

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night—would lie awake and get so nervous I would have to get up and walk around in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZ, 603 Olmstead St., Winona, Minn.

How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. Sultze's experience and give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY

TIME TABLE REVISED TO MONDAY, SEPT. 29th, 1918.

GOING WEST		GOING EAST	
Station	Time	Station	Time
Middleton	11:35	Digby	12:05
Lawrencetown	11:50	Smith's Cove	12:20
Paradise	11:57	Imbertville	12:24
Bridgetown	12:06	Pear River	12:28
Tapperville	12:15	Deep Brook	12:37
Roundhill	12:28	Clementsport	12:44
Annapolis Royal	12:42	Upper Clements	12:53
Upper Clements	12:53	Annapolis Royal	1:07
Clementsport	12:59	Round Hill	1:22
Deep Brook	1:06	Tapperville	1:32
Bear River	1:15	Bridgetown	1:45
Imbertville	1:18	Paradise	1:56
Smith's Cove	1:22	Lawrencetown	2:03
Digby	1:37	Middleton	2:20

R. U. PARKER, General Passenger Agent. GEO. E. GRAHAM, General Manager.

H. & S. W. RAILWAY

Accom.	TIME TABLE	Accom.
Wednesdays only	IN EFFECT March 10, 1918	Wednesdays only
Read up	STATIONS	Read up
11:10 a.m. Lv. Middleton	Ar. 5:00 p.m.	11:10 a.m. Lv. Middleton
11:41 a.m. "Clarence	Ar. 4:28 p.m.	11:41 a.m. "Clarence
12:12 p.m. "Bridgetown	Ar. 4:10 p.m.	12:12 p.m. "Bridgetown
12:43 p.m. "Granville Centre	Ar. 3:43 p.m.	12:43 p.m. "Granville Centre
1:14 p.m. "Granville Ferry	Ar. 3:25 p.m.	1:14 p.m. "Granville Ferry
1:45 p.m. "Karsdale	Ar. 3:05 p.m.	1:45 p.m. "Karsdale
2:16 p.m. "Ar Port Wade	Ar. 2:45 p.m.	2:16 p.m. "Ar Port Wade

Connection at Middleton with all points on H. & S. W. Railway and Dominion Atlantic Railway.

W. A. CUNNINGHAM, Div. F. & P. Agent.

Dominion Atlantic R'y To BOSTON, MONTREAL

and all points in WESTERN CANADA and UNITED STATES via DIGBY and CANADIAN PACIFIC LINES at Lowest Rates

For fares, sleeping accommodation and other information telephone or write to R. U. PARKER, General Passenger Agent, 217 Hollis Street, HALIFAX, N. S.

PRINTED BUTTER PARCHMENT

BUTTER PAPER, printed or plain. Can also be supplied with name of farm, etc., specially printed to suit customer. Send all orders to THE WEEKLY MONITOR, Bridgetown, N.S.

Preparing the Flock for Winter.

(Experimental Farms Note)

The success to be obtained from the farm flock will depend very largely on the way it has been handled during the autumn month. The plan at the Experimental Farm, Nappan, N. S., is, before the breeding season opens in the fall go through the flock, pick out all the non-producers, poor milkers, or any that may have bad mouths or spoiled udders; also any that may be too old for breeding profitably, and discard them. In selecting out the breeding flock looks alone is not the only guide, as many times a ewe may be a profitable breeder yet be very thin, due to the fact that she has been brought down by a heavy milk flow. Good ewes should be retained in the flock as long as they breed and feed their lambs properly.

All lambs not intended for breeding purposes are sold. If the market happens to be flooded it is found to be more profitable to feed them well until January or February, by putting them on good aftermath until burning time, then finish on roots and meal.

Ram lambs intended for breeding are placed in a separate field with good clover aftermath and given a light grain mixture of 1/2 pound oats; 1/2 pound bran and 1-5 pound oilcake meal. The ewe lambs are also placed in a field by themselves, but not given much grain unless the afterfeed is poor. All breeding ewes are flushed during the latter part of October or the first of November. This consists in putting them in a good field of clover and giving them a light grain ration of oats, bran and a little oilcake meal. Hence the ewes make a rapid gain in flesh. There are several advantages from this practice; 1st, the ewes which are bred in a thrifty condition are more apt to throw vigorous lambs; 2nd, they are more reliable breeders; 3d, more likely to drop twins; 4th, the flock will all breed more evenly together which makes it much better at lambing time in that the lambs are all dropped within a short period of each other, thus making less work for the shepherd.

