side the brakes need adjustment. A better way to test them is to jack up both rear wheels and apply the emergency brake a few notches enough to grip the wheels firmly. Try both wheels to see if they turn easily. If one turns more readily than the other, that one must be tightened. To test the foot brake, a jack may be applied to hold it in position, but it will be better to have a helper if one is available."

Deutsche Tageszeitung, Nov. 23, 1917.

The Best of Borneo.

On June 7, Real diamonds, artificially made, were exhibited in connection with the British Institute of Optics. The speaker, Sir Charles A. Parsons, who is widely known for his work in developing the turbine engine, told of experiments which showed that diamonds exist in iron.

The diamonds displayed were few and small, and it was stated that they were produced at enormous cost. Only the resources of a great engineering works made the experiments possible. However, the lecturer believed that with the advance of chemistry and electrical engineering, it might some day be cheaper to make diamonds than dig them.

A method of making diamonds was communicated by Sir Charles. His plan was to submit a large mass of iron, alloyed with other elements, to heat. After the molten metal had set, but when still at a temperature permeable to gas, it should be subjected to carbon monoxide at a pressure of about 1,000 atmospheres. Under this pressure, he believed, a secret formula, the iron diamonds might take form slowly within the mask.

One source of diamonds might be attributed to prehistoric falls of meteors.

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### Poor Stup'd Russians Have Protested in Vain Against Cruel Massacres

THE Russian protest to Germany against the massacre of the Transcaucasian region comes late in the course of the negotiations that gave this territory to Germany and her Turkish ally. They have already been in occupation of the land for about two months, which is a much longer time than in the past has been necessary to secure the results that are stated in the Russian protest:

"Following upon the withdrawal of the Russian troops, Turkish troops have already invaded the undefended country, and are not only killing every Turkish Armenian, but also every Russian in Armenia."

When the Russians surrendered this region they could scarcely have expected that anything else than a wholesale slaughter would result. They must have known that the Turks were determined to exterminate the Armenians and all other Christian races, to possess their land, their stocks and valuables, and to destroy their churches. They had every evidence of the intention of the fact that up to that time the Turks had slain at least 500,000 Armenians, and that they were threatening to wipe out every Christian village in Eastern Asia Minor. There is no indication, though, that the Bolshevik delegates made the least effort to provide for the protection of this land. They merely quit, turning the defenseless inhabitants over to the savagery of a merciless enemy already at their destruction."

In their protest they state that the peace treaty of Brest-Litovsk left "the determination of the future destiny of the people of Ardahan, Kars and Batum to themselves." Enver Pasha and his able assistant Talaat Bey especially approved this most excellent provision and began immediately to put it into execution. As the Turkish army of occupation advanced it put to death the Armenian residents of every village through which it passed.

"The offensive of the Turkish troops and detachments on the Caucasus front has been followed by the murder of the whole Armenian population."

Even the report of the German Consul at Trebizon upholds this statement of the Armenian National Council. Enver Pasha is thus assured of the result of his arrangement of self-determination in so much of the "caged" territory as his army occupies.

The Russians declare that "the responsibility for all these horrors lies with the German Government, and they call for an immediate and energetic intervention on the part of Germany in the Caucasus." Civilization called for such action at the time of the massacres in 1915. An investigation showed, however, that Germany made no effort to restrain her ally, and that she herself had actually assisted in the deportation of the Armenian people.

If the statements are true, and there was no order about Dover and Folkestone, it is lawfuly making a false statement contrary to regulation 27 (a) of the Defense of the Realm Regulations."

Sir Archibald Bodkin for the Director of Public Prosecutions, said that Lady Rossmore's telegram ran:

"Cowdroy, Rossmore, Monaghan-Germans marching on Calais, Dover and Folkestone to be cleared."

The instant — asked — he if the statements were true, and he said he had handed the stamp to affix to it before it was sent. Fortunately it was stopped, the matter was brought to the notice of the authorities at Scotland Yard, and Lady Rossmore was requested to call there. This she did, and made an explanation.

The contents of the telegram were not true, added Sir Archibald, and there was no order about Dover and Folkestone. If the telegram had been forwarded serious mischief would have been caused, and it was in the interests of the public that these regulations should be enforced, and that the master could not be allowed to do as he pleased.

Lady Rossmore was the wife of Lord Rossmore, who was living in Ireland, and after she had been to Scotland Yard she wrote a letter on April 17, to the Secretary of the War Office, which contained the following passage:

"I am in a most awful state. I have done the most dreadful thing possible to do, and I don't know what to do for the best. My eldest son is in the midst of it in France, and I am in a most awful mind with anxiety. On Saturday evening at 7 p.m. I was told the Germans were marching on Calais, and that they had orders to clear Dover and Folkestone. I thought of the fate of the poor German gun and as Lord Rossmore is ill in Ireland, and terribly upset about our boy I — in a moment of excitement wrote a telegram to my maid, so that she could breathe the news to the papers, before he saw the news in the papers, as his heart is so bad. I put in the telegram, as far as I can remember, the following: 'Nearing Calais, Dover and Folkestone to be cleared.' I signed my name at the back."

"Yester evening I was at Scotland Yard when they came and asked me to go there, they would not say why. I wanted my there, only that it was urgent. I could not imagine what it was for, as I had forgotten, for the telegram had gone out of my mind. They tell me at Scotland Yard that I am to be held up for this stupid, thoughtless telegram, which they — luckily, I see now — censored."

"I feel if they have me up I shall never be able to hold up my head again, and I don't know what to do, for Lord Rossmore is in Ireland and I am alone. And to think I have done such a thing! If I had not been in the state I was, or waited, I should have seen what I was doing."

Mother with sons in France ought to be forever a good deal, for what we have to go through no one knows



FLIGHT-LIEUT. FRED MILLS,  
the well known Toronto sportsman, who was awarded the Military Cross. Mills played quarterback for the Argonauts football team in 1915.

### FINED FOR SENDING PANICKY TELEGRAM

English Noblewoman Took  
Rumors of German Ad-  
vance Too Seriously

A statement made in a telegram handed in at a post office that the Germans were marching on Calais led to Lady Rossmore, of Stud House, Hampton Court, being summoned at Marborough street Police Court.

The summons was "for or on 14th April, at South Audley street W. unlawfully making a false statement contrary to regulation 27 (a) of the Defense of the Realm Regulations."

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I have nothing more to say. I would sooner have died than done any harm, and this is the truth."

Sir Archibald said he believed the letter was a truthful and natural explanation of the circumstances in which the telegram was sought to be circulated.

Mr. Mair, for the defence, stated that Lady Rossmore was most patriotic, and was connected with the Red Cross and other societies both in England and Ireland. She was English by birth, and her husband was a retired army officer. Her eldest son was fighting in France, and her other son was physically unfit to serve in army or navy, but was doing national service in Ireland.

Mr. Mead asked where the rumor came from.

Mr. Muir said he believed Lady Rossmore received it from her sister. Continuing Mr. Muir said Lady Rossmore regretted what had happened, and now recognized the importance of these regulations being adhered to by everyone, high and low.

Mr. Mead: With regard to this case I yield to the representations from both sides, and I inflict the nominal penalty of £10, with £5 costs.

Saskatoon reports considerable revival city building activity with seventy-one permits in May, calling for expenditure nearly three times as great as in May, 1917.

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