

PALE AND NERVOUS SCHOOL CHILDREN

Need Rich, Red Blood to Regain Health and Strength.

Many children start school in excellent health, but after a short time home work, examinations, hurried meals and crowded school rooms cause their blood to become weak, their nerves over-wrought and their color and spirits lost. It is a mistake to let matters drift when boys and girls show symptoms of nervousness or weak blood. They are almost sure to fall victims of St. Vitus dance, or drift into debility that leads to other troubles. Regular meals, out-door exercise and plenty of sleep are necessary to combat the nervous wear of school life. But it is still more important that parents should pay attention to the school child's blood supply. Keep this rich and red by giving Dr. Williams' Pink Pills and the boy or girl will be sturdy and fit for school. The value of Dr. Williams' Pink Pills in cases of this kind is shown by the statement of Mrs. Watson, Grand Falls, N.B., who says: "In the spring of 1919 my daughter Thistle, then 13 years of age, began to show symptoms of nervousness which developed into St. Vitus dance. She seemed to lose control of her limbs and at times every muscle in her body seemed to be twitching and jerking, and the trouble seemed to be growing worse. We finally decided to give Dr. Williams' Pink Pills, and the result was better even than we had hoped for, and she is now enjoying the best of health."

You can get Dr. Williams' Pink 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.

NILES CORNERS

Mr. and Mrs. Ross Orntekahanks and family of Melville, visited Mr. and Mrs. Ellis on Sunday.

Mr. J. Way spent a few days last week with Mr. and Mrs. Harry Dufosse.

Mrs. L. E. Nease is quite poorly. Mrs. Will Ellis and daughter Gladys, visited Mr. and Mrs. H. Thompson at Pleasant Bay on Thursday.

Mr. and Mrs. Benj. Ellis took tea with Mr. and Mrs. Cornelius Ryan on Friday evening.

Mr. Cornelius Ryan is quite poorly.

Mr. and Mrs. Benj. Ellis spent a recent evening with Mr. and Mrs. C. B. Clapp.

Mr. Joe Ellis has his new barn completed in time to receive his harvest.

CARMEL

Rev. Farnsworth the new pastor, gave a splendid sermon on Sunday which was much appreciated.

Mr. and Mrs. Watson, Campbellford, spent Sunday at Mr. Patterson's.

Mr. and Mrs. Glover and family, Sidney, spent Sunday at Mr. Mormans.

Misses Wanda Reid and Mildred Jones, spent Sunday with friends in Hastings.

Mr. and Mrs. Simmons and family, Mr. and Mrs. Brinnett and Mr. and Mrs. Brownson attended the Oak Lake services.

Mr. S. Fairman, Rochester, is visiting his sister, Mrs. Jno. Pitman.

Mr. and Mrs. Gerow visited the latter's brother, Mr. H. Howe.

Miss E. Hamilton is spending a few days in Kingston.

WALLBRIDGE

Mr. and Mrs. Bert Hinchliffe and daughter Laura, of Molson, Man., are on their annual vacation visiting friends and relatives in Sidney and Gilmour.

Mr. and Mrs. Shuttleworth and family, of Toronto, are visiting friends.

Mr. A. Sine is improving his house with a coat of new paint.

The Oak Lake camp meeting is in full swing with Gipsy S. Smith, evangelist conducting service.

Mr. A. Kernan of Regina, Sask., is visiting his mother, Mr. Jno. Kernan and other friends and relatives in Sidney.

Mr. Scranon of the 5th. con. of Sidney, lost a valuable horse one day last week, overcame by the heat.

BLESSINGTON

Mr. and Mrs. Chas. Cole and Grant, took tea at Mr. Robt. Sparrows on Sunday.

Mr. and Mrs. D. Ross spent a Sunday recently with friends over the bay.

Miss Helen Hagerman took tea with Miss Laura Gault on Sunday.

Mrs. Harriet Robinson has returned to her home here after spending some months with friends in various parts of the north-west.

Mrs. Mary Payne who has been spending the past week at Mr. A. Hagerman's, has returned to her

home in Stirling. Mr. and Mrs. Edger Vanderwater and family of Toronto spent a few days recently with Mr. Stillman Haight.

Mr. and Mrs. Marshall Hubel and Helen, of Akron, Ohio, Mrs. Hattie Hubel and Thorah of Carmel, spent over-night of last Thursday at Mr. Dan Hagerman's.

Mr. and Mrs. F. Robinson and family, took tea at Mr. Homer Demille, Melrose, on Sunday last.

Mr. and Mrs. R. Badgley called on Mrs. Leslie McLaren, one night last week.

Rev. Mr. Totten occupied the pulpit on Sunday.

GREEN POINT

Mr. Irvine Ketcheson and grand-daughter, of Winnipeg, are visiting his brother, Mr. Henry Ketcheson and family.

Mrs. Sweet, of Springbrook visited her brother Mr. F. McCabe on Wednesday.