In selecting the flock ram it is the endeavour to choose the very best, typical of the breed and vigorous. Then he is fed well in order to keep him virile, but not too fat. He never gets grain until about a month before breeding season. He is never allowed to run with the ewes continually but put in with them two or three hours each day.

In dividing the pen for winter, all mature ewes are put together; shearlings in another pen and ewe lambs by themselves. The latter are not bred until one year old. Should there be any weak ones, they too are given a separate pen; otherwise they would not get a fair show at the trough with the more vigorous ones. The above method of preparing sheep for winter has been found to be most satisfactory.

The Sword and the Pen

(Springfield Union)

We share the New York Times' admiration for the President's literary accomplishments, and we give him full credit for framing a reply to Dr. Sol's note that makes perfectly plain the Allied purpose to negotiate no peace with the Hohenzollerns, but the Times goes rather too far in the credit it gives to the President's pen. That pen is mighty, as all the world knows, but not mighty enough to write the Kaiser off his throne. If William II. is toppling it is because Foch and Haig and Pershing and Diaz are battering down his armies. If they were not doing this the facile and brilliant pen of the President could write against Kaiserism until doomsday without endangering Bill Hohenzollern's job.

WRONG BOTTLE AGAIN!

Mr. Thomas Wade, of Alma, N.B., accidentally applied some acid to a sore leg, thinking the bottle contained liniment. Writing of the effect, he says: "The acid burned deep into my flesh and set up poisoning, causing me intense pain. I really thought I should lose my leg; but a friend advised me to try Zam-Buk. I did so, and the effect was marvellous! Zam-Buk very quickly ended the pain and drew out the poison. Eventually it completely healed the sore place."

Zam-Buk is best for all skin injuries and diseases. All dealers, 50c. box, 3 for \$1.25.

Zam-Buk

HERE'S A WAY TO SAVE DOCTOR BILLS.

Physicians Give Free Advice by Which Parents May Profit.

It was an association of gentlemen, professionally physicians and chemists, all of whom were born in the drug trade, so to speak, and who have been connected with it all their lives, who first gave to the world Castoria, which as every one knows is a pleasant and effective remedy for the ailments of infants and children. It has always been recognized as a meritorious preparation, and its reward has been the greatest popularity ever enjoyed by any remedy ever put upon the market; attained not by flamboyant advertising or appeals to ignorance or vulgar prejudice, but by inherent merit. All physicians recommend it, and many, very many, prescribe it.

Many parents call in the family physician. Many other parents take advantage of what the physician told them when he was first called in consultation. All good family physicians say: Give the children Castoria. Healthy parents know this remedy of old, for they took it themselves as children. It was more than thirty years ago that Castoria made a place for itself in the household. It bore the signature of Charles H. Fletcher then, as it does to-day. The signature is its guarantee which is accepted in thousands of homes where there are children.

Much is printed nowadays about big families. Dr. William J. McCrann, of Omaha, Neb., is the father of one of these much-read-about families. Here is what he says:

"As the father of thirteen children I certainly know something about your great medicine, and aside from my own family experience I have, in my years of practice, found Castoria a popular and efficient remedy in almost every home."

Charles H. Fletcher has received hundreds of letters from prominent physicians who have the same esteem for Castoria that Dr. McCrann has. Not only do these physicians say they use Castoria in their own families, but they prescribe it for their patients. First of all it is a vegetable preparation which assimilates, the food and regulates the stomach and bowels. After eating comes sleeping and Castoria looks out for that too. It allays feverishness and prevents loss of sleep, and this absolutely without the use of opium, morphine or other harmful narcotics. Medical Journals are reluctant to discuss proprietary medicines. Hall's Journal of Health, however, says: "Our duty is to expose and record the means for advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge Castoria is a remedy which produces comfort and health by regulating the system, not by stupefying it, and our readers are entitled to the information."

New Flour Regulations Are Drastic.

Perhaps few, if any, of our readers fully realize just how drastic are the new flour regulations, and that it is absolutely necessary to buy the substitute when purchasing war flour and a positive violation of the law to induce the grocer to sell flour without the specified substitutes. According to the latest ruling of the Food Board only four substitutes are now obtainable with every purchase of war flour. Of these substitutes the Board demands that 25 per cent. of the purchase of flour must be obtained. That is when a 24-pound bag of flour is bought 6 pounds of either rye flour, corn flour, barley flour or oat flour must be obtained at the same time and so according to quantity purchased.

