"End Your Rheumatism

Like I Did Mine"—Says Pastor Reed; Wife Also Rid of Neuritis.

Suffered Tortures For Years—Now Telling Good News To Others.

"Don't Believe That Old Humbug About 'Uric Acid' Being the Cause of Rheumatism—It's Not So!"

Emphatically asserting that thousands of unfortunate sufferers have been led into taking wrong treatments under the old and false belief that "Uric Acid" causes rheumatism, Pastor H. W. Reed says:

"As do some of our highest medical authorities, I now know that 'Uric Acid' never did and never will cause rheumatism! But it took me many years to find out this truth. I learned how to get rid of my rheumatism and recover my health and strength, through reading 'The Inner Mysteries of Rheumatism,' a work written by an authority who has scientifically studied the cause and treatment of rheumatism for over twenty years. It was indeed a veritable revelation!

"I have suffered agony for years from rheumatism and associated disorders, and Mrs. Reed was tortured with the demon neuritis almost beyond endurance. We had read and talked so much about 'Uric Acid' that our minds seemed poisoned. But the 'Inner Mysteries of Rheumatism' made it all clear to us and now we are both free from the suffering and misery we endured so many years. I believe I was the hardest man in the world to convert. For me to discard the old 'Uric Acid' theory, and what I now know to be absolutely false, for the new, scientific understanding of the causes and cure of rheumatism, was like asking me to change my religious beliefs! But I did change, and it was a fortunate day for me and mine when I did so."

NOTE: "The Inner Mysteries of Rheumatism" referred to above by Pastor Reed lays bare facts about rheumatism and its associated disorders overlooked by doctors and scientists for centuries past. It is a work that should be in the hands of every man or woman who has the slightest symptoms of rheumatism, neuritis, lumbago or gout. Anyone who sends name and address to H. P. Clearwater, 555-G Street, Hallowell, Maine, will receive it by mail, postage paid and absolutely free. Send now, lest you forget the address! If not a sufferer, cut out this explanation and hand it to some afflicted friend.

SUNDAY SCHOOL LESSON

Lesson XIII. March 28, 1920.

The Life Work of Peter and John. Rev. 21:21-22: 5.

SUMMARY.—Lesson I. Topic: The permanent meaning of Pentecost. Place: Jerusalem. As Jesus had commanded the apostles, they with others of his followers waited and prayed in Jerusalem for the coming of the Holy Spirit. On the day of Pentecost he came, and through the preaching of Peter there were three thousand converted in one day. Jews were there from all lands whither they had been scattered, to receive the gospel message.

II. Topic: Helping men to help themselves. Place: Jerusalem. While Peter and John were laboring in Jerusalem, they went one day to the temple at the hour of prayer. A lame man asked for money. They had none, but Peter bade him in the name of Jesus to rise and walk, and he was healed immediately. This miracle caused such a stir among the people that they came together and Peter had an opportunity of preaching Jesus to them.

III. Topic: The need and source of Christian courage. Place: Jerusalem. Because of the healing of the lame man and Peter's preaching, Peter and John were placed under arrest. When they were brought before the council to answer for what they had done, Peter preached Jesus and his resurrection to them.

IV. Topic: Modern forms of hypocrisy. Place: Jerusalem. In connection with the prolonged revival in Jerusalem there was liberality shown on the part of the Christians. Ananias and Sapphira his wife were professed converts. They sold some property and brought a part of the proceeds for distribution, pretending that it was the full price. For this deception Ananias was slain by the Lord, and a little later his wife was similarly punished.

V. Topic: Commercializing religion. Places: Samaria; on the road from Jerusalem to Gaza. They evangelist Philip preached in Samaria and many believed the gospel and were converted. Peter and John were sent there to assist in the work. A man named Simon desired to buy the power of imparting the Holy Spirit to any one whom he might lay his hands. Peter rebuked him severely.

VI. Topic: The secret of spiritual power. Places: Lydda; Joppa. During Peter's ministry in various places he came to Lydda and found there a man named Aeneas who had been sick with the palsy for eight years. He said to him, "Aeneas, Jesus Christ maketh thee well," and he was healed at once. Peter was called to Joppa from there because of the death of Dorcas. Through his prayer and faith she was raised to life.

