

Hot Weather Saps Vitality Ironized Yeast Will Restore it Quickly

Do you feel all "drugged out"? Can't sleep? Appetite poor? Does ordinary mental or physical exertion leave you exhausted? Do you wake up feeling "all in"? These are dangerous symptoms. For they indicate that the heat is sapping your energy, strength and resistance, and leaving you easy prey for all sorts of sickness.

HINTS FOR THE MOTORIST

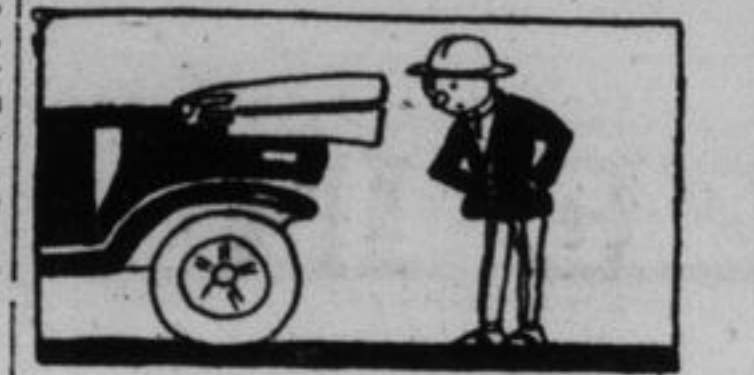
ALBERT L. CLOUGH. Holding The Engine Down Securely The Slightest Looseness In Its Mounting Permits Heavy Hammering Action

THE ENGINE CRANKCASE IS SUPPOSED to be rigidly held to the car frame, at either three or four points, and the cylinder block is also assumed to be tightly secured to the crankcase (if it is not integral with it). Moreover, in unit power plants, the clutch and transmission structure is supposed to be firmly bolted to the rear of the crankcase.



BATTERY NEEDS FREQUENT RECHARGING M. R. writes: A month ago I put a new battery on my motorcycle, but since then I have had to have it recharged four times. Replacing all the wiring has made no improvement. What is the trouble?

Answer: You better have the system tested with an ammeter, connected in at the battery. If, with a switch "off," the ammeter shows a discharge, there is a short-circuit, which you can locate by disconnecting the wiring, one connection at a time. If the ammeter does not show current in the charging direction, when the engine is running, the battery is not receiving any charge.



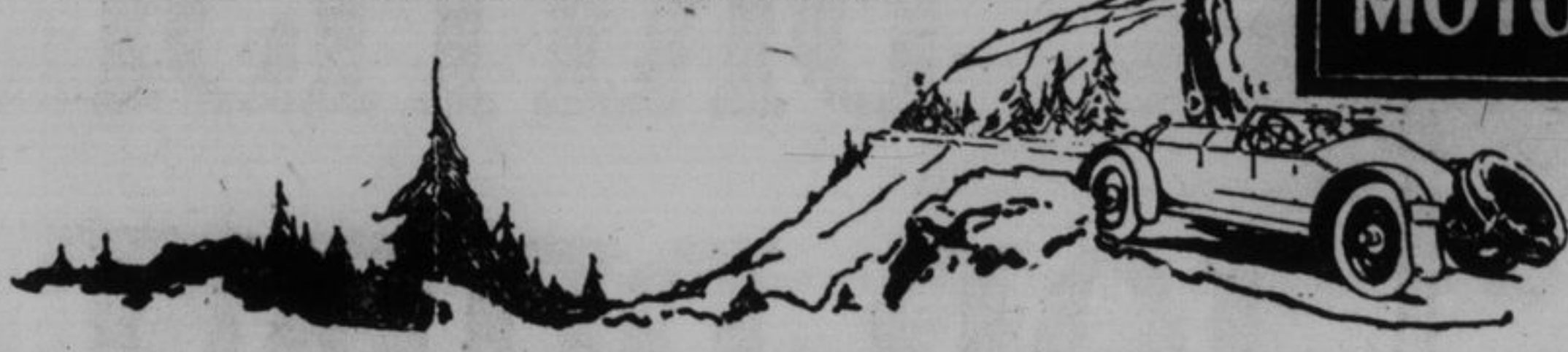
WANTS QUIETER MUFFLER J. S. Jr. asks: Is it possible to adjust or to add extra baffles-plates within a muffler, to make it more quiet? Answer: There is nothing to adjust about a muffler and it could not possibly be adjusted. Ordinarily a good deal of lost motion in the rear system can be present, without being troublesome except as mentioned above.

