

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 common sense and good medical practice.

You can not be energetic if your blood is thin and weak, or if your nerves are frayed or shattered. You cannot compete with others if you do not get refreshing sleep at night, or if you are losing weight.

CURED BILIOUS HEADACHES Mrs. D. C. McClure, Hatley Creek, B. C., says: "As a spring tonic I know of nothing else that can equal Dr. Williams' Pink Pills."

HAS A BETTER APPETITE Mrs. M. D. McLeod, Caledonia, P.E.I., says: "I have used Dr. Williams' Pink Pills as a spring medicine with satisfactory results."

STRONG AND WELL AGAIN Mr. H. H. McKelvey, Orono, Ont., says: "My experience with Dr. Williams' Pink Pills has been of the most favorable kind."

NEVER FELT SO WELL Miss Beatrice Bishop, Fendale, N. B., says: "I have never felt so well as I do since taking Dr. Williams' Pink Pills."

GAINED WONDERFULLY Mrs. Herbert Hanson, Lower Hainessville, N.B., says: "I have the very highest regard for Dr. Williams' Pink Pills."

BUILD UP YOUR BLOOD The purpose of Dr. Williams' Pink Pills is to build up the blood, they do this one thing and they do it well.

ENTERPRISE The rain on Sunday made the grass appear green and more spring like. The roads are in very bad condition from the rain and frost going out.

VICTORIA A very pleasant evening was spent on the 28th March at the home of Mr. Lorne Brickman when about 25 of the young people of this locality gathered with well filled baskets to bid farewell to Mr. Donald Dinnie, before his departure for the North West, where he intends taking up land. The evening was spent in games, music and refreshments.

GRAVEL ROAD Spring has again returned after our unexpected brisk winter. Mr. and Mrs. J. Hollinger, Selby, spent Sunday with Mr. and Mrs. P. Cassidy.

CARMEL Mr. and Mrs. H. Dafeo attended service at Cannifton on Sunday evening.

MOUNT ZION April 7th, 1919. We have been having more rain. This will help to settle the roads. In places they are in a bad condition yet.

April 8th, 1919. Pte. Will Pollard spent the week-end with his brother, Mr. Finley Pollard at Keene.

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Mr. and Mrs. John Palmer spent a couple of days at Messrs. Rae and Stanton Fox's last week.

WALLBRIDGE Rev. Wallace occupied the pulpit on Sunday morning.

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Some of the farmers have commenced their plowing.

GLEN ROSS Mr. and Mrs. Charles Johnston have returned from their honeymoon trip and have settled in their home on the town line.

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A Dr. Scholl Foot Expert COMING

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.

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.

There is a Dr. 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 kind you like in perfect comfort. The Dr. Scholl Appliances actually improve the grace and beauty of the feet.

Vermilyea & Son

Store of Quality and Service Front Street

PICTON Mr. and Mrs. Herbert Hodgins and their baby arrived in Toronto Tuesday and are at the Elliott House while they look for an apartment.

PICTON Mr. and Mrs. W. A. Johnson are leaving Los Angeles and expect to reach Picton very soon.

PICTON Mr. and Mrs. W. E. Hickey are visiting her parents, Mr. and Mrs. W. E. Hickey, Bert Geary, who went overseas with the 155th Battalion has returned to town.

PICTON Miss Minnie Rootes returned home last week after spending a month in Oakville and Toronto.

PICTON T. H. Hammel, Eddie Bovay and Wm. Ryan are overseas soldiers who reached Picton on Saturday night.

PICTON Mr. K. Prior, Toronto, is spending the week at his home here before leaving for British Columbia to spend the summer.

PICTON Walter Jewell has been appointed night watchman by the town council Daniel Wannamaker having resigned the position.

PICTON Mr. and Mrs. James McCarthy have moved to their home on Grove street, having stayed eight years on Beaver Meadow farm.

PICTON Mr. C. M. Tripp has returned from Moose Jaw, where he spent the winter, most of the time nursing his patients, both in private homes and in the hospital.

Dr. Sanger Brown, Kenilworth, Sanitarium, and also to his son, Dr. Sherman Brown, Superintendent of the same.

Miss Gladys Eveleigh, who has been training at Wellesley Hospital, Toronto, has been accepted on the staff of that institution.

Mr. Stuart Moore and sister Miss Muriel of Cherry Valley, have returned after an extended visit from their uncle and aunt, Judge and Mrs. Huycke of Peterboro, and other relatives and friends at Campbellford and Warkworth—Gazette.

Mr. J. E. Sheppard has been re-appointed market clerk.

Miss Dora Hickey is visiting her parents, Mr. and Mrs. W. E. Hickey, Bert Geary, who went overseas with the 155th Battalion has returned to town.

Stanley Young is the guest of his grandmother, Mrs. Lillian Noble, Prospect avenue.

Claud Brown, who went overseas with a Kingston battery returned to town on Tuesday.

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Now there are gifts but the all these wor same Spirit, one severely 12:4-11.

The Reasons for Two 1. They have ignored the authority in servants assum Holy Spirit, the on earth, has be other has take human appointm saying has come opeboth and against all that is worshipped, as the temple of G forth as God." is the Body of the dwelleth in 2. Peter at the bishops and un feed the flock of

Bay Quinte Resid

The Canadian was fortunate in sent to its mem Dr. C. K. Clark, 6 years has bee authority at the and afterwards D Faculty of Toron who is now enga portant work of benefit of which ed once it can be—national menta Because of his birds Dr. Clark pursuits, the du be nearly overwh immense field of Dominion of Can to Belleville to Quinte people the missing in no friendship of the which nearly ev here. Dr. Cl audience that h ledge of bird life in this vicinity, he mentioned we come to these part Bird Life Serv "The world wo out birds," asser Insect life wou life. There are th sand insects des as many not des to increase its st statistics of the amazing, while th enormous, some twenty-four times pests supply a la food our birds, e cidentally keep paratively free of effect on every ot A Much De The English sp for much al countries "Hun sorrow. In Hung successfully carr these birds, but In New Zea