

A Tonic for the Nerves

The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent nerve specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing which the specialist spoke of is the nervous run-down condition caused by overwork and the many anxieties of today. Sufferers find themselves tired, low-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears, and do not sleep well at night. Headaches and other nerve pains are part of the misery, and it all comes from starved nerves.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore to relieve nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills make new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin taking Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

6TH LINE SIDNEY

Quite a number from this way attended the Oak Lake Camp Meetings on Sunday.

Mr. and Mrs. Morley Scott spent Sunday in Napanee.

Mr. and Mrs. Wm. Rose returned home from visiting in Toronto.

Mr. and Mrs. J. A. Lott accompanied by Evangelist Hyde and Rev. Mr. and Mrs. E. E. Cooke of Newburg, spent Wednesday last at Mr. F. Spafford's on the 2nd con. of Sidney.

Miss Beatrice Loucks of Watertown, N. Y., is visiting her aunt, Mrs. Morley Scott.

Master Harry and Wilbert Scott spent last week visiting friends in Napanee.

Mrs. J. A. Lott is camping at Oak Lake.

CANNIFTON AND CORBYVILLE

Sleeping, outside is the order of the day since the warm spell.

Mr. and Mrs. R. Dunning and Mr. and Mrs. W. Jones motored in the former's car to Plainfield to attend the Farmer's Picnic.

Miss Helen Archibald of the Canadian Industrial Alcohol staff has returned to work after spending a week in St. Catharines.

Mr. Harold Lawrence spent the week end in Montreal.

Miss Mary Cavanagh of the Canadian Industrial Alcohol Co. staff, has returned home after spending her holidays in Montreal.

Mrs. S. Parks of Niagara Falls, is renewing old acquaintances in the village.

Mr. and Mrs. S. Johns and son, Donald, of Toronto, are the guests of the former's parents, Mr. and Mrs. R. Johns.

We are glad to see Mr. Geo. Hearn walking around in the village once more after being ill for so long.

Several from around here motored to Oak Lake on Sunday to Camp Meetings, which are being held there. Mr. Fred Lawrence and Miss Davis of Oshawa, spent the week end with the former's grandmother, Mrs. M. B. Vanderwater.

Mr. and Mrs. T. Farnham have returned to their home after spending several weeks with their daughter in Bancroft.

Mrs. Titterton of Toronto, is spending a few days with her mother, Mrs. Heavens.

Mr. Frank Bedell and his bride have returned from their honeymoon. They expect to live in Sidney.

Miss Annabel Rudgeley is spending a week in Shamrockville.

Mr. Wm. Frisell has been building a fine new fence.

The Rev. McMullan has been spending his holidays with his mother near Peterboro.

Mr. Osborne Parm and son, Chas. have purchased Stanley Latta's farm on the 4th line of Thurlow.

Mrs. W. Arnold and son, Jack, from the West are spending the summer with Mr. and Mrs. Wm. Watts.

Miss Hazel Hume has returned home after spending her holidays in Montreal.

Miss Margaret Whiting is spending her holidays with her sister, Mrs. Wannamaker of Hartsmere.

Mr. and Mrs. Oscar Weese and son, Clifford, and Mr. and Mrs. F. Mowers and son, Lawrence, have been the guests of Mr. and Mrs. Wellington Jones and Mr. and Mrs. Dav-

id Lawrence, and are now in Belleville prior to their leaving for Up-land, California.

Miss Alice Harvey of Montreal, is visiting Miss Hazel Hume.

Those on the sick list are Mr. J. Archibald, Mr. Ted Clapp, Mr. W. Farley and Mrs. M. B. Vanderwater. Mr. and Mrs. Frank O'Neill of Toronto, are the guests of Mrs. G. Rose-vear.

Mrs. Percy Black and family are spending a few days with Mr. and Mrs. A. Black.

A number of sports from around here went fishing one night last week and report a big catch.

HALLOWAY

A very sad death occurred on Thursday last when the eldest son of Mr. Sylvester Reid died very suddenly with diphtheria. He had been helping with the harvest during the day and died before midnight.

Mrs. Hubbs is spending a week or so with friends in Prince Edward.