VII. Topic: Significance of the conversion of Cornelius. Places: Caesarea; Joppa. Cornelius, a Roman military officer at Caesarea, was a pious man. He had a vision in which he was directed to send to Joppa for Peter. Peter at Joppa had a vision to teach him that Gentiles could be saved. As a result Peter went to Caesarea, preached the gospel and the Gentile Cornelius was converted.

VIII. Topic: Things wrought by prayer. Place: Jerusalem. Because of his preaching Jesus, Peter was imprisoned and Herod expected to put him to death as he had James, to please the Jews. The Christians prayed for Peter and the Lord sent an angel to release him.

IX. Topic: Ideals for Christian living. Place: The First Epistle of Peter was written at Babylon. Peter shows the necessity of being free from malice, hypocrisies and all other evil dispositions and of feeding upon the word of God to become spiritually strong.

X. Topic: Christian love regenerating society. Place: The First Epistle of John was probably written at Ephesus. The apostle exhorts all to whom he sends his message to love one another. God is love. No one that loves God can hate his brother. When God's love is perfected in us, fear is cast out.

XI. Topic: The glorified Christ the centre of the Revelation. Place: Patmos. The apostle John was banished to the Isle of Patmos for Jesus' sake. He there received a vision of the glorified Christ and many other visions. He was told to write in a book what he saw. He saw Jesus marvelously glorious.

XII. Topic: The permanent message of the Book of Revelation. Place Patmos. John had a vision of heaven. He saw an innumerable company of those who were redeemed from earth arrayed in white robes and worshipping God. The angels also worshipped him. The redeemed ones had come out of great tribulations and had washed their robes in the blood of the Lamb.

PRACTICAL SURVEY.

Topic.—The contribution of Peter and John to Christian history.

I. Peter.

II. John

III. Reflections.

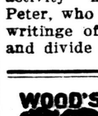
I. Peter. His original name was Simon, by which Jesus always addressed him. The later name is the Greek for Cephas, and was given by Christ when he was received into discipleship. After meeting Jesus he resumed his earlier occupation until there came the final call of the Master, which made him an apostle and inseparable companion. His home at Capernaum appears to have been a kind of rendezvous for the disciples, and was the scene of one of Christ's earlier miracles of healing. He was one of the chosen witnesses of Christ's miracles and of his glorious and tragic experiences. Peter was warm-hearted, impulsive and energetic. He naturally became the leader and spokesman of the company of disciples. He was spiritually receptive. From him came the immortal declaration of faith, which Jesus said was received by reevlation. He was first and loudest in his protestations of utmost loyalty, was the only one who attempted his defence and denied him before daybreak. There was no break in the Master's confidence. His look turned the flood of repentance on his soul. To him first of the apostles the risen Christ appeared. Undismayed by threatenings and persecutions, he prosecuted by apostolic calling with the greatest energy. He experienced miraculous deliverances. His missionary work was extensive and effective. His central theme is the death of Jesus and his resurrection as attesting his Messiahship.

II. John. Among the disciples John occupies a prominenec equal to that of Paul and Peter. In his temperament he was in striking contrast to both. As a disciple of the Baptist he seemed to apprehend his spirit and teaching more clearly than any other of his followers. His relations with Christ were the most intimate and spiritual of all the apostles. His temperament was retiring, thoughtful and receptive. In the early period of apostolic activity he was in company with Peter, who was the spokesman. The writinge of John are of great value and divide themselves into two classes: his Gospel and Epistles, and the Apocalypse. All centre themselves in the deity of Christ. He opens both his Gospel and Epistles with a statement of the divine antecedents of Christ, and makes especially prominent his relations with the Father.

III. Reflections. It is difficult to compare what are equal, though varyingly, excellent. Diversity is the basis of harmony. Christ is the controlling centre of Christian concord. Diverse as were the apostles whose history and writings we have studied, they were one in love and loyalty to the Son of God. Each contributed effectually his part to the progress of Christianity. Peter's evangelism is more fully recorded, and, as might be anticipated, John's contributions to Chrstian literature exceeded those of Peter. Each wrought in his sphere under divine protection and bepowerment. Both were invaluable. Peter could not have received the Revelation, nor John accomplished Peter's evangelism. A purified stream flows through the same channel as the former turbid tide. All have a part; each has a place. W. H. C.

Many of the questions that concern a city's welfare are not political questions at all. When politics control a city's affair: become the prey and plunder of quacks and rascals.—W. T. Stead.

WOOD'S PHOSPHODINE.



The Great English Preparation. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Used for *Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory.* Price $1 per box, six for $5. Sold by all druggists, or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT.