Mr. and Mrs. Tuttle and children, of Toronto, also Mrs. Rufus Curlette are visiting Mr. and Mrs. Joe Curlette.

Mr. Roy Ketcheson is in Picton Hospital after undergoing an operation, he is improving nicely.

Mr. and Mrs. Sidney Birks and family of Nanawake, visited at Mr. J. M. Anderson's on Sunday, Miss Emma Anderson returning home with them.

A number from this vicinity attended the Orangemen's celebration in Picton on Tuesday.

Woodville Orange Lodge intend holding their picnic at Woodville on Thursday the 28th of July.

WOOLER

Mr. Bird, of Foxboro, preached in the Methodist Church on Sunday morning and evening in the absence of Rev. J. R. Bick.

The Trail Rangers' baseball team trimmed the Stockdale nine to the tune of 6-5 at Wooley on Friday evening.

The game was not finished because of darkness, Wooley still having an inning to play.

Mrs. R. Putman, of Hamilton, and little Arthur, is visiting Mr. and Mrs. Henry Richards.

Mr. Wilfred Simpson, of Ottawa, is visiting Mr. and Mrs. L. C. McColl.

Miss Sadie Dalmas has returned from the Summer School at Belleville. She will give her report at League in August.

Mr. W. G. Mitten is doing a splendid auto repair business at his new stand, the Victoria Garage.

Miss Myrtle Taylor, of Ottawa, is visiting Miss Loretta McColl.

Miss Mary Shaw, of Picton, is visiting her cousin Miss Grace Austin.

WELLINGTON

Robert Campbell, Jr., has bought the property and ice-cream business of E. E. Taylor, and he is now learning how to make good ice cream.

E. E. Taylor intends to locate in the United States as he has been in ill health here.

Willie Blakeley, of Eaton's store, was here last Saturday with his wife, and they visited David Vandervoort.

K. C. Hortop, the school principal, who is attending the summer school at Kingston, was home for the week end, and Mrs. Hortop and child accompanied him on a visit to Kingston.

The Dominion Cannery have started their bean pickers this week.

The young people connected with the Friends had a pleasant social evening on Saturday on Mrs. Wallace's lawn. After enjoying games, the ice cream and cake were acceptable.

Rev. Wm. Miller, with his wife and child, are having a quiet holiday in Samuel Saylor's summer cottage by the lake. Mr. Miller cycled to Picton on Sunday to conduct the services in the Baptist Church.

Harry Lane, who lives in San Francisco, is having a holiday with his brother James here, and is renewing acquaintances after an absence of 22 years.

Mr. and Mrs. F. O. Dayton and little girl June, Toronto, are staying at W. G. Collier's.

There was a Children's Flower Service at the Methodist Church on Sunday morning, and Rev. J. U. Robins preached a sermon appropriate to the occasion. The collection was in aid of the Sunday School library, which needs more new books.

Miss Helen Garratt, of New York City, is having a holiday with her father, John Garratt.

Mr. and Mrs. S. S. Edsall, Bowmanville, are staying with W. H. Garratt.

Harry Vandervoort, with his wife and mother are visiting his uncle David Vandervoort.

S. J. Montgomery, one of Ottawa's best-known business men, has been missing since July 13.

The body of W. R. Malby, of Elizabeth, N.J., was found in the St. Lawrence river near Brockville.

BEST TIME NOW TO BUILD ROADS

(Continued from page 1.)

erty of every rate-payer of the Province of Ontario. It is free—the thing to do is to (1) have a proper survey of its condition and (2) improve it and protect it (cheers).

"But you must have patience. You find us now in July at the crest of your work in the department. We have at the present time 83 contracts, 28 crushing plants, over 40 trucks in use, hundreds of teams, and 7,000 or 8,000 men at work. We'll get at the bridge the very first opportunity."

Mr. Biggs gave a resume of the policy and work of his department followed closely by everyone present.

In considering from a broad viewpoint the question of good roads one was, said the Minister, confronted with first the difficulty of a sparse population. If there were 3 or 4 times the people in the country it would all be that much easier.

More people for taxation purposes. It is one of the aims of Mr. Biggs and his department, with Government support, to make good roads into and out of cities and centers of population so that more people will be attracted to suburban homes.

He instanced the Toronto-Hamilton highway and said that between these cities there were three times the people there used to be and he was glad of it. He would like to see every farm on the road broken up into smaller places where people could have an acre or two around them and be comfortable and happy.

That would increase revenue to the municipalities, and help in many other ways.

Then of course Ontario's needed aid was out to get American tourists—thousands of whom were looking for just such a place—fine climate, and now or very soon—good roads.

"Thousands of them want to come. No state in the Union has anything on the way of playgrounds to compare with Ontario and the only way to get them is to make it attractive for motoring by good roads," he said.

"I say that if we spent \$5,000,000 a year for the next five years on the roads, in that length of time we should get back all of the \$25,000,000."

