

PAINS SHARP AND STABBING

Woman Thought She Would Die. Cured by Lydia E. Pinkham's Vegetable Compound.

Ogdensburg, Wis.—"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound." — Mrs. ETTA DORRIS, Ogdensburg, Wis.

Physicians undoubtedly did their best, battled with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old-fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.

W. H. MAXWELL

Just received fresh shipment

Per rin's Fancy Biscuits

- Arrowroot
- Water Ice Wafers
- Lemon Nectars
- Graham Wafers
- Columbia Macaroons
- Ginger Nuts
- Molasses Snaps

We receive, twice a week Sultana Cake

Pound Cake Raisin Cake

Hot Lunches served from 11.30 to 1.30 p. m.

W. H. MAXWELL Queen St. - - Bridgetown

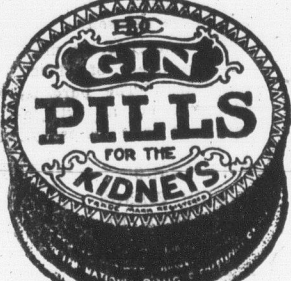
MAKE YOUR HOME CHEERY

By Choosing Nice Pictures

WE HAVE IN STOCK Beautiful Landscapes in Pastel. Large English Panels from Eva Hoolyer's celebrated paintings. Smaller Panels from Birn Bros. Oil Paintings procured at short notice.

EVERYTHING IN THE PICTURE LINE AT THE

Bridgetown Novelty and Art Store R. W. W. PURDY, Mgr.



READ HER LETTER
"About eight months ago, I read your advertisement in one of the Halifax papers offering a free sample of GIN PILLS for the Kidneys. I had been a martyr for years to kidney pains across the back. Before I had finished the third box I found myself perfectly free from pain."
Yours sincerely,
(Mrs.) JANE PRACY.

Doctors Fail

"Terrible case of Eczema—contracted when a mere boy—lough disease for ten years, with half dozen specialists. Both legs in terrible condition. Almost a nervous wreck. It took just a bottle to clear up this disease."
This is the late testimony of a prominent newspaper man. His name and his remarkable story is in full upon request. We have seen so many other cures with this marvellous liquid wash that we freely offer you a bottle on our personal guarantee. Try it today. W. H. WARREN, Druggist, Bridgetown, N.S.

D.D.D.
The Liquid Wash

STILL MAKING GRINDSTONES

One Family Has Operated New Brunswick Quarry for a Hundred Years.

At Woodbine, N. B., five miles from Sackville, in the Moncton consular district, is a grindstone quarry whose product, until the present transportation restrictions, was shipped in large quantities to ports on the eastern seaboard of the United States, says a report from Moncton, N. B.

The president of the company operating this quarry states that grindstones were first quarried in Canada, near Minudie, N. S., probably by the French, for local use before the British occupation, or about 1746. In the early part of the nineteenth century, the great-grandfathers of the present holders of the leases, in company with an associate, acquired control of these grindstone ledges and began making regular shipments of grindstones to the United States in small vessels. For some years Eastport, Me., was the port of delivery, whence the cargoes were transhipped in American bottoms to ports farther down the coast. Later, a branch house was opened in Boston, which was maintained uninterruptedly until 1888.

Quarries were opened at other points, notably in Pictou county, N. S.; at Shediac and Fox Creek, along the Miramichi river, and at Stonehaven, Gloucester county, in New Brunswick. At the last named, operations were started in 1850.

Although the Stonehaven quarries lie beyond the limits of the Moncton consular district, a description of them cannot well be omitted. Stonehaven is situated on the south bank of the Bay of Chaleur, eighteen miles southeast of Bathurst. The bank of the cliff at this spot is fifty feet or more in height; on the beach below is the quarry, operated by the same company as that similarly employed near Sackville. It is said that half the grindstones used in Canada originate at Stonehaven. The product consists of stones of all sizes from eight inches in diameter, for kitchen use, to eighty-four inches in diameter by fourteen inches thick. The latter is the largest "stock" stone, each one weighing about three and a half tons. Stones from twelve to thirty inches in diameter for the hardware trade are made in large quantities. Stones from thirty to forty-eight inches for machine-shop use are made in only slightly less quantity.

The Stonehaven quarries were reclaimed from tidewater by the building of dams. The most recently constructed of these dams is over one and a quarter miles long. Like the others, it is built chiefly of timber cribwork filled with stone, and heavily rip-rapped on the side exposed to the sea. After the dam is built the water is pumped out and quarrying begins. The stone lies in horizontal sheets of varying thickness, the total depth of the formation being about twenty-five feet.

Modern methods are employed at the Stonehaven plant. A steam channeller and steam and air drills are used as required, and by their use, with powder and wedges, the rock is quarried to the required size. It is then hoisted to the "dump," where the stonecutters take it and shape it round. From there, if it is not too thick for a single grindstone, it goes direct to the lathe to be finished. If the block is two or three feet thick it is sent to the saws and cut to the required thickness. This applies to the larger stones. The smaller stones are split out of the irregular-shaped that come out along with the larger stones. The stones are cut round and shaped as a rough grindstone.

For handling stones three derricks are used at the quarry, three at the mill, and three at the wharf and station, while a travelling derrick operating under its own power and equipped with an "orange peel" bucket has been used for stripping purposes. One steam plant of fifty horse-power operates the hoisting machinery for the quarry derricks. Another of about the same capacity handles the pumping plant and the steam channeller.

A 100-horsepower plant runs the mill machinery. This consists of an air compressor for the hammer drills used in the quarry, three gang saws, eight lathes, two scythe stone grinders, and a shingle mill for making shooks-for scythe stone boxes, besides the necessary hoisting and pumping machinery, exhaust fans, etc. Water for the boilers is piped from reservoir half a mile away. A good public wharf provides accommodation for water shipment. About 2500 tons represents the normal average annual output of the New Brunswick grindstone quarries.