The Rev. Mr. Davies of Roslin, held service at the home of Mr. J. Lowery on Wednesday evening last. Mr. and Mrs. E. Hough and family and quite a number of other relatives and friends from this vicinity attended the funeral of Mr. Clarence Hough at Allisonville, on Sunday last.

The pastor, Rev. A. S. Kemp, gave a talk to the children on Sunday last that was quite interesting.

Mrs. Fearal, of Toronto and Mrs. Garrison, of Belleville and Mrs. Palmer were guests of Mrs. H. Garrison last week.

Miss L. Juby was a guest of her sister, Mrs. S. Townsend, recently.

FULLER

We are all glad to hear the hum of the binders and mowers and the men whistling, as they must be good natured when they see such heavy harvests, also the women seem pretty good natured, it must be because of the large amount of berries for every little bush you would look at was loaded with lovely berries.

Mr. Jno. McIntosh, of Belleville, passed through here on Monday.

Mr. and Mrs. Jno. Geen and Ernest, motored to Cherry Valley on Sunday.

Mr. and Mrs. Harry Mullett and Mrs. Cecil Adams, of Crookston spent Sunday at Mr. Fred McCaulley's.

A number from here attended the picnic at Plainfield on Wednesday last and all report a splendid time.

Mrs. Albert Mitts has returned home after visiting friends in Picton.

Mr. Harold Christie has purchased a fine new Overland car.

Mr. Wm. Deane, Jr., and Mr. Herbert Burke motored to Belleville Saturday.

Mr. Jos. Hollinger and Mr. Harold Christie motored to Stirling Saturday evening.

A number from here intend taking in the social at Beulah on Wednesday evening.

Mr. and Mrs. Jas. Hollinger spent Saturday afternoon in Tweed.

Mr. and Mrs. Wm. Fitchett, of Madoc Jct., drove through here on Friday en route for Tweed.

Mr. and Mrs. Frank Kellar motored to Thomasburg on Wednesday evening.

POOR MILKERS ARE EXPENSIVE

"Two million cows should be disposed of by the dairymen of the United States within the next few months, not because the people of the country should not consume more milk and its products than we are producing at the present time, but because the poor cows necessarily entail loss in production."

This is a statement made by one of the leading dairy journals across the line recently, and it is by no means too radical. In Canada the same thing might be said in proportion to our milk cow population.

The story is told of a Western farmer who had a herd of a dozen Holsteins. He finally decided to test his animals, and on the strength of these tests disposed of half of them, but only lowered the milk flow by one-third. There are too many cows in Canada that are mere boarders.

HEN MOTHERS TERRIER PUPPIES.

Up in High River, Alberta, people are coming a long way to the farm of Mrs. J. A. Osborne to see one of the most curious nature freaks ever known. Out in the barnyard a large hen is mothering five black and white terrier puppies, taking care of them as maternally as if they were her own brood. It all came about when the mother dog stole the hen's eggs. Biddy, to get even, appropriated the pups. Since then the dog will have nothing to do with her offspring. But they don't seem to care, and appear to be just as happy with the hen. Biddy will fight furiously if anybody tries to take one of the puppies from her.

Fields Humming With Machinery Harvesting Crops

Cutting Wheat, Oats and Barley is Becoming General

Farmers in Peterborough County are progressing well with their harvesting and the golden grain is pouring into the mows already laden with the sweet smelling hay. "We shall come rejoicing bringing in the sheaves" runs the old hymn particularly adaptable this year. The farmers are rejoicing with open hearts for they have had much to contend with and many setbacks. The long cold spring chilled the young and tender grain and the hopes of the farmers at the same time. Followed by the very reverse with weeks of hot weather that cooked and baked the fields, fairly roasting the crops, the outlook was bleak enough for a while. Finally the long delayed rain came and since then, although some of the crops have not grown as they might, the majority have pulled right along and the farmers have been able to rest easy at night and wear a smile in the day time. They have worked hard because of the shortage of farm hands and this situation is particularly acute at the present time when the problem is to get the crop off.