MURINE FOR YOUR EYES

Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they Tire, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated use Murine often. Safe for Infant or Adult. At all Druggists in Canada. Write for Free [illegible]

DR. WARD The Specialist

79 NIAGARA SQUARE, BUFFALO, NEW YORK.

Men, Are You in Doubt

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily? ARE YOU NERVOUS and despondent, weak and debilitated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there failing power, a drain on the system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AILMENTS.

Weak and relaxed state of the body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrestful sleep, dark rings under eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 29 years' continuous practice in the treatment of all chronic, nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me restore your physical condition to full manhood. Don't be a weakling any longer. Make up your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 29 years in treating men and their ailments.

Dr. Ward's Methods Unrivalled, Thorough and Permanent.

Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his grave.

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

Specialist in the treatment of nervous conditions, nervous exhaustion, backache, lumbago, rheumatism, stomach and liver trouble, acne, skin disease, catarrh, asthma, rectal troubles, piles, fistula and blood conditions.

OFFICE HOURS: 9 a.m. to 5 p.m. Sundays—10 a.m. to 1 p.m.

FREE CONSULTATION EXAMINATION.

Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.

79 Niagara Square, Buffalo, N. Y.

Poultry World

FOWLS FOR BREEDING.

(J. Harry Wolsieffer in Philadelphia Record.)

The past cold weather has made many blame the poor fertility on the brand of weather handed out and not as is so often the case, on the poor handling of the breeders. It is true that the elements may play some part in early fertility, but it is also a fact that much of the lack of fertility in the breeding pen lies with the management. There are thousands of poultry keepers who have poor results due to haphazard care of those fowls that are to produce the eggs for hatching. In fact, in a majority of cases the fowls are fed and too often feeding and handling for a large egg yield. This is proper when commercial eggs are wanted, fresh hen fruit during the winter and early spring being the only things that will pay the feed bills, but when one wishes eggs that are to be the best, as far as strong fertility is concerned, then different methods must be adopted for the best results.

Forced feeding and actificial lighting to promote a great egg yield will not in the long run, give the best results nature will assert itself sooner or later and the wise breeder is one who was give this considerable thought. So far it is not claimed that the artificial light have harmed fertility, but it is yet to new for any complete findings as to the extent that one may go as far as breeders are concerned. That it has increased egg production during the winter months is now known to be a fact, but the effect on fertility is yet to be learned.

The breeding pen should be composed of the finest specimens of the flock, strong, hardy and which have never been sick, eight females to one male in the heavy breeders, and 10 or 12 in the lighter breeds has so far given best results when choice specimens are selected. In feeds the accepted ration is plenty of green feed in the form of sprouted oats, cabbage and beets, the latter giving the best results, although a few advanced breeders have obtained good results without the green feed, using in its place a tablet that contains elements that take the place of green feed.

Those progressive breeders must have found this of value or they would never have given up the long accepted theory and practice of green feeding, which for years has been considered one of the essentials. Grit, oyster shell and charcoal are before the fowls at all times, and in the majority of cases the fowls balance this kind of feeding fairly well. Oyster shell aids in making the egg-shell, and grit is needed especially when the fowls are confined to their quarters for a considerable length of time.

As for charcoal, that is a debatable question. But is generally considered one of the things that aid in the results aimed for. The dry mash can be purchased, and if the leading high-grade brands are used, good results can be obtained.

As a rule too much corn and beef scraps may be found in ready-mixed feed. That is ideal for the laying hens, put apt to force the breeders to some extent. One thing the poultry keeper should bear in mind, that of allowing the breeders, especially the Plymouth Rocks, Wyandottes, Rhode Island Reds, Orpingtons, etc., to have access to the feed hoppers only part of the day. They should be closed until noon. The morning feed of grain, composed of corn, wheat, oats and barley, should be scattered in a deep litter, compelling the fowls to scratch for it during the greater part of the morning. Avoid feeding too heavy of corn in the morning feed and balance, if possible, the amount at the night feed by the weather.

The colder it is the more corn one can feed. These small things play a big part in getting eggs that can be depended upon to hatch strong chicks—the kind that have a "kick" to them and grow to maturity without undue care. Eggs are worth money, and to have but one chick to every four or five eggs placed either in the incubator or under a hen means a large loss, and yet that is what happens in a majority of cases, especially in the winter months.