900 MILES ON 2 QUARTS

The owner of a Model 81 Overland (name on request) tells us he recently made a 900 mile trip using only 2 quarts of Imperial Polarine Oil Heavy (as recommended on the Imperial Chart).

IMPERIAL OIL LIMITED

Manufacturers and Marketers of Imperial Polarine Motor Oils and Marketers in Canada of Gargyle Mobiloil.



Made in five grades for the proper lubrication of all makes of automobiles, trucks and tractors.

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SANTAL MIDY Each Capsule (MIDY) bears name DR. BEAUCOURT

Children's HAIR CUTTING 35c. One of our specialties: Our motto "Cleanliness and Civility," and we try to live up to it in every way. Frank Robb's BARBER PARLOR 126 WELLINGTON STREET (Next to Bank of Nova Scotia)

NOTICE M. J. MALLIN is still conducting the Automobile Repairing Business at corner Colborne and Barris streets. All repairs will receive personal attention. Large cars washed, \$1.00; small cars, 75c. TELEPHONE 1005J.

FIRE AUTO LIFE ACCIDENT INSURANCE EXCELSIOR LIFE AGENCY PHONE 789W D. WIGHTMAN: ERNIE D. SLITER 151 WELLINGTON 151

LOST MOTION IN REAR SYSTEM M. K. writes: After having changed the driving pinion of my car, I find that I have 1/4 inch play in the rear wheels, although there is no play in the universal or the transmission. Can this amount of lost motion in the differential and driving gears? It seems to me that this play causes the car to jerk.

Answer: A you sure that there is no lost motion in the keys which hold the wheel flanges to the tapered ends of the axle shafts? This would give you a noticeable jerk in changing from forward to reverse motion, but play anywhere in the transmission line would hardly produce jerking, when the car was going ahead, except on accelerating after a slowdown. There is always considerable lost motion in the differential—usually more than you speak of—when measured at the rim of the wheels, at least. We do not know where you measured yours. Are you sure that your jerking is not from rimmed axles? Ordinarily a good deal of lost motion in the rear system can be present, without being troublesome except as mentioned above.

What Grade Of Oil To Use It Must Be Adapted To The Engine And To Its Service Conditions THE "GRADE" OF AN OIL, relative to its viscosity, i. e., its consistency or body, the terms light, medium, heavy, extra heavy, etc., relating respectively to oils which flow very readily, slightly less readily, with appreciable sluggishness and with considerable sluggishness at ordinary air temperatures. An extra heavy oil may be about as thick as molasses, while a light oil may flow more freely than salad oil. Grade is a matter distinct from quality, which refers to the excellence of the materials used and of the methods employed in producing the oil. All oil becomes thinner when heated, a thin oil becoming almost watery, but a heavy oil still retaining considerable body. On the other hand, if oil becomes thicker when cooled, a heavy oil largely losing its fluidity while a light oil may still pour freely.

ENGINE MAKES WHIRRING NOISE CAUSE OF NOISY SECOND SPEED J. S. Jr. writes: When my engine is idling, it makes a noise like whirr-whirr-whirr, with an interval of about a second between each of these sounds. What causes this noise? Answer: It is hard to tell. Probably the noise is connected with the fact that, when idling, there frequently are missed or weak explosions at somewhat regular intervals, which cause a periodic fluctuation in speed. Whether this is some vibratory action of the fan, the effect of backlash in the timing gears or auxiliary drive gears or from some other cause, we cannot say, but it is very likely something of this kind set up by speed fluctuation.

QUESTIONS OF GENERAL INTEREST TO THE MOTORIST WILL BE ANSWERED BY MR. CLOUGH IN THIS COLUMN, SPACE PERMITTING. IF AN IMMEDIATE ANSWER IS DESIRED, ENCLOSE SELF-ADDRESSED, STAMPED ENVELOPE.

Presentation to Teacher. Salem, July 10.—There was no service in Salem church on Sunday owing to the illness of Rev. J. G. Robeson. The new minister, Rev. Mr. Wolfraine, B.A., B.D., will preach next Sunday. Rev. Mr. Robeson has been transferred to a charge near Orillia. Farmers are busy drawing peas to the canning factory. Mrs. Heath, Springbrook, after spending a week with Mrs. D. H. Vancott, is visiting friends in Trenton. Miss Hattie Hawley, of the Eaton staff, Toronto, has arrived to spend some weeks with relatives here. H. R. Hopkins has left for his home near Meaford. On the last day of school the pupils presented him with an address and a safety razor. Much regret was expressed at his departure.