The order has been made most drastic and no doubt ignorance of it is creating considerable animosity between the grocer and, in some instances many of their oldest customers. It demands that these substitutes only must be sold with the flour and stipulates that any grocer neglecting the order and allowing the flour to pass over his counter without one or the other of those mentioned, is open to immediate cancellation of his Canada Food Board license, which positively means closing his business for a period at least and which has in several instances occurred in other towns. Furthermore, it makes the grocer liable to a thousand-dollar fine, and what is more it places the customer subject to arrest, prosecution and severe penalty as an accessory after the fact.

As ignorance of the law never saves a person in case of an action, these few simple facts may, possibly, greatly benefit both the dealer and the customer and, at an extent, alleviate the many little inconveniences that, during the stress of war, are continually coming up to perplex the buyer and add difficulties and explanations to already overburdened dealers. All of the grocers will be only too pleased to give any explanation possible regarding the ruling, but they positively cannot supply war flour without 25 per cent. of one of the above substitutes. This ruling has been made necessary from a patriotic standpoint and it is to be hoped the buying public will look at it in that way.

The Use of the Apple.

"Those who make a liberal use of apples will serve the dual purpose of saving for shipment overseas such articles of food as are fit for that purpose and at the same time furnish a useful and valuable food for the household."

"The apple without question is the king of fruits, whether fresh, dried, evaporated or canned, it is a wholesome food, easily prepared, attractive and palatable at all times."

"Always cook apples in earthen or granite utensils and use silver, granite or wooden spoons for stirring. The use of the apples as the basis for all manufactured jams is well known. This is due to the large amount of pectose which it contains. There is no waste to a good apple; even the paring and core may be utilized for jelly. Fruits are classified as favour fruits and nutritive fruits the apple comes under both of these heads." Extracts from a little booklet issued by the Fruit Branch of the Dominion Department of Agriculture giving 160 recipes for the use of the apple. The book can be had free on application to the Publications Branch, Department of Agriculture, Ottawa.

Duke of Devonshire Acts Quickly.

His Excellency the Duke of Devonshire wants a share of Canada's Second Victory Loan. The following letter explains why:

OTTAWA, October, 1918.

MY DEAR SIR THOMAS,

I shall be glad if you will again include my name in the first list of subscribers to the Victory Loan of 1918. This loan I am sure is of the utmost national importance in connection with Canada's continued effectual prosecution of the war, and the establishment of Imperial credits for the purchase of foodstuffs, munitions and other supplies urgently required by Great Britain and the Allies.

I have every confidence that the patriotism of the Canadian people which has so nobly sustained every duty and obligation imposed by the war will again respond to the appeal and that the Victory Loan of 1918 will be even a more striking and notable success than that of last year.

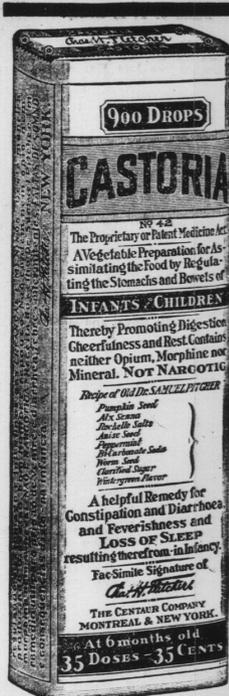
Believe me, my dear Sir Thomas, Yours very truly, (Sd.) DEVONSHIRE. HON. SIR THOMAS WHITE, K. C. M. G., OTTAWA.

What the Kaiser is Up Against

(Yarmouth Light)

We'd hate to be the Kaiser. He's up against twenty nations, not including consternation and damnation.

Minard's Liniment cures Garget in Cows.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

of

In Use For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Columbia Dry Batteries



REMEMBER there are differences in dry cells, just as there are differences in the engines, bells and telephones that the dry cells run. Play safe and buy standard Columbia Batteries. Buy them here where you get them fresh, and full of pep and power.

Columbia Dry Batteries

Ever-Ready Flash Lamps

Electric Lanterns

Electric Lamps and Batteries

Cold Blast Lanterns \$1.00

DRY CEDAR SHINGLES

Just Received, one car of Cedar Shingles, from \$1.90 per M up.

KARL FREEMAN

BRIDGETOWN, N. S.

Hardware : Stoves : Ranges, etc.



A Simple Proposition

Here is the McClary Sunshine Furnace proposition.

McClary's heating engineers will give you advice and estimates of cost of correct heating plant free. When you purchase a Sunshine Furnace, McClary's engineers will provide you proper plans for installing it the McClary way by which they will guarantee satisfactory results.

FOR SALE BY

Magee & Charlton, Bridgetown, N.S.

McClary's Sunshine Furnace

London St. John, N.B. Toronto Calgary Montreal Hamilton Winnipeg Edmonton Vancouver Saskatoon