The poultry quarters also play an important part—more so than poultry keepers generally supposed. Comfort for the hens means much. New, clean straw, clean quarters, keeping the fowls free from lice and vermin go a great way toward increased fertility. The poultry house should be at all times dry, free from draughts and well ventilated. Cold, pure air is not half as bad as a stuffy, ill-ventilated poultry house. The breeders should be allowed the run of the yards every day that it is fit to be out, unlike the commercial flock, which is kept confined to the poultry house until well on to spring, and where eggs in numbers are only sought for.

The breeders who may produce a few eggs less due to allowing them the run of the yard, will repay the poulry keeper in better fertility. Judgment, however, must be used, and the fowls should not be allowed the yard unless the weather is fit. For future breeders early hatching should be practiced. March and April are ideal months to hatch the future breeders. They make better bone, attain full maturity at the proper time, and if not unduly forced too hard for egg production, will make fine breeders as hens when they have finished their first year of laying. Hatching in May and June, year after year, as far as breeding fowls are concerned, is apt to prove a grave evil in years to come. The errors of improper handling of the breeding pen may not show the first year. But continued practice of late hatching and poor management of the breeders is bound to tell in the long run.

POULTRY NOTES AND NEWS.

The hatching season is here. It is the early hatched chick that in the long run makes the best breeders, wins at the fall fairs and lays the eggs when the market price is highest. For the beginner, March, April and May hatched chicks are the ones to tie to for best results.

One thing the poultry keeper is up against is feed. While this in itself is high enough, with no prospects of it becoming much lower in price, the poultry raiser would like to see some quality in the feeds purchased. To obtain the best results, good feed must be used. The poultry keeper, as a rule, pays the price, but often obtains any old thing. There are, however, a few exceptions in the leading brands, which cost a few cents more, but are cheap in the long run. There is much room for improvement in prepared feeds and it is to be hoped that in the near future the poultry keeper can adjust themselves, there is going to be a sad awakening for many concerns who put out poor feeds, saying: "Take it or leave it," which the poultry keeper was compelled to do.

DR. MARTEL'S PILLS FOR WOMENS AILMENTS

Thousands of women have testified in the last 25 years regarding the healing qualities of Dr. MARTELS FEMALE PILLS. A Scientifically prepared remedy for delayed and painful menstruation. Sold only in a Patented Tin-Hinge-Cover Box, At your Druggist, or direct by Mail, price $2.00. Knickerbocker Remedy Co., 71 Front St. East Toronto, Canada.

WINTER COLOR.

(London Advertiser.)

"Oh, wind that clusters and wind that blows,
What color under your footstep glows;
Beauty you summer from winter's snows.
And you are the pathway that leads to the rose."

And thus we perhaps give an occasional thought to the winds and snows of winter. We have come to think of the shut-in season as colorless and uninteresting in the out-of-doors and pass unheeding the brave little bits of brightness that remain, never dreaming of "warming curselves at the coals of the sumac's dying fire," which, though lacking its brilliant plumage, still gayly flaunts its flowers of deeper wine. Out in the sleeping gardens and parks on a misty day there is a silvery blur over leafless shrubbery that is beautiful to discover and in long lines on the city streets, and in irregular woodland sittings there are grey tree-trunks, luminous and silver-sheened, lovelier, perhaps, than their branches and twigs of brown.

The beeches and oaks, busily whispering in the sheltered wood places by means of the persistent little leaves that cling to twig-fingers, are set proudly dreaming, when the sun falls tenderly on their brave bronze foliage and lights here and there a stiff little fold into golden glints of remembered autumns. Lichen moss, delicate silver work of frosted beauty, clings here and there, and in sheltered nooks undiscovered by snow there are vivid green moss patches on old stumps. On the low-set tangled twigs of hawthorns there are occasional crimson gleams of fruit left by the birds for a needy day. The trailing bridal wreath wistfully keeps brown seeds of remembered blossoms close by drooping poplars with beautifully mottled trunks of white and black.

The evergreens, so faithful in their beauty are at their best in the grey months, and was there ever such flash of glory among them as the crimson of the cardinal, or such blue as the touches in the plumage of the bluejay; such delicate shading as the blue-grey of the nut-hatch, and such vivid black as the crown of the chickadee. Perhaps the least noticed, but none the less lovely to discerning eyes are the withered stems and blades of rushes and weeds in marshlands with their delicate tints of pale gold. All these quiet bits of color have new value as we watch for them in unexpected places on days of grey or gold—

"So shall our hearts grow tender as we dream.
So shall our souls receive God's finger-mark."

ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day.

Write Templetons, 142 King St. W., Toronto, for free sample.

Reliable druggists sell them at $1.00 a box. 70

"Different" Fish Dishes

A codfish dish much appreciated is the following: One cupful salt codfish, two cupfuls riced potatoes, one-half cupful cracker crumbs, one-quarter cupful grated cheese, one egg, one-half cupful milk, two tablespoonfuls butter, parsley.

Shred the codfish and soak in lukewarm water for 15 minutes. Drain, add the potato and milk, and put in a greased baking dish. Spread with the egg beaten lightly. Cover with the crumbs mixed with the butter melted, and sprinkle with the grated cheese. Serve garnished with parsley.

FISH FRITTERS.

Take some batter, flake some salmon, dust the pieces lightly with cayenne, dip in the batter and fry till crisp in oil. Drain well.

A FISH SOUP.

One cupful minced canned salmon, tuna fish, flaked, canned fish or leftover white fish of any kind; one quart milk or two cupfuls milk and two cupfuls white soup stock, two tablespoonfuls flour, two tablespoonfuls butter, one-half teaspoonful onion juice, two teaspoonfuls minced parsley, one-eigth teaspoonful pepper, salt to taste.

Scald either the milk plain with the fish. Add the seasonings, and, in the meantime, rub together the butter and flour. Add a little of the scalded mixture to this, return the whole to the double boiler and cook until thickened, about 20 minutes. Then add the parsley. A few leftover canned peas, a little minced, cooked carrot or some finely shredded canned string beans, or diced cooked celery may be added to this soup. If desired, the flour may be omitted, the butter being beaten into the soup and half a cupful of cooked brown or white rice or farina may be combined with a little of the soup, ten stirred in to thicken.

SMELTS A LA TOULOUSE.

Take 12 smelts, one tablespoonful butter, one tablespoonful of flour, half a teacupful of white wine, one and a half dozen mushrooms, three tablespoonfuls of catsup diluted to half its strength in water, and one truffle. Cut down the back of the smelts and remove the bone. Close the fish and lay them in a fireproof dish with the wine and catsup. Put the dish in a hot oven till the smelts are cooked. Mix with the liquor in which they have been cooked one cupful of stock; rub together the butter and flour and stir this in also, leaving it on the spoon until by stirring it has dissolved. Then add the truffle minced finely. Season with salt and pepper. Cook, stirring all the time till the sauce is creamy, then pour it over te fish and serve very hot.

Long Indian Name.

The longest geographical Indian name is probably that of Lake Chargo gagogmaunchaugagogchebunnygungamaug. This lake is in Massachusetts and its name has recently been changed to Lake Webster. The word is of Algonquin origin and is said to mean "How the south wind made a large water where many blackbirds chatter."

The prude is not only easily shocked, but is always willing to be.

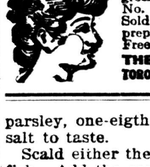
IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oskaloosa, Iowa.—"For years I was simply in misery from a weakness and awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."—Mrs. LIZZIE COURTNEY, 108 8th Ave., West, Oskaloosa, Iowa.

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such letters as this are continually being published. Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the Change of Life should give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

Cook's Cotton Root Compound.



A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

When The Day Is Over

When the household cares and the worries of everyday life have dragged you down, made you unhappy, and there is nothing in life but headache, backache and worry, turn to the right prescription, one gotten up by Dr. Pierce fifty years ago.

Everything growing out of the ground seems intended for some use in establishing natural conditions. Dr. Pierce, of Buffalo, N. Y., long since found out what is naturally best for women's diseases. He learned it all through treating thousands of cases. The result of his studies was a medicine called Dr. Pierce's Favorite Prescription. This medicine is made of vegetable growths that nature surely intended for backache, headache, weakening pains, irregularities, and for the many disorders common to women in all ages of life.

Orillia, Ont.:—"I suffered from a bad case of woman's trouble with backache, nervousness, disordered digestion, irregularity and I had great pain all the time, sometimes I would faint at my work. I had one physician after another but they did me no good. I then took Dr. Pierce's Favorite Prescription and it fixed me up all right, I look much better and feel fine. I will recommend the 'Prescription' to all suffering as I did."—MRS. MAYBELLE B. GRATRIX, 115 Albert St.