Shannonville Church Re-opening. Shannonville, July 11.—Every farmer is busy harvesting the fine crop of hay. Crowds went from here to the Barnum & Bailey circus in Belleville last Thursday. Rev. J. de P. Wright, M.A., St. Luke's church, Kingston, and three sons, spent last Friday in this village and dined with Rev. and Mrs. R. N. Irvine at the rectory. Trinity church has been receiving extensive improvements, the walls having been decorated and a new cement entrance built. The past two Sundays the Sunday school and church service have been held in the A.O.N.W. hall. Next Sunday, 16th inst., the church will be re-opened when the Lord Bishop of Ontario, Rev. E. J. Bidwell, will be present and conduct the service at 7.30 p.m.

LIFE AT ADOLPHUSTOWN. Baseball, Dancing and Movies Create Pleasure for the Natives. Adolphustown, July 11.—The second half of the summer baseball season was introduced last Saturday when the Odessa team played Adolphustown on the latter's ground, the score being 11 to 7 in favor of the home team. Everyone is busy harvesting the good hay crop. The dry weather of the past week was just what was needed. Several from here attended the Chautauqua in Napanee last week. Among recent visitors were Mr. and Mrs. Lasler at Mrs. Carr's; Mr. Osborne and Mr. Ashley at W. Dorland's; Miss S. Price at W. J. Myer's; Mrs. McGreer at J. L. Haycock's; Miss D. Hawley is spending some time with friends at Bath. A little son has come to brighten the home of Mr. and Mrs. W. J. McCrudden. The village is a very lively place this summer. A dance was held Saturday evening, moving pictures are to be given tonight and Wednesday night, and a dance is billed for Friday night. The spectacle of a mountain disintegrating so fast that the decrease is discernible day by day has been going on for nearly a year near Vienna, Austria. The Aussee Sanding, more than 5000 feet in height, is collapsing. Great cones and piles of rock crash and tumble. The forests lie flat or move slowly downward, pulling into the valleys. Nearly four miles of territory are involved in the movement, which continues with increasing acceleration.

Wanted From Hay Wagon. Edley Campsall, Harrington, Fractured Two of His Ribs. Harrington, July 11.—Yesterday Edley Campsall met with an accident. The gallows gave way and he fell from a load of hay breaking two ribs. Mrs. Goslin and Mrs. Denison, on the sick list, are improving. Congratulations are extended to Pearl Rutan who passed her primary piano examinations with honors. Mrs. Arnold Shellington, spending a couple of months with her parents, left for Toronto to join her husband. Mr. and Mrs. Loyet and Mr. and Mrs. Brown spent the week-end at Deseronto. Rosalie Freeman, Frankfort, is holidaying with his grandparents. Mr. Ryan and family spent Sunday at Wolfe Island. Miss Guess, Sydenham, is visiting Madolia Babcock. Teachers home for their holidays are Misses Ada and Mildred Segsworth, Leslie Patterson, Meta Campbell have gone to Whitby to finish the Agriculture course. Mrs. J. E. Freeman has returned from Godfrey. The lawn social held on Thursday night was a success, despite the other attractions. Mrs. Robert Freeman was at Moscow for a few days last week. Gerald Clement, Montreal, visited at Fred Denison's recently. Elmer Freeman and family, Frankfort, visited relatives for a few days last week. Mrs. Simpson and friends are with her sister, Mrs. Sigsworth. Benjamin Campsall has returned from Wolfe Island. He was with his daughter for a couple of weeks.

Pittserry News. Pittserry, July 11.—Everyone is busy here as the farmers have nearly all started haying and report a good crop. The Sunday school of St. Lawrence church held their picnic on Tuesday. A large number attended and all reported a good time. Mrs. R. J. Edgar, Calgary, is visiting friends and relatives here. Mr. and Mrs. H. Free, Kingston, are visiting at R. Ballantyne's. Miss Florence and Master Robert Barclay, Sydenham, are spending their holidays with their uncle and aunt, Mr. and Mrs. Robert Barclay, an Orange service was conducted in St. Lawrence church on Sunday by the pastor, Rev. C. W. Hollingsworth. A large number of the brethren were present. Special music by the choir was enjoyed. Mr. and Mrs. Arthur Roberts and daughter Louisa, spent Sunday at J. Lane's. Mr. and Mrs. J. Millions and son spent the week-end in Kingston. Those who attended the Chautauqua in Kingston were delighted with the entertainments and will look forward to its return next year.

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WHEN YOU BUY BATTERIES INSIST ON MONARCH MADE IN KINGSTON ASK TO HAVE A "MONARCH" INSTALLED IN YOUR NEW CAR. BOOST HOME INDUSTRIES.

