Mr. and Mrs. John Palmer spent in our midst.

A SPRING TONIC GREATLY **INCREASES YOUR EFFICIENCY**

Lay the Foundation of Good Health Now by Building Up Your Blood and Strengthening Your Nerves

The good old fashion of taking a tonic in the springtime, like most of the customs of our grandparents, is based upon sound the winter it is a trying time, even in the most favored climates, for those who are not in rugged physical health. Many men, women and children go through the winter on reserve strength they have stored up during the sunny, summer months, and grow increasingly pale as the spring days approach. A tonic for the blood and nerves at this time will do much for such people, by putting color in their cheeks and banishing that tired feeling that worries thousands at this season of the year.

You can not be energetic if your blood is thin and weak, or if you rerves are frayed or shattered. You cannot compete with others if you do not get refreshing sleep at night, or if you are losing weight. You need a tonic at this time to add to your efficiency now, as well as to save you from suffering later on. And The good old fashion of taking a tonic in the springtime, Edward County, visited Mr. and Mrs.

ciency now, as well as to save you from suffering later on. And in all the realm of medicine there is no safer or better tonic than kernan, was taken by storm on Sat- Mr. and Mrs. Ross Turley have moved into McLaughlin Mr. Wallace in the moved over with their father. Dr. Williams' Pink Pills for Pale People. These pills make new urday night. Rev. Wallace in the moved over with their father. Mr. rich, red blood, which circulates through every portion of the chair. W. H. Nobes read the address E. Turley for the present. body strengthening jaded nerves and run-down organs, and and presentation of a writing table. Mr. George Sharpe, of Glen Miller for the past week is reported better bringing a feeling of new strength and energy to weak, easily Mr. and Mrs. Kerman thanked them has been in town for a few days sick list. tired, despondent men, women and children.

HAS A BETTER APPETITE

CURED BILLIOUS HEADACHES

Mr. D. C. McClure, Heffley Creek, B.C., says: "As a spring tonic I know of nothing else that can equal Dr. Williams" Pink Pills. Last spring I liams' Pink Pills as a spring medifielt weak and run down, and suffered a great deal from billious headaches. fore I began their use I was subject I got a half doxen boxes of Dr. Wil- to weak spells, but these have now I got a half doxen boxes of Dr. Williams' Pink Pills, and after taking them I felt like a new man. The lassitude from which I suffered had disappeared. I find that my appetite is better, and I have every confidence a papeared, I had a better appetite, and was in every way stronger and better than before I began the use of this medicine. Almost everyone needs a tonic in the spring, and for this purpose I can strongly advise Dr. purpose I can strongly advise Dr. Williams' Pink Pills."

NEVER FELT SO WELL

as I do since taking Dr. Williams' Pink Pills. When I began their use I was very much run down. I had no color, no appetite, could not go ustairs without stopping to rest on the way. I had frequent headaches and a feeling of despondency. I took Pink Pills regularly for about eight weeks and while I felt about eight weeks and while I felt about time I was no better health than I had ever enjoyed before. I freely give you permission to publish this letter as my experience may be the means of pointing the week and run down girl."

Junder the parental roof.

Mr. and Mrs. Alex Winter of Mrs. Murney Reynolds of Foxboro and Mrs. Alex Winter of Mrs. Murney Reynolds of Foxboro and Mrs. C. Wheeler of Stirling called on Monday to see the latter and with this parents, 1'r. and Mrs. T. H. Foster in town and vigorous a man as I had over spent as a laxative when needed, is now our family medicine, and we would not be without them."

Mr. and Mrs. Alex Winter of Mrs. Murney Reynolds of Foxboro and Mrs. Alex Winter of Mrs. Murney Reynolds of Foxboro and Mrs. The parents here of Mrs. Hubbell.

Mr. and Mrs. C. Wheeler of Stirling active and Mrs. T. H. Foster in town and with this parents, 1'r. and Mrs. T. H. Foster in town and vigorous a man as I had over spent spent as few days with her sister, Mrs. C. Gossins, in town and with a little of the parental roof.

