

BRIDGETOWN, Oct. 27, 1890.
OPELEKA REMEDIES Co.:
Sirs,—I sell more Opeleka
Cough Mixture than all other
kinds put together. I assure
you that it gives perfect satisfac-
tion in every case.
Yours, Respectfully,
DANIEL PALFREY.

Professional Cards.
O. T. DANIELS,
BARRISTER,
NOTARY PUBLIC, ETC.
(RANDOLPHS BLOCK).
Head of Queen St., Bridgetown.
Money to Loan on First-Class
Real Estate.
J. M. OWEN,
BARRISTER - AT - LAW,
Notary Public, Real Estate Agent.
W. G. PARSONS, B. A.,
Barrister, Solicitor, Etc.
MIDDLETON - N. S.
FREDERICK PRIMROSE, M.D.,
Physician and Surgeon.
Office - MEDICAL HALL,
BRIDGETOWN, N. S.

Frank E. Vidito,
DEALER IN
FRESH AND SALTED BEEF, LAMB,
PORK, BACON AND VEGETABLES.
Corner Queen and Water Sts.
THE subscriber has lately established
a business in the premises known as the
PAYSON PROPERTY, first door east of the
Post Office, where he intends to conduct the
Meat and Provision Business in the best style,
and so as to meet the requirements of the
trade in all particulars. By strict attention
and by dealing in the best quality of goods he
receives a liberal patronage.
L. G. deBLAIS, M.D.,
PHYSICIAN AND SURGEON.
Office - MEDICAL HALL,
BRIDGETOWN, N. S.

G. E. BARNABY, M.D.
(GRADUATE OF HARVARD, 1872.)
Physician and Surgeon.
OFFICE RANDOLPHS BLOCK,
House Residence for the Present: Mrs.
ALBON CURTIS'S.
Special attention paid to Diseases of
Women and Children.
Bridgetown, January 26th, 1891. 3m

DENTISTRY.
JR. T. A. CROCKER,
Graduate Philadelphia Dental College,
Having fitted up rooms in his new residence at
BRIDGETOWN, may be found there from the
1st till the 15th of each month, attending to
the services of an expert Dental Sur-
geon in such and every instance. All the
LATEST DENTAL APPLIANCES.
Middletown, June 26th, 1890. 12ly

THE GRAND CENTRAL HOTEL
(near of Queen Street).
BRIDGETOWN, N. S.,
STILL maintains the high reputation
enjoyed under the management of its
proprietor, and patron to the home
and foreign tourists, and in all its
appointments, and charges most reasonable.
Good Sample Rooms. Teams convey
passengers to and from depot free of
charge.
G. LANGLY, Proprietor.
Bridgetown, Oct. 22nd, 1890. 29

NEW YORK
DR. FOWLER'S
"WILD"
STRAWBERRY
CURES
CHOLERA
MORBUS
DYSENTERY
AND ALL SUMMER COMPLAINTS
AND FLUXES OF THE BOWELS
IT IS SAFE AND RELIABLE FOR
CHILDREN OR ADULTS.

A COOK BOOK
FREE
By mail any printing or post office
address. Write, Richardson & Co., Montreal.

BRIDGETOWN GROCERY.
JUST RECEIVED:
TEAS AND COFFEES, UNQUALIFIED FOR STRENGTH
AND FLAVOR.
SPICES, Warranted Pure.
CANNED GOODS OF ALL KINDS.
BISCUITS, Fresh from the Manufactory,
SYRUPS of all kinds,
SUGARS, MOLASSES, PORK, BEANS, TOBACCO, PICKLES.
FRUIT: ORANGES, LEMONS, and BANANAS.
AT LOWEST CASH PRICE.
GEO. H. DIXON.

W. H. BANNISTER,
Optician,
New York Optical College,
HALIFAX, N. S.
Children Cry for
Pitcher's Castoria.

Weekly Family.

SALUS POPULI SUPREMA LEX EST.
VOL. 19. BRIDGETOWN, N. S., WEDNESDAY, JULY 15, 1891. NO. 15.