Most of the fall wheat is cut and some of the spring wheat. The big cutting of this though will not take place till next week. The oats are ripening up fast, and while some farmers have cut some the majority will not take the binder to them till next week. The barley is ripening and some has been cut. The oats are the best crop, according to many farmers; the barley is a close second they state. The fall wheat did not turn out as heavy as was expected at first one farmer reports, but the crop he said, was fair. Some farms have good crops of fall wheat. It just seems to depend on the conditions of each farm and to arrive at whether the crop is good, bad or indifferent as a whole is harder than it would seem. The root crop is good, it is said. The corn is not very long because of the cool nights, but it is expected to be at least a fair crop. Some threshing of alsike has been done out in Smith.

The farmers declare that the grass-hoppers are bad. In fact worse than in many years, but no serious damage can yet be traced to them. In the northern townships and back on the ranches it is stated that they are in millions and have cleaned up the shrubs and the crops, causing considerable loss.

Hospital Records of Old

In its long history since the 12th century, when it was built, St. Bartholomew's Hospital and Church have undergone many changes. Henry VIII. destroyed part of the nave, and the central tower was pulled down and replaced in 1638.

The crypt was turned into coal and wine cellars. In the north transept a blacksmith's forge was set up, and the smoke from his fire can be seen on the blackened walls to this day.

Part of triforium was turned into a Nonconformist Sunday School, and another part served as a lace and fringe factory. In the Lady Chapel a printer set up in business, and here it is vastly interesting to note—

Benjamin Franklin set type during his first sojourn in London.

Another part of the church was turned into stables. Desecration such as this went on until fifty years ago, when a process of restoration began, and has continued until now, reverently and carefully, so that one stands in the ancient building to-day it is easy to pass backward through the centuries and imagine oneself in the presence of Rahere himself, superintending the early stages of his noble work.

Seven Great Men.

Sir Norman Moore speaks of seven great men who have added to the fame and usefulness of the hospital. First there was Rahere, of whom we have spoken. The second was Rahere's immediate successor, Thomas of Osyth, who, as the author says, "is to us more than a venerable canon regular of the Order of St. Augustine, since, by his regulation of the relations of the Hospital and the Priory, he gave to the former that independence which enabled it to weather the storm of dispossession which raged in the reign of King Henry VIII."

The third was Alexander of Smithfield, a century scribe, whose fine vellum unadorned ink and beautiful hand, writing preserved so much of the social history of his time. John Cook, a brother of the hospital, wrote its cartulary, and so preserved most of its history up to the end of the

reign of Henry VI. The famous Dr. John Caius was a tenant in the hospital, and had profound influence on it as president of the College of Physicians.

Suggested Shyllock.

Under the new order a physician was specially attached to St. Bartholomew's, and the first was the notorious Dr. Roderigo Lopez (Lopez) a skilful Portuguese Jew, who became physician to the Queen's Household and was executed at Tyburn in 1594, after being convicted of plotting to poison Queen Elizabeth. Marlowe and Middleton refer to him by name, and it is suggested that Shakespeare had him in mind when he drew Shyllock.

Wooden Legs, 32 Cents.

In the ledgers of the hospital, Sir Norman Moore found numberless facts of interest and importance. In 1547 the hospital received £1 is 4d for letting "booths" within the hospital during the time of Bartholomew Fair. We find payments made to the surgeons for treating the cases.

"For healing of Jone Smythe of a sore arm; for healing of Agnes Charward of the biting of a dog, 5s." Sometimes the patients on leaving the hospital received grants of money. "Item to an Irish man and two maids at their departing, 2s 4d." Wooden legs were also supplied, and the usual price was 1s 4d.

One of the greatest contrasts between those distant days and these turns on the relative values attached medicinally to various kinds of food and drink. Consider the diet in 1687. On Sunday the patients were allowed ten ounces of wheaten bread, six ounces of boiled beef without bones, a pint and a half of beef broth, a pint of ale caudal, and three pints of beer. During the week the beef was varied by mutton, cheese or "sugar soppes," but the three pints of beer were never omitted.

"Bart's" To-Day.