Mrs. Murney Reynolds of Foxboro and Mrs. Mrs. C. Wheeler of Stirling active and Mrs. T. H. Foster in town and Mrs. C. Wheeler of Stirling active and Mrs. T. H. Foster in town and Mrs. C. Wheeler of Stirling active and Mrs. T. H. Foster in town and Mrs. C. Wheeler of Stirling active and Mrs. T. H. Foster in town and Mrs. C. Wheeler of Stirling active and Mrs. T. H. Foster in town Mrs. R. Foster of Belleville, spent Sunday with hits sister. Mrs. C. Gossins, in town when needed, is now our family medi Miss Beatrice Bishop, Fendale, N. began their use I was so weak and Miss M. MacDonald spent Sund run down that I could hardly go under the parental roof. weak and run down girl."

GAINED WONDERFULLY

Mrs. Herbert Hanson, Lower Hainewille, N.B., says: "I nave the very highest regard for Dr. Williams' Pink Pills." Before I began their case and it redness. A short treatment, with the pills fully restored my health. My daughter Blanche was suffering from anaemia and through the use of six boxes of Dr. Williams' Pink Pills gained wonderfully in weight, strength and generally in weight, strength and general peach. We shall be sent by mall, post paid, will medicine dealth. We think so much of Dr. Williams' Pink Pills that we are ney-cert without them in the house, and I consider them my best friend"

Bowen, also many other friends in The women are busy house clean. Mr. Ira Whitton whose home is in Winnipeg, Man., arrived here on Fri day from overseas, Mr. Whitton has been overseas for three years He is a brother of Mesrs. W. J. Whitton, of Inst week in honor of their son, orposed may be an advantage of the part of the state of the set of six boxes of Dr. Williams' Pink Pills gained wonderfully in weight, strength and general health. We think so much of Dr. and Mrs. Dr. Williams' Pink Pills that we are ney-cert without them in the house, and I consider them my best friend"

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VICTORIA

nie, before his departure for the

Mr. Norman Duetta of Trenton

spent Sunday at Mr. Sam Bush's.

Several from this appointment at-

bad condition of the roads a large

ception Service.

The roads are in very bad condi- ity gathered with well filled baskets

tion from the rain and frost going to bid farewell to Mr. Donald Din-To all appearances spring is here North West, where he intends taking and if this fine weather prevails, up land. The evening was spent in our unexpected brisky winter.

All the spring birds are here, in-presented to him. cluding the black birds, almost the

last to make their appearance. Mrs. Jas. Flynn of Erinisville is Sunday morning in our church. Serspending a couple of weeks with her vice next Sunday at 2.30 p.m. Re-

son. Leo of Enterprise. Farmers are busy in their sap Mr. and Mrs. Stanton Grox, Mr.

very good runs of sap. Mr. A. Smith of working for the Wellington, and also attended the Massey Harris Co. and is meeting Evangelistic service conducted by

with very good success. Evangelist Sharpe. Much sympathy is expressed for Colds are quite prevalent in this Mr. L. Deline, in the loss of his eld-locality. est daughter who died on the 30th of March. This makes the second death tended the Gospel Band at centre in the family in less than three church on Sunday afternoon. months. His son hay, having died Mr. and Mrs. Wesley Long enter-

with flu two months ago. tained company over the welk end. Miss Blanche Husband, our train- Mr. and Mrs. Norman Duetta took ed nurse, is nursing a patient in dinner at Mr. Will Hubb's on Sun-

Miss Bessie Fenwick is head mil- The Prayer Meeting was well at liner for Miss B. Husband, in her tended at the home of Mr. Lorne millinery parlors at Tamworth. Brickman's on Tuesday evening. Mrs. S. Lockwood has had her Rev. L. M. Sharpe took dinner at millinery opening a week ago. She Mr. Amos Wannamaker's and tea at

for this season. Mr. Ed. Fenwick's milliner is pre- Mrs. Bruce Hennessey's last week. paring for her millinery opening in the near future, having been detain- nesday for the West.

ed at home on account of the illness of her father. Mr. and Mrs. Everett Brickman, Mr. Wilbert Clarke and wife have Messrs. Moriey Welbanks and Audra friends at Stirling on Sunday.

Miss Elizabeth Pelilenn is crowd was present.

taged with Mrs. Lockwood. Some of the cheese factories in-Sunday at Mr. Philip Pearsall's, tend opening on the fifteenth. Bloomfield.