Write Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for confidential advice and you will receive the medical attention of a specialist, wholly without fee—no charge whatever.

MARKET REPORTS

TORONTO MARKETS

FARMER'S MARKET.

Dairy Produce—		
Butter, choice dairy ... ...$	0 62	$ 0 68
Do., creamery	0 70	0 80
Margarine, lb.	0 37	0 40
Eggs, new laid, doz.	0 70	0 80
Cheese, lb.	0 35	0 40
Dressed Poultry—		
Fowl, lb.	0 40	0 45
Chickens, roasting	0 40	0 48
Turkeys, lb.	0 55	0 60
Live Poultry—		
Chickens, lb.	0 35	0 38
Roosters, lb.	0 30	0 35
Fowl, lb.	0 38	0 45
Fruits—		
Apples, bkt.	0 50	1 00
Do., bbl.	5 00	8 00
Rhubarb, bunch	0 10	0 15
Vegetables—		
Beets, bag	2 25	2 50
Carrots, bag	2 00	2 25
Cabbage, each	0 15	0 40
Cauliflower, each	0 25	0 50
Celery, head	0 10	0 25
Leeks, bunch	0 10	0 30
Lettuce leaf, 3 for	0 10	0 00
Lettuce, head, each	0 10	0 20
Onions, bkt.	0 65	1 25
Do., green, bch.	0 05	0 10
Peppers, doz.	0 50	0 75
Poatoes, bag	4 50	4 75
Parsley, bunch	0 10	——
Parsnips, bag	2 50	2 75
Turnips, bag	1 25	——

MEATS—WHOLESALE.

Beef, forequarters .....$	14 00	$17 00
do. hindquarters	21 00	27 00
Carcases, choice	19 00	23 00
do. medium	17 00	19 00
do. common	14 00	17 00
Veal, choice	26 00	28 00
do. common	18 00	22 00
Heavy hogs	20 00	24 00
Shop hogs	24 00	26 00
Mutton, light	15 00	20 00
Lambs, choice, per lb.	28	33

Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago, it removes the cause. 50c. a bottle at drug sts. 11

SUGAR MARKET.

The wholesale quotations to the retail trade on Canadian refined sugar, Toronto delivery, are now as follows:

Atlantic, granulated, 100-lb. bags..	$16 71	
Do., No. 1 yellow, 100-lb. bags..	16 31	
Do., No. 2 yellow, 100-lb. bags..	16 21	
Do., No. 3 yellow, 100-lb. bags..	16 11	
Acadia, granulated, 100-lb. bags....	16 71	
Do., No. 1 yellow, 100-lb. bags....	16 31	
Do., No. 2 yellow, 100-lb. bags....	16 21	
Do., No. 3 yellow, 100-lb. bags....	16 11	
Redpath granulated, 100-lb. bags....	16.46	
Do., No. 1 yellow, 100-lb. bags....	16.06	
Do., No. 2 yellow, 100-lb. bags....	15.96	
Do., No. 3 yellow, 100-lb. bags....	15.76	
Do., No. 4 yellow, 100-lb. bags....	15 66	
St. Lawrence gran., 100-lb. bags....	16 71	
Do., No. 1 yellow, 100-lb. bags....	16 31	
Do., No. 2 yellow, 100-lb. bags....	16 21	
Do., No. 3 yellow, 100-lb. bags....	16 11	

OTHER MARKETS

WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows:—

	Open.	High.	Low.	Close
Oats—				
May	0 98⅞	0 99⅞	0 98⅝	0 99⅞
July	0 94	0 95¼	0 94	0 95¼
Barley—				
May	1 61⅜	1 62½	1 61½	162
July	1 56½	1 57⅜	1 56½	1 56⅜
Flax—				
May	5 71	5 71	5 68	5 68
July	5 49	5 49	5 46	5 46

MINNEAPOLIS GRAIN.

Minneapolis, Minn.—Close—Wheat, spot. No. 1 Northern, $2.60 to $2.70. Flour—Unchanged; shipments, 39,487 barrels. Barley—$1.33 to $1.56. Rye—No. 2, $1.71¼ to $1.72¼. Bran—$47. Flax—$5.10 to $5.20.

Dreaming of Cats.

To dream of cats is said not to be lucky. If you dream of a black cat, your enemies are active; to be bitten by one indicates misfortune; burblars are about when a cat follows you in a dream; while to dream you are stroking one means, beware of false friends