"You hear people say what good does this do the farmer?" well these tourists must have food—they all eat. And we can't grow produce—vegetables—in towns—we never have yet." (laughter and applause).

"We must get foreign markets—more markets—for our produce or else this depression will be with us for years," he declared.

With respect to the present condition of the highway he said nearly every culvert was complete between Toronto and Montreal but the Department had to ask the patience of the public. The foundation must be built before the road could be completed. The road to Toronto was now 75 to 80% complete and very little credit was given the department for it. It was the final touch, the hard surface, that counted, but he showed that without proper grading and drainage and curves, and foundation the top-dressing would be only a waste of money and effort.

"We have now 1,800 miles of road in a reasonable state for travel and we are endeavoring to keep this up. It is constant maintenance that pays—that is the best dollar spent."

He argued that the city should pay for highways, because perhaps more than 50% of motor traffic was by city people. The cities were paying on the basis one mile of road to each \$500,000 of assessment; and they paid 20% of the cost on this basis.

He was greatly interested he said, in this part of the country and always enjoyed his visit to Belleville and the district.

Hon. Nelson Parliament who followed paid Mr. Biggs a tribute. He said he would say the same thing that the whole cabinet present—that more than any other cabinet minister, Mr. Biggs had a grasp of the responsibilities of his department; he knows the work going on and when, in the House, his department was under fire, he was always able immediately to answer in detail any question.

"He is honest in his expressed desire to bring town and country together—a great work and one which should receive every encouragement."

"Now, in my opinion, is the time to spend money on roads. Mr. Biggs I think is right in his estimate of the time when traffic will mainly be, not by railways or by hydro radials but by motor vehicles. He is, I think, wise in spending these vast sums on the roads. We must have more settlers in the province, and this is the way to get the kind we want."

Mr. Ireland, M.P.P., of Trenton, foreshadowed closer co-operation between the Chambers of Commerce of Trenton and Belleville, and Mr. Denvers called attention to the 400 bridges and 500 miles in Hastings of good roads and said that meant a vast amount of work of which the public apparently knew little.

He invited everybody to the picnic today at Plainfield.

Several from here attended the Oak Lake Camp meeting on Sunday.

Mr. Ernest Habbie is away picking huckleberries.

Several from here attended the ball game in Wooley on Friday night. Score resulting in 5-5 favor of Wooley. Wooley played a return game here on Wednesday evening.

There was a good crowd out to church on Sunday evening. The Pastor, Rev. Mr. Miriam, preached an excellent sermon from the text, "Speak to the Children of Israel that they go Forward."

Mrs. Mabel Wrightman is visiting her parents, Mr. and Mrs. S. Orr.

Glad to report Mrs. C. Wannamaker as somewhat improved from her recent illness.

Several from here attended the 12th celebration in Stirling.

The lawn social was fairly well attended.

A number took in the Orange celebration from this part.

A valuable horse dropped dead through the heat on this line while drawing a load of cheese boxes from the Lost Channel.

Mr. Geo. Phillips nearly lost a horse while drawing milk to the factory. Great care had to be exercised during the heated term by both men and beast.

SPRINGBROOK

Mr. Henry Heath, of Campbellford, has been visiting his brother, Mr. Wm. Heath.

Service was held in the Methodist Church on Sunday evening instead of Sunday afternoon, next Sunday it will be at the usual hour.

Mr. Neil Fitzgerald is able to be out again after the accident with his car.

The remains of the late Mr. Levi Mason were laid to rest in Mount Nebo cemetery.

Mr. and Mrs. Geo. Thompson visited friends in Prince Edward on Sunday.

Miss Lillie McConnell, Mr. Viv McConnell of Norwood, visited their old home town on Sunday.

Mr. and Mrs. R. Scarlett, Miss Rena Scarlett and Miss Gibson motored to Prince Edward on Sunday.

Ivanhoe team came over one evening last week to play baseball, the score being 10-9 in favor of Springbrook.

NOTICE TO CREDITORS

IN HIS MAJESTY'S SURROGATE COURT OF THE COUNTY OF HASTINGS—In the matter of the estate of George W. Burgess, late of the County of Belleville in the County of Hastings, Merchant, deceased.

NOTICE is hereby given pursuant to the Trustee Act, Sec. 56, Chap. 12, R.S.O. 1914, that all persons having claims against the estate of the said George W. Burgess who died on the 24th day of July A.D. 1921, are requested to send by post prepaid or to deliver to the undersigned, a statement of particulars of their claims and the nature of the security, if any, held by them duly verified by Statutory Declaration and that on the said day the administrator will proceed to distribute the estate of the deceased among the parties entitled thereto, having regard only to the claims of which they shall then have notice.

DATED this 18th day of July, A.D. 1921.

W. C. MCKEL, Solicitor for Bridge Burgess, Administrator.

FOR SALE

70 ACRES, LOT 1, CON. 4, T. 22, R. 2, E. 1, 1st 1/2 Sec. 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876,