CARE OF THE EYES

Give Them a Daily Bath and Good Exercise

(By Wm. M. Smith, M. D.)
No branch of medical science has advanced more rapidly in its therapy than that touching the care of the eyes. In a great majority of cases eyes start on their life journey quite normal and after ten years' service

are as a rule in the same condition. Soon after that age the eyes of the less sturdy begin to feel the effect of near work and electric light glare. As this is brought to your notice it becomes necessary to resort to treatment to restore the eyes to as near normal as possible. For the last decade or even longer glasses have been considered a panacea for all eye ills and many a child has had its vision impaired by use of strong lenses which have fixed the glass habit on the unfortunate for life. I don't wish to be misunderstood as to the value of glasses as in a number of cases they are of decided benefit along with other remedial treatments which I will enumerate. Eyes are exposed to infection in countless ways in which dust and dirt play an important role. The one treatment I have used for years consists of an eye bath. To cleanse the eyes is as essential as the daily use of the tooth brush. As a prophylactic treatment a proper eye bath is indicated in normal eyes. If practiced daily it will keep the eyes healthy and vigorous and render them less liable to infection, disease and the need of glasses. Eye-bath solutions should be prepared fresh for each treatment; the most convenient method for making the solution is by the use of an ophthalmic or eye tablet, which, when added to sterile water, dissolves readily and is ready for immediate use. Individual eye cups are preferable and should be kept in the bathroom cabinet for daily use. The daily eye bath softens and irrigates the muscles of the eye and helps nature to keep the eyeball thoroughly cleansed. It thus retains its normal shape and size and becomes less liable to conditions leading up to the wearing of glasses. In so-called cold in the eye, after removal of foreign bodies, etc., the eye bath is the essential treatment. Simple eye rests and exercise also helps. If engaged in steady, near work, it is a good plan to rest occasionally and close your eyes, then open slowly and gaze into the distance, after which let the eyes return to their tasks. Another exercise consists in looking straight ahead, then rolling the eyes upward to the ceiling, then back again to the starting point. As a resume in closing let me add that the technique to be followed in caring for the eyes comprises just three suggestions, avoidance of excessive near work in poor light, daily eye baths and eye exercise.

BIG LOG RAFT

A Similar One Towed Down the Bay of Fundy

LOS ANGELES, Cal., Oct. 8.—Towed more than 1000 miles from an interior point in Oregon, to San Diego, a great raft of pine logs, 600 feet in length and 52 feet wide has been brought into the harbor here, says a dispatch from San Diego to the Tribune.

The huge logs of Oregon pine are being released from the chains which bound them during their ocean trip, and will be sawed into hundreds of thousands of feet of lumber. Much of this lumber will be used in building structures required by the United States Army, although a part of it will find its way to other markets in the Southwest. Some of the lumber will go into the many new ships being rushed to completion by the Federal Shipping Board.

The logs in the raft vary from 80 to 100 feet in length, and they will produce a total of from 4,000,000 to 6,000,000 feet of lumber.

The raft draws 24 feet of water, and the topmost logs are 12 feet above the surface of the water. Sixty-four steel chains were required to hold it together, aside from the huge towing chain by which the raft, which is about three blocks in length, was drawn slowly through the water by a small but sturdy and powerful ocean-going tug. The chains weigh more than 200 tons.

[This calls to mind the famous "Leary" log-raft that was floated down the Bay of Fundy and along the New England coast a generation ago.]

UNITED FRUIT CO.

Its Three Largest Steamers in Government Service.

BOSTON, Oct. 8.—United Fruit Co. has now contributed its three largest steamers to government service. They are of 9,900 tons capacity and were capable of bringing weekly into the United States 7,410,000 bananas, or 2,470,000 pounds of food products.

Taking of these steamers for government service means a total of nine American and all but three of the English steamers, which have been appropriated for war purposes.

Six of the nine American steamers were those building in this country and which were in various stages of completion.

English importations are now running on the basis of a fortnightly cargo. Something like 15 English steamers have been taken for admiralty service.

All in all United Fruit has played a very valuable naval role in this war.



Memories

of "the nicest cup of tea I ever tasted"

KING COLE ORANGE PEKOE

The "Extra" in Choice Tea



SELL AT HOME

Why send your No. 3's and Cider Apple to Ontario when you can get just as good a price at home?

Save your outside market for you better apples We will pay best market prices for all the lower grades Our evaporator and vinegar factory is now ready to receive apples in any quantity

M. W. GRAVES & CO.
BRIDGETOWN, N. S.

Northern Fire Insurance Co.

Protects You Against Loss By Fire

F. E. BATH, Local Agent Bridgetown, N. S.

LINGARD'S Dyspepsia Medicine

Cures Dyspepsia, Cramps of the Stomach, Constipation, Sick Headache etc. Also good for Liver Troubles.

LINGARD'S Cough Balsam

is good for Bronchitis, Lung Trouble, Coughs, Colds. No drugs of any kind in these remedies. Prepared by **BURTON & CO.,** Bridgetown, N. S.

Choice Fall Shoes

We have just received several NEW STYLES OF FALL FOOTWEAR. There are many new style features that the women who wear choice shoes will appreciate.

The illustration shown here represents a Bell Model of Platinum Calf with 9-inch Dark Grey Buck Top. An elegant shoe and moderately priced at \$10.00 per pair.

We are also showing the very popular shade Havana Brown in all Kid, lace, 9 inch top. A beautiful shoe at \$8.00 per pair.

COME IN AND SEE THEM. **J. H. Longmire & Sons** Queen St., Bridgetown, N. S.



Advertise in the MONITOR