And what of "Bart's" to-day. As full of life and interest as ever, if we may judge from Sir Norman Moore's pensive but delightful tones. "One day," he says, "you see a woman from Madras with a Jeweled stud fastened to her nose; another time a Malay from Singapore; lesem and orangemen, who speak curious dialects of Italian; and sometimes Welsh patients, who know little or no English, but are familiar with the Bible in its fine Cymric version, and with other parts of their native literature."

"An old man was brought into a surgical ward, having been knocked down by an omnibus while selling nuts from a barrow. He spoke incoherently, as if he did not understand the question put to him, but when addressed as his name suggested, in Irish, had been taken away and that he must have it back. He had come to London from a remote part of County Cork thirty years before, and had since sold nuts in the street without learning more than a little English. His coat had sewn into it, £170 in notes, and gold.

Sister's Sacrifice.

"I tried to persuade a young woman an out-patient, to come into the hospital. 'I cannot,' she said, 'for my brother is in now, and who would wash his clothes for him if I came in?' She promised to come when he was well, but she postponed her treatment too long, and lost her life."

CARNEGIE ON WEALTH.

I was born in poverty and would not exchange its sacred memories with the richest millionaire's son who ever breathed, was a saying of Andrew Carnegie. What does he know about mother or father? These are mere names to him. Give me the life of the boy whose mother is nurse, seamstress, washer-woman, cook, teacher, angel and saint all in one, and whose father is guide, exemplar, and friend. No servants to come in between. These are the boys who were born to the best fortune.

Some men think that poverty is a dreadful burden, and that wealth leads to happiness. What do they know about it? They know only one side; they imagine the other. I have lived both, and I know there is very little in wealth that can add to human happiness beyond the small comforts of life. Millionaires who laugh are very rare. My experience is that wealth is apt to take the smiles away.

While swimming in the Big Connection River, near Waldheim, Pa., Henry Abel, Jr., was being photographed by his father when he threw up his arms and went down. The father has the snapshot, but his son was drowned.

Irish Crimes' Bill debated in British Commons.

Mining Iron Ore in Canada

IMPORTANT INDUSTRY OF THE FUTURE

Development of Dominion's Deposits Will Mean Cheaper Agricultural Implements

One of the most potential and least developed industries of Canada is the mining of iron ore, and instead of using made of the vast deposits of the ore which underlie the part of the continent Canada occupies, the Dominion is importing about 96 per cent. of the iron ore used in Canadian blast furnaces or over two million tons a year.

Deposits of iron ore, according to official data, are widely distributed over Canada and in the main unexploited, only the conveniently situated and comparatively cheap mined ores of Newfoundland and the south shore of Lake Superior being developed to any large extent.

The Maritime Provinces and Quebec

In the province of Nova Scotia, the principal iron ore deposits are those at Clementsport, Nictaux, and Torbrook in Annapolis county; Brookfield and Londonderry in Colchester county; and the Pictou iron range in Pictou county. Some of the ore in this province is mined and blasting done at Sydney and North Sydney, where plants have been erected by the Dominion Iron and Steel Company and the Nova Scotia Steel and Coal Company.

Iron ores are found in New Brunswick in Carleton county, near Woodstock. Other occurrences of iron have been noted at West Beach and Black River on the Bay of Fundy, near St. John, and also in Charlotte county near Lepreau. The most important deposits, however, yet found in this province, are those of the township of Bathurst, county of Gloucester.

Along the north shores of the St. Lawrence river in Quebec, beds of magnetite have been discovered at many points, and thousands of tons have been shipped from here for their titanium content. Deposits of ilmenite or titaniferous ore also occur north of Montreal at St. Jerome, St. Lin, Irvy and other points. Limonite or bog ores have been mined for nearly 200 years in the St. Francis river district. Magnetite ores have also been found in the townships of Grenville, Templeton, Hull and Bristol, Leeds, Inverness, South Ham and Ascot.