Absolute Evidence in Favor of Ground Cylinders All high grade automobile engines manufactured in this country as well as in Europe have their cylinder bores finished by grinding. Some of the American cars that might be mentioned are: Apperson, Hudson, Peerless, Brewster, Kissel, Pierce Arrow, Cadillac, LaFayette, Rolls Royce, Cunningham, Lincoln, Locomobile, Dorriss, Marmon, Standard, Franklin, Marmon, Stevens Duryea, Haynes, Mercer, Standard, Holmes, Packard, Winton. In fact, 84% of all the manufacturers of pleasure cars use engines with ground cylinder bores, and 91% of the commercial motor are ground. Head Machines are used exclusively. Automobile owners we have one of these Head Grinding Machines, and can guarantee first class work. Ground cylinders is a selling point with many cars.

Automotive Grinders R. M. CAMPBELL, Corner of Queen and Wellington Streets.

INSTANTLY! THIS PROPELLER WILL DISAPPEAR. A truly beautiful motorboat—safe, sturdy built, easily operated. You have only one lever to think about—that's why these boats are so popular with the entire family. Improved self-starting device, with instrument board. Aquascope enables you to see your propeller at all times. His notable motor with Maxim silencer. Wonderful quality—Wonderful value. Write for Descriptive Folder. Ask about our Special Camera Case. 150, 1st grade. Complete \$75. DISAPPEARING PROPELLER BOATS. DISAPPEARING PROPELLER BOAT CO. 24 King St. W., Toronto, Ont. U.S.A., Main St., Buffalo, N.Y.

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"The Propeller Disappears"

Hot Summer Evenings are most enjoyably spent when out for a paddle on the water. CANOES and BOATS for hire. Quick and efficient service. A. C. KNAPP LA SALLE CAUSEWAY PHONE 767 Was Nearly Drowned. Brockville, July 11.—Clarence Dack, clerk, had a narrow escape from drowning, when he was seized with cramps in both legs after had dived from the float at the Brockville Rowing Club. Donald Lavretie, an oarsman in training at the clubhouse succeeded in getting Dack ashore.

GRAND TRUNK RAILWAY SYSTEM AGENCY FOR ALL OCEAN STEAMSHIP LINES Special attention given your family or friends going to or returning from the Old Country. For information and rates apply to J. P. HANLEY, G.P. and T.A.G.T. Ry., Kingston, Ont. Open day and night. PHONE 99.

CUNARD ANCHOR ANCHOR-DONALDSON Montreal to Glasgow July 14/Aug. 11/Sept. 8... Saturday Aug. 21/Sept. 29/Oct. 27... Cassandra Montreal to Liverpool July 29/Sept. 2/Sept. 30... Tyrhenia Aug. 19/Sept. 23/Oct. 21... Albania Sept. 16/Oct. 14/Nov. 11... Ausonia Montreal to Plymouth, Cherbourg and London July 22/Aug. 26/Sept. 28... Andania Aug. 5/Sept. 9/Oct. 12... Antonia N. Y. to Queenstown and Liverpool July 13/Aug. 17/Sept. 14... Carmathia July 20/Aug. 24/Sept. 28... Scotia Aug. 3/Sept. 7/Oct. 5... Laconia Sails from Boston, July 21st N. Y., Cherbourg & Southampton July 11/Aug. 15/Sept. 12... Berengaria July 18/Aug. 22/Sept. 19... Cavonia Aug. 1/Aug. 27/Sept. 12... Aquitania N. Y., Ply., Cherbourg and Hamburg July 29/Aug. 31/Oct. 14... Saxonia Aug. 3/Sept. 9/Oct. 14... Saxonia Boston - Liverpool - Queenstown Aug. 23/Sept. 20/Oct. 18... Samaria N. Y. to Glasgow (via Seattle) July 12/Aug. 25/Sept. 23... Algiers July 22/Aug. 19/Sept. 15... Columbia Sept. 2... City of London Sept. 9/Oct. 7... Cambria

BOSTON TO LONDON/PLYMOUTH LIVERPOOL AND GLASGOW July 8... Astoria Aug. 8... Elyria \*Cargo only to Glasgow. N. Y. to MEDITERRANEAN Oct. 26 (Cruise) ... Tuscania Nov. 25 (Cruise) ... Scythia Dec. 6 (Cruise) ... Tuscania Feb. 10 (Cruise) ... Caronia For rates of passage, freight and further particulars apply to local agents or THE ROBERT REFORD CO., LIMITED GENERAL AGENTS 8 KING STREET EAST TORONTO, ONT.

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