Rev. Wallace occupied the pulpit on Sunday morning. Mr. and Mrs. A. Plane of Princ

WALLBRIDGE

Stanton Fox's last week.

in well chosen words for the gift, papering for some of his customers Their new home will be in Frank- Services were conducted in the

Mrs. M. D. McLeod, Caledonia,

SHANNONVILLE

Especial services are being held in Mr. and Mrs. C. Herman; jr. -rethe Methodist Church of this place turned to town and are packing by our pastor, Rev. Jones. Lieut. Raymond Pearsal has re- house-keeping in Toronto. turned from overseas. Welcome Mr. H. H McKelvey, Orono, Ont., home.

liams' Pink Pills has been of the spent Sunday with the former's Miss Mallory of Sidney spent Sunmost favorable kind. At the time I sister, Miss R. MacDonald. began their use I was so weak and Miss M. MacDonald spent Sunday

a short programme of addresses by Rev. Messrs. Jones, Cantrell and other gentlemen. Music by Mr. and Mrs. Jones, Mrs. (Dr.) Moore and daughter Edith, also splendid rea The rain on Sunday made the spent on the 26th March at the home ings by Willie Barber. Refreshments grass appear green and more spring of Mr. Lorne Brokman when about were served and games followed. All was in town this week. 25 of the young people of this local- reported a good time.

GRAVEL ROAD

Spring has again returned after farmers will soon be working on the games, music and refreshments. An Mr. and Mrs. J. Hollinger, Selby, address was read and a purse of gold spent Sunday with Mr. and Mrs. P. onto this week attending a conven-Cassidy.

gave a very impressive sermon on afternoon at Mrs. F. D. Olliver's. Mr. and Mrs. J. McFarlane, Sec- son in Saskatchewan. ond Concession spent Sunday with Miss Mary Fox, Thomas St., spent reach Picton very soon. Mr. and Mrs. Jas. Toppings.

Mr. Bernard McGuinnes Jr., is suf- Shaughnessy, Melrose. ritis.

Mr. and Mrs. A. Mowbray have ronto is his successor. been on the sick list.

A few of the neighbors spent Sunday eve with Mr. and Mrs. J. P. bay of Quinte at Deseronto. Sullivan.

Kingston.

sick list.

to friends on Sunday. It is rumored that Frank O'Sulliited Farmers.

CARMEL

has a most beautiful display of hats Mr. Lorne Brickman's on Tuesday. service at Cannifton on Sunday The Ladies' Aid was held at evening.

Mr. and Mrs. Pitman Mr. and April 7th, 1919. Mr. Donald Dinnie left on Wed- Mrs. J. B. Robinson, Corbyville, Mr. We have been having more rain Mr. and Mrs. Lorne Brickman, spent Tuesday at Mr. Gilbert's. Mr. and Mrs. Patterson visited yet.

Mrs. Wm. Garrison, Bethany,

spent the week end at Mr. Vande the rain. Mr. and Mrs. B. L. Redner spent waters, from overseas, is spending a few days evening.

a couple of days at Messrs, Rae and Mr. and Mrs. Jones spent Friday at West Huntington. Several of our neighbors are now to Mr. Arthur. drawing lumber from Mr. Poucher's

> Miss Jarvis, Toronto, is visiting at Mr. Chas. Brintnell's. ville spent a few days with their

different churches as usual on Sun-Service next Sunday night 7.30. day-St. Francis, mass at 9 a.m.: Song service about 20 minutes be- Trinity at 11 a.m. and Methodist at fore service. Come and hear good 10.30 a.m. and 7.30 p.m. In the evening Rev. J Knox gave his dis-for a couple of weeks.

their things preparing to take up on Mrs. Wager on Sunday

Mr. F. Wilson and Miss Hazel says: "My experience with Dr. Wil- Mr. and Mrs. Sam McMechan Miss Reid, Mr. Roy Sander ock and Sandercock, Mr. F. Sandercock and day afternoon with Mr. and Mrs. James Johnston

DESERONTO

There is talk of the powder plant are expected home soon. Corporal Matthews of Kingston

Mr. John Dalton was in Toronto on business this week. Frank Garvin of C. N. R. spent day and are at the Elliott House the same. the week end in Belleville. Mr Said has moved into the va-

cant house on Fourth street. Mr. T. L. McCullough was in Tor-

Mrs. F. Mowbray spent Monday Mrs. Ira Bradshaw and daughter, nan and other friends in town. Eva, have gone to visit, the former's

the week end with Mr. and Mrs. bushes and report having had some and Mrs. Rae Fox, and children fering with a severe attack of neu- Harry Stiner is leaving the Arling-vention.

ton this month. Mrs. Cotter of To-

Mrs. Dunuin and daughter have been the guest of his mother, Mrs. week. gone to reside with her parents near Neville this week. A brother was Among the returned soldiers this Miss Minnie Roote returned home Tuesday for Ottawa to take charge killed in France.