Eastern Ontario

In eastern Ontario chiefly in the counties of Hastings, Frontenac and Renfrew, numerous deposits of the ore are found. The four northern districts of Sudbury, Algoma, Thunder Bay and Rainy River are rich in iron possessions. Any one district contains enough low grade ore to warrant profitable commercial development. At Moosonee Mountain in the district of Sudbury 100,000,000 tons of ore have been proven by diamond drilling. The Helen Mine in the Michipicoten range is the largest iron ore producer in Canada, the output approaching 1,000 tons per day. The deposit is some 1,400 feet long with an average width of 400 feet. Other known rich deposits are in the Atikokan range, the Lake Nipigon range, and ranges in Nipissing and Timagami.

The Prairie Provinces and B.C.

The prairie provinces of Manitoba, Saskatchewan and Alberta have as yet furnished no production of iron, but there are in these provinces a number of known occurrences of hematite, limonite and clay ironstone.

In the province of British Columbia, some iron ore has been mined on Texada Island, but here too the iron industry can hardly be said to have got a footing. A number of occurrences of ore have been noted on Vancouver Island, mainly at Head Bay, Kilaueh River, Quinsam River and Gordon River. In the interior of the province occurrences of iron have been noted at Kamloops, Kitchener, Bull Run, Burmis and elsewhere.

The development of Canada's iron deposits means a good deal to Canadian national and industrial development. It implies the continuous flow of freight traffic, the erection of blast furnaces, and steel plants, by-products plants, alloy furnaces, rail mills and all subsidiary forms of iron works usually found where such plants exist. More and cheaper agricultural implements would be the result, a general benefit to the Dominion.

Miss Susannah Spicher, of Lewiston, Pa., looking for a missing rooster, finally found him under a woodpile, sitting on a stolen nest of eggs.

Advertisement for Batteries. Includes an image of a man in a cap and a battery. Text: 'BATTERIES Changed and Repaired Electrical Systems Repaired A New Willard Battery for all Cars Complete Stock of Parts for all Electrical Systems Quinte Battery Service Station 133 Eront St. Phone 731'

Baby's Great Danger During Hot Weather

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach troubles come without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in the house where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The famous hydroplane P. D. Q. IV, victor in many motor boat races on the St. Lawrence and the pride of the Thousand Islands, was sunk in between 200 and 300 feet of water in the Canadian channel east of Darlingside Friday afternoon. The P. D. Q. was undergoing a trial spin and when near Darlingside swerved out of its course to escape a collision with a vessel coming in the opposite direction. The result was that the hydroplane struck a submerged log. The occupants wore customary life-belts and succeeded in reaching the shore. The boat was owned by Edward J. Noble, New York city.

P. D. Q. IV. SUNK.

A DROP OF WATER.

Did you know that when a drop of water reaches the ocean it is destined to remain there 3,460 years? That is the average. Some drops may be drawn out by evaporation the next day. Some drops may wander about in the ocean 10,000 years. But the average is 3,460 years.

All this has been figured out by scientists who have made a careful estimate of the total volume of water that goes into the ocean every year. They declare that one three thousand four hundred and sixtieth of all the water in the world goes into the sea every year.

The life of a drop of water once out of the ocean is apparently a merry and a busy one, for, after evaporation, it will become condensed into water again in about ten days, and it will not be many years before it will have found its way back to the ocean again, either by means of rain from the Great Lakes or some such place.

But wherever the drop of water lands on earth it is not long before one of three things happens—it falls to earth and gets back to the ocean by subterranean passages, it falls into a river and flows back to the ocean, or it falls into a lake and is either evaporated into the clouds or finally gets into the river.

Benjamin U. Slocum, of Rochester, saw a cat capture a robin. He choked the cat to death and saved the robin. Then he was indicted for inhumanity killing the cat. The court held that Slocum had a right to kill the cat under the circumstances.

Detroit ice men who refuse to deliver any more because a customer wants to see the ice weighed will in future face a fine of \$100 or 90 days in the House of Correction if they fail to make deliveries on contracts or where tickets have been sold.

Premier Lloyd George stated in the British House of Commons that he expected much unemployment during the coming winter.

ros. ay S L INDUCE ER NS reg. up to \$7.95 Black and .55c at, yd., .40c White, Worth \$1.69 3 prs 98c 3.00 values, \$1.00 worth 90c .69c .575 .25c .25c In Middies, as at great- os. G hill Standard Bank en's price all w or Pick L