

## ARMENIAN G. O. M. DEAD

New York, March 3.—Dr. Haroutyoun, Tirakian, who was known as the "grand old man of the Armenians" and a leader of many Armenian movements in this country died, here yesterday at a sanitarium where he had undergone an operation. He was 73 years old.

## HOUSEWIFE'S SCRAPBOOK.

Egg stains may be removed from spoons by common salt.

Cold slaw may be improved by a cupful of chopped celery.

After frying fish or onions, throw tea leaves and left-over tea into the pan, add water if necessary and a little washing soda and let it boil. This will remove all odor.

## WHY CAN'T I GET TO SLEEP?

Thousands of people all over the country ask this question, but still continue to toss night after night on a sleepless bed, and it is impossible for them to get a full night's refreshing sleep.

Some constitutional disturbance, worry or disease has so debilitated and irritated the nervous system that it cannot be quietened except by the pernicious use of opiates or narcotics. Or again, you have heart palpitation and sensation of sinking a feeling you are going to die, or perhaps you wake up in your sleep feeling as though you were about to choke or smother, and the only way you can get relief is to sit up in bed.

To all who suffer in this way, Milburn's Heart and Nerve Pills offer an inestimable boon. They bring back the much needed night's rest by improving the tone of the nerves, strengthen the heart, enriching the blood and making the whole organization act in harmony—then you sleep as peaceful as a child.

Mrs. Jas. Latimer, 39 Leinster St., St. John, N. B. writes:—"At night I could not sleep. I had to sit up in bed my heart beat so fast, and when I walked up stairs I would get all out of breath. A friend recommended Milburn's Heart and Nerve Pills and after using two boxes, I can sleep all night and am not out of breath after walking."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

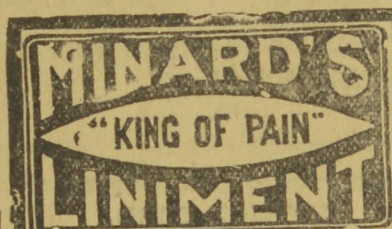
## PUNISHMENT, NOT REWARD.

She was elderly and gaunt, but she had the anti-tobacco craze very badly and lost no opportunity of airing her views on the public platform. One evening she was telling a deeply interested crowd of listeners how she weaned her husband from the dreadful weed.

"I argued and argued with him for twelve long years, and at last induced him to sign the pledge, promising to abstain from tobacco in any shape or form. I was so overcome that I put my arms around him and kissed him." Voice from the audience (seriously):—"Served him right!"

## PEACE DIPLOMACY.

"Is it always the husband's fault?" asks a passionate advertisement. Well don't tell anybody, but the discreet husband will always admit that it is his fault whether it is or not. Thus the peace and dignity of the household is insured.



The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

## Best Liniment Made

TR. A. E. LAUNDRY, EDMONTON, writes:—"I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

Minard's Liniment Co., Limited  
Yarmouth, N.S.

# LONDON PAPERS COMMENT ON LEAGUE OF NATIONS

Expectations of Its Warmest Supporters Were Too Low in the Face of the Document Which Has Been Drawn Up—The New Order Depends on the Aid and Support of the Public—Secret Diplomacy Has Been Swept Away by the Peace Conference.

(Westminster Gazette)

Some even of the warmest supporters of the League of Nations will admit that their expectations were too low in face of the momentous document which is published this morning. They did not expect that within a month of the opening of the Conference the Allies would be brought to the point of placing before the world a definite and far-reaching scheme for the reorganization of world government.

They feared that it would take a long process of bargaining and propaganda behind the scenes to bring the Allied Powers jointly to the conclusion that this fundamental change must be made. They feared that the plan when produced, would be vague and nebulous and might dissolve again into a pious aspiration, when the Conference departed. In all these respects they had not too much but too little faith. The nations, as Lord Grey said, must learn or perish, and the decision at Paris is that they shall learn. With America, Britain, and France going hand in hand, and imperative circumstances driving them to produce a scheme which is clear and bold in outline, and which, if adopted in anything like its present form, will put all international politics on a new basis and give us the beginnings of a United States, not of Europe only, but of the world.

## Secret Diplomacy

The appeal to the public through the prompt publication of the scheme is in itself a sweeping away of secret diplomacy. It is recognized at the outset that the new order depends on the aid and support of the public, and their hearty co-operation both in its construction and in its working. A great debate will follow, in which the Conference will, we hope, get the benefit of the best brains in all countries. There are many possible criticisms on points of detail to which we shall revert later, but the main fact today is that a real and working authority is to be set up, consisting of delegates representing all the Powers, and that it is to act through an Executive Council with a permanent secretariat. This at once banishes the notion current earlier in the week, that the League was to be merely a fortuitous concurrence of Ambassadors at a particular capital. The constitution is precise and elaborate. The Executive on which the Great Powers will have the authority that is due to their territory and populations is to have attached to it a second House, which will provide—in the ingenious manner suggested by General Smuts—for the representation of the smaller nations and will elect from its own body members of the Upper House. Further, the Executive is to establish a permanent Court of International Justice for all "justiciable" disputes, and it will itself deal with all other disputes. Its powers are large. It can subject to blockade, and economic or political boycott, and finally to armed force, any nation which breaks away and refuses to conform to the various methods laid down for the peaceful settlement of disputes. Equally, if not more important, it will at all times control the means of making war. The high contracting parties recognize the principle that the maintenance of peace will require the reduction of national armaments to the lowest point consistent with the national safety and the enforcement by common action of international obligations. The Executive Council is therefore "to determine for the consideration and action of the several Governments what military equipment and armament is fair and reasonable in proportion to the scale of forces laid down in the programme of disarmament," and these limits are not to be exceeded without the permission of the Executive Council. This in our opinion lies at the root of all else. There could be no League of Nations without disarmament, and whether the League's power of enforcing the peace settlement of disputes when they arise will be effective or not may depend for years to come on whether it has succeeded in restraining its members from accumulating the power which would enable them to defy its authority.