Misses. Buckley's were at home Sundays, occupied his pulpit in the lasburg.

Presbyterian church on Sunday. Miss Dalton has been the guest of is attending the annual meeting of Mr. K. Prior, Toronto, is spending Mr. and Mrs. Fred Newman spent van intends buying hogs for the Un- her sister, Mrs. F. T. McMaster, To- the Canadian Retail Coal Association the week at his home here before last week in Toronto.—Times. ronto, for the past week, During her held at the King George Hotel, To- leaving for British Columbia to absence, Sunday, Miss McCorkindale ronto. presided at the organ in the Presby-

> terian church.-Post. MOUNT ZION

places they are in a bad condition

Some of the farmers have c nenced their plowing

Mr. Sandercock has sold his farm Mr. Elliott has moved into

Mr. Angus Chandell and wife visited at the home of the former's sister, Mrs. E. Herrington last week before returning to the Northwest.

Mr. and Mrs. Clarence Smith have moved into the house owned by Mr.

Mrs. B. Winsor who has been ill Mrs. H. Hubbell is also on the

baby visited Mr. and Mrs. T. Snare

There was a large congregation Mrs. A. Carlisle and baby have returned home after spending a

couple of weeks with Mr. and Mrs. G. F. Spencer. Mr. and Mrs. G. H. Winsor called

Mr. and Mrs. S. Holden spent a couple of days last week in Belleville, the guests of Mr. and Mrs. R. Wilson

Mr. Holdein attended the Hol-

boy to return of the many who have been doing their bit overseas. Others

PICTON

while they look for an apartment. Mr. Stuart Moore and sister Miss leigh's advancement has been rapid

Mr. and Mrs. W. A. Johnson are leaving Los Angeles and expect to appointed market clerk.

ville attending the Creamery Con-

Mrs. C .Hammond of Detroit, 15 ed to town. visiting at the home of her uncle, Stanley Young is the guest of his friends will be pleased to learn of The severe storm during the week and aunt, Mr. and Mrs. G. M. Knox. grandmother, Mrs. Lillian Noble, his prominence in the business life broke up the ice bridge across the Mrs. D. P. Boles is in the hospital Prospect avenue. at Kingston, where she underwent Mr. Leo. Kelley of Chicago has an operation for appendicitis last with a Kingston battery returned visiting friends in town.

week are Pte. Clinton Dulmage, Pte, last week after spending a month in of the steamer Glenallen. Mrs. Jas. Dafoe has been on the The Rev. Mr. McCorkindale who H. B. Gilmour, Pte. Frank McMan-Oakville and Toronto. has been absent for a couple of us, Picton, Pte. Mack Crosby, Amel-

Mr. and Mrs. Geo. Ruttan, Queen St., entertained a number of young night watchman by the town council friends Tuesday evening last at their Daniel Wannamaker having resigned home in honor of her sister, Miss the position. Mildred Hall of Trenton.

and Mrs. W. Vandewater, Belleville, This will help to settle the roads. In for Algoma District and a former Beaver Meadow farm.

Our S. S. opened last Sunday with managing the business lately run by The Country Council last week de-

Pte. W. Hardy, lately returned Mr. Wilmot Herrington on Sunday have returned from a visit of one of the committee re the purchase of the regular lake trips of

Foot Expert

Come In and Let Him Examine Your Feet and Advise You FREE

If you are tired of being bothered by hurting, tender feet, here is your chance to get immediate relief and permanent correction. You are invited to consult this foot specialist while he is here.

He Will Be Here Saturday, April 19, 21 and 22

Don't wait until the last minute and maybe, lose your chance to get foot comfort.
Come in any time during business hours and talk it over with the expert.

DE Scholl
Appliance or Remedy For Every Foot Trouble

There is no need to suffer from any foot trouble, any more. Be it ever so simple or ever so serious this specialist, who is a member of the Staff of Dr. Wm. M. Scholl, the noted foot authority, can show you the way to immediate relief and to ultimate

Foot Comfort

if you'll step in and give him the chance. He can tell just what the cause of your trouble is, and he knows the remedy.