A. W. MOORE,
BRIDGETOWN, N. S.,
Painter, Grainer and Decorator.
Paper Hanging, Kalsomine, Marbleize,
Whitewashing, Coloring, Etc., specialties.
All kinds of painting and decorating done
and cleaned without injury to Furniture or
Carpets.
Estimates given. All jobbing punctually
attended to.
PIANO & ORGAN TUNING.
I am desiring my time to tuning and repairing
Pianos and Organs, and any orders sent to
me at Truro will receive my attention. My
annual term through the province. Intending
purchasers will do well to communicate with
me before purchasing, as I am sure I will
be able to offer the best value.
G. O. GATES, Truro, N. S.

PLEASANT AS MILK
ESTEY'S
EMULSION
Children
will take it
and ask for more.
Delicate people can take
it when their stomach cannot retain the
ordinary Foodstuffs. It is easily digested.
WHEN BUYING AN EMULSION
Ask for Estey's.
SOLD EVERYWHERE. Price 50c. Six bottles,
\$2.50.

PALFREY'S
CARRIAGE SHOP
AND
REPAIR ROOMS.
Corner Queen and Water Sts.
THE subscriber is prepared to furnish the
public with all kinds of Carriages and
Trucks, sleighs and Pumps that may be
desired.
Best of Stock used in all classes of work.
Painting, Repainting and Varnishing executed
in a first-class manner.
ARTHUR PALFREY,
Bridgetown, Oct. 2nd, 1890.

MONEY TO LOAN.
Nova Scotia Permanent Building
Society and Savings
Fund of Halifax.
ADVANCE MADE ON REAL ESTATE SECURITY
REPAYABLE BY MONTHLY INSTALLMENTS, covering a
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the monthly instalments at six per cent. per
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Society. J. M. OWEN, BARRISTER-AT-LAW,
Agent at Annapolis.
Annapolis, Feb. 11th, 1891.

This is Business!
The subscriber offers for sale a variety of
Single & Double-seated Carriages.
Also, the very popular
Unique Road Carts.
Phaeton Carts, for one or two persons.
Second-hand Carriages, in good repair.
All of which will be sold on the most reason-
able terms. JOHN HALL,
Lawrenceville, April 19th, 1891. 21f

FOR SALE.
TWENTY bbls. Digby fish fertilizer, to
close consignments, belonging to the Estate
of the late Hon. R. H. Oakes.
A. VIDITO,
Bridgetown, March 23rd, 1891. 30f

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Barrister and Solicitor.
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AGENT OF THE CITY OF
LONDON FIRE INSUR-
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Solicitor at Annapolis to Union Bank
of Halifax, and Bank of Nova Scotia
Annapolis, N. S. 11ly

Hot Weather Drinks.
Weary workers often do much damage to
their system by drinking copiously of ice-
cold water, milk, or other beverages. A
farm lad came the other day from the
harvest field and threw himself face down-
ward, and drank as much as he could from
a cold spring. In three hours he was dead.
Whenever over-exerted the hands and face
should first be bathed and cold water poured
upon the wrists. Then drink a very little
at a time until you feel refreshed. Eight or
ten minutes are more than long to sup-plug
of water or milk.
Milk should be taken even slower than
water, in order that the saliva may have a
chance to mingle with it while swallowing.
A glass of milk taken at one draught has a
deleterious effect on the digestion, and the
fact of the fact that it may chill the stom-
ach. The ideal way is to sip, in a straw.
Water, with addition of sugar, and the fruit
of the juice of the fruit in season, is the
best drink for most people; like the old-
fashioned unfashioned current wine, for
instance.

A tablespoonful of good raspberry vinegar
to a glass of water is cooling and refreshing.
To cool, refresh and strengthen the system,
we have found nothing so good as an
egg phosphate. An egg is beaten, a spoonful
of acid phosphate is added and both
beaten again, and then add some soda
water.
Whenever you drink, drink slowly.