But a League merely to perform the negative function of preventing war or enforcing peace would be a

very imperfect and truncated institution, and it would lack the qualities that would inspire men to give it aid and loyalty. We therefore rejoice to see that the scheme has another and positive side which is the beginning of an organization for the things that humanity has in common, the well-being and guardianship of primitive and helpless peoples; the development of new territories in such a way that the world as a whole shall benefit; the maintenance of "fair and human conditions of labor for men, women and children, both in their own countries and in all countries to which the commercial and industrial relations of the League extend," and for that end the establishment of a permanent Bureau of Labor; the maintenance of freedom of transit and equitable commercial dealings and many other purposes which will present themselves as common to mankind. It is eventually on the development of the sense of a common purpose that the maintenance of peace will depend, and by providing a regular international organization for these positive ends, the nations take a long step forward to this goal. It is now recognized that there can be no neutrals in war, and it is part of the fundamental theory of the League that all its members shall act in common and lend their resources and their territory for operations against disturbers of the peace. But next it has to be recognized that there can be no neutrals in peace. Whether in war or in peace, we are all members one of another.

There remains the difficult but supremely important question of the admission of nations which are now our enemies. The League takes upon itself, as it must, the power of co-operating its members and deciding when they have qualified for admission, but the Allied Governments are, of course aware that no scheme will be complete which leaves Germany or Russia standing outside. This question cannot be forced in the atmosphere of war. But if all the Allies and the neutrals are brought into the League it will probably settle itself sooner than we now think. We shall come to the conclusion unless there is a militarist counter-revolution in Germany that it is safer to have her in the League than outside it, and an advantage to have the world organization completed sooner rather than later.

Vegetables and fruits should be stored in cool dry places. Fresh salad vegetables like lettuce, cucumbers, radishes and celery, should be wrapped

Cereals should be kept in glass jars or tin covered containers set in a cool dry place.

## MOST EVERYONE USES THEM FOR THE STOMACH

They Act Quickly, and Make You Feel Lively as a Kid.

A crowning curative triumph in medicine is now given to the world, and all who have been sufferers from stomach ailments, indigestion and headache can be cured by a purely vegetable remedy.

Calomel, salts, and such like are no longer necessary. They are harsh and disagreeable. Science has devised something far superior, and you can go today with 25c to any druggist and buy a box of Dr. Hamilton's Pills, which are considered the very quickest and safest cure for the stomach, bowels, liver and kidneys.

Half sick men and women who scarcely know what ails them, will be given a new lease of life, with Dr. Hamilton's Pills. Depressed spirits disappear, headaches are forgotten, appetite increases, blood is purified and enriched, pains at the base of the spine are cured, the nerves are toned up, ambition to work is increased, and day by day the old-time health and vigor return.

A trial only is necessary to prove how beneficial Dr. Hamilton's Pills are to all who are weak, nervous, thin, depressed or in failing health.

## ST. JOHN Y. M. C. I. WILL HOLD A SKATING MEET

The Maritime Amateur Skating Championship races under the auspices of the Young Men's Catholic Institute will be held in the Victoria Rink, St. John, on Thursday, March 13th, 1919.

These races, which have been sanctioned by the M. P. A. A. Association, are creating a great deal of interest and it is expected the several events will have a large number of entries from the three provinces. They are the first series of championship races to be held since before the war and will do much to revive the old time spirit of this branch of healthy competitive sport.

The events are as follows:

- 220 yards
- 440 yards
- 880 yards
- One mile
- Three miles
- 440 yards for boys 17 years and under.

Entries should be sent to Joseph McNamara, physical instructor at the Y. M. C. I., Cliff street, St. John, on or before March 8th.

If curtains do not draw easily, rub the pole with paraffin.

Tea and coffee should be removed from paper bags or boxes and stored in tin containers with tight covers. Only a little coffee should be ground at a time.

Fats should be stored in a cool place away from light and air, in stone crocks, glass or tin cans. Butter that is a little strong can be sweetened by melting with one-half teaspoonful of fresh sweet milk.

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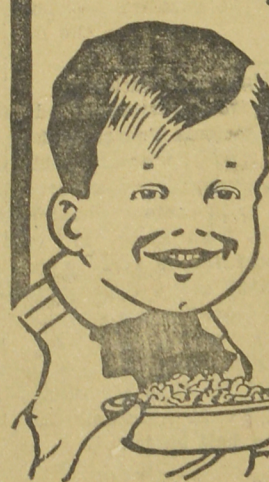
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Ted says to me :  
"Now that the war's over, what are you going to do, Bobby, about

# POST TOASTIES



"Keep right on eatin' 'em," I says.  
"Never were such delicious corn flakes."

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