Improve Foot Appearance

No larger sized or oddly shaped shoes needed. Wear the kir I you like in perfect comfort. The Dr. Scholl Appliances actually improve the grace and beauty of the feet

Store of Ouality and Service Front Street

Dr. Sanger Brown, Kenilworth, San- | Miss Gladys Eveleigh, Mr. and Mrs. Herbert Hodgins and Itarium, and also to his son, Dr. been training at Weltesiey Hospital, their baby arrived in Toronto Tues- Sherman Brown, Superintendent of Toronto, has been accepted on the

Mr. Milton Vandusen has taken a Muriel of Cherry Valley, have re- since she entered the hospital in position as travelling representative turned after an extended visit from January. for the Great Lakes Oil Refinery Co. their uncle and aunt, Judge and Mrs. | Mrs. H. M. Johnson of Pleasant Mr. Arthur McLean of Winnipeg, Huycke of Peterboro, and other re- View will leave on Friday of this is visiting his cousin, Mrs. A. E. Cal- latives and friends at Campbellford week for Grimsby to visit her daughand Warkworth.—Gazette

/ Miss Dora Hickey is visiting her for a time. Mr. W. S. Blakely was in Belle- parents, Mr. and Mrs. W. E. Hickey.

Claud Brown, who went overseas

to town on Tuesday.

Wm. Ryan are overseas soldiers who renson wedding on the 26th of Mr. H. E. McFaul of Wellington, reached Picton on Saturday night. March. spend the summer.

Walter Jewell has been appointed

the rain.

ing to Kilalee, Ont.

present with regard to the erection vice with Kingston, daily

Mr. and Mrs. H. S. Dafoe called on Mr. and Mrs. Joseph J. Brown of a soldiers' memorial. The report tween Trenton and Ple the Hadden corner was rejected.

staff of that institution. Miss Eve-

ter, Mrs. C. N. Ruttan. Miss Naomi Mr. J. E. Sheppard has been re- Johnson will visit her sister, Mrs. (Rev.) R. A. Whattam, Peterboro,

Mr. William Browne, an old Pic-Bert Geary, who went overseas ton boy, has been elected President with the 155th Battalion has return- of the Boston' Retail Credit Men's Association. Mr. Browne's Picton

Mrs. John Richards Toronto to Captan Nelson Palmatier left on

T. H. Hammel, Eddie Bovay and son attended the Lazier and Law-

Mr. and Mrs. James McCarthy Platt, Ald. Hunter and Ald. Ostrom Mr. W. W. Ryan of North Bay, have moved to their home on Grove while in Toronto interviewed reagent of the Children's Aid Society street, having stayed eight years on presentatives of the Canada Steampastor of Milford, was in town on Mr. C. M. Tripp has returned from steamboat service on the Bay of Thursday last on a business trip. Moose Jaw, where he spent the win-Quinte this year. Mr. Grant, supertaken up their residence in Mr. Mel-low's house for the season. Mr. Sunday evening and attended the low's house for the season. Mr. Sunday evening and attended the and Miss M. Nickle, Brighton, visit-ner with Mr. Joe Ruben. They are in the hospital. quite a number present in spite of Mr. D. Ruben, who is this week mov-the rain.

Could be described to take no further action at bay this summer, a tri-weekly ser-present with regard to the erection vice with Kingston, daily service be-

Now there gifts but the all these wo same Spirit. one severally 12:4-11.

In the absence is Head of the the Holy Spirit affairs and ch earth until the appear. The B bers, and t varieties of operating for the control Holy Spirit. bers have be wisdom and Spirit, to anoth other discerning we look abroad we see that not third of all the of Jesus can be the Divinely Christ. Let us

1. They have ignored the authority in servants assun Holy Spirit, the on earth, has I other has take human appointn saying has come opposeth and against all that is worshipped. the temple of forth as God." is the Body of the temple of G God dwelleth in 2. Peter at th

bishops and feed the flock of

The Canadian was fortunate in Dr. C. K. Clark, years has h authority at the and afterwards Faculty of Toron who is now enga portant work of benefit of which ed once it can b -national ments

Because of hi birds Dr. Clark pursuits, the di be nearly overwh immense field of Dominion of Car to Belleville to s Quinte people th missing in no friendship of the which nearly ev here. Dr. Cla andience that hi ledge of bird life in this vicinity. he mentioned we

> "Th world wor out birds," asser Insect life would life. There are

come to these par

Bird Life Ver

sand insects desc as many not desc to increase is si statistics of the amazing, while enormous, son twenty-four times pests supply a la food our birds cidentally keep paratively free effect on every o

A Much D The English

for much countries slam sorrow. In Hung these birds, but In New