The value of heat in the treatment of
certain forms of rheumatism has long been
recognized by physicians. When a person
subject to this disease takes cold, and some
of his joints or muscles stiffen up, and are
sore and painful, sometimes, if he sits before
a hot stove or grate, or applies hot
baths or bags of hot water to the affected
parts, the pain will promptly relieve
him. Such measures, to be effective, must
be applied early in the attack. It is now
accepted that a Turkish bath is peculiarly
beneficial in rheumatism, and that the
use of any other remedial agency. One phys-
ician records over 3000 cases treated by the
means of hot baths, and a cure was ob-
tained in 95 per cent. One case of rheu-
matism lies in the water material which ac-
cumulates in the bodies of its victims. The
constant way to expel this material is by
sweating. Turkish baths, when rightly
employed, can scarcely do harm. They
sometimes facilitate, but it is only for the
time being, the strength being
casually restored in a few hours.

CANADA'S NATIONAL ENSEMBLE.—Nation
are proud of their music. The Scotch-
man boasts of the reel. The Irishman
grows wroth over the shamrock. And now
the Canadian delights in the maple leaf.
The other national ensembles, but it is
noted in song and in history through
rolling centuries, but Canada's is of a re-
cent origin. It was adopted in 1880, when
the Prince of Wales visited the Dominion
and presented the Hundredth Regiment
with their banners. At a public meeting
held for arranging for the royal visit the
following resolution was passed: "That all
native Canadians joining the procession
should be identified with national ensem-
bles or not, should wear the maple leaf
as an emblem of the land of their birth."
This started the custom grow into general
favor. For over thirty years the people
of Canada have worn the maple leaf as
an emblem of the land of their birth.

A SLIGHT ACCIDENT.—The combination
of a boy with almost anything but a
share of common sense, and a girl with
the possibilities of amusement, and espe-
cially this true of a certain class of lady
who are always lively. One of this sort
was recently seen riding in a Boston horse
car, twisting about upon the seat and dis-
tinguishing himself by the number of shapes
into which he contorted to put himself in
the shortest possible time. He had his face
in his hand, from time to time putting it
up to his nose, or into his mouth when
he needed both of his hands in his gymna-
stics.

He was just in the middle of an unusu-
ally lively attempt to pick up a bit of paper
with his left hand twisted under his right
leg, when the conductor came along for the
fare. The small boy left of his seat, and
got at the bit of paper, sat up in the seat
and began to giggle and choke in a man-
ner really alarming. The conductor stood in
evident doubt whether the boy was having
fun, when the little fellow produced a
stampeter out.

You'll have to charge my fare to my
father, Mr. X. Y. please. I've swallowed
my nickel.—Boston Courier.

LET IT DIV.—Father Graham, as every-
body in the village called him, was one of
the old-fashioned gentlemen of whom there
are so few now. He was beloved by
every one, and his influence in the little
town was great, so good and so active was
One bit of wisdom which he gave to a
young friend in well worth noting.
A young man of the village had been
badly injured, and came to Father Graham
full of angry indignation, declaring that he
was going to do as much to demand an apology.
"My dear boy," Father Graham said,
"take a word of advice from an old man
who loves peace. An insult is like mud; it
will wash off much better when it is dry.
Wait a little, till you and he are both cool,
and the thing is easily mended. If you go
now it will only be to quarrel."

It is pleasant to be able to add that the
young man took his advice, and before the
next day was done the insulting person
came to beg forgiveness.—Toul's Compa-
ny.

—Minard's Liniment cures Neuralgia.
What it Does.
1. Purifies the blood.
2. Creates an appetite.
3. Strengthens the nerves.
4. Makes the weak strong.
5. Overcomes that tired feeling.
6. Cures sore-throats, etc.
7. Invigorates the kidneys and liver.
8. Relieves headache, indigestion, dyspepsia.
A very melancholy event is stated in the
Faringham of that city, a promising young
man, died last week. The mother, who
was much affected and suffered a paralytic
stroke but rallied and it was thought she
would recover, but while her son's funeral
was proceeding from the Cathedral the
mother Mrs. Faringham died.

—Minard's Liniment cures Neuralgia.