

FACTS ABOUT HEALTH

It is Easy to Keep Well if We Know How—Some of the Conditions Necessary to Perfect Health.

The importance of maintaining good health is easily understood, and it is really a simple matter if we take a correct view of the conditions required. In perfect health the stomach promptly digests food, and thus prepares nourishment. The blood is employed to carry this nourishment to the organs, nerves, muscles and tissues which need it. The first great essential for good health, therefore, is pure, rich blood. Now it is certainly a fact that no medicine has a record of cures as Hood's Sarsaparilla. It is literally true that there are hundreds of people alive and well today who would have been in their graves had they not taken Hood's Sarsaparilla. It is depended upon as a family medicine and general regulator of the system by tens of thousands of people. This is because Hood's Sarsaparilla makes the blood pure. This is the secret of its great success. Keep your system in good health by keeping your blood pure with Hood's Sarsaparilla, which absolutely cures when other medicines fail to do any good whatever.

Hood's Pills are the only pills to take with Hood's Sarsaparilla.

THE MARKETS.

Local Market—London, Saturday, Aug. 20.
Wheat, new, per bu 68c to 70c
Wheat, white fall, per bu 69c to 70c
Wheat, red fall, per bu 68c to 70c
Oats, per bu 27c to 34c

The attendance of farmers and garden men was good, with a fair demand for all kinds of fruit and vegetables.

Wheat in good demand; prices higher, selling from 15s to 17s, an advance of 10 per cent.

New oats—Supply good; prices a little lower at 8s to 8s. Old oats in good demand, selling freely at 5s to 5 1/2 per cwt.

Two loads of new barley offered and sold at 8s to 8s.

No other grain offered.

Eggs, 1c per dozen higher.

No change in butter.

Hay in good supply at 36s to 37 per ton.

Quotations:

GRAIN

Wheat, new, per 100 lbs 115 @ 117
Wheat, white, per 100 lbs 115 @ 117
Wheat, red, per 100 lbs 115 @ 117
Wheat, spring, per 100 lbs 115 @ 117
Oats, per 100 lbs 90 @ 92
Barley, per 100 lbs 87 @ 89
Rye, per 100 lbs 87 @ 89
Beans, per bu 50 @ 60

PROVISIONS

Honey, comb, per lb 12 @ 12
Honey, extracted, per lb 10 @ 10
Eggs, single dozen, per doz 12 1/2 @ 12 1/2
Eggs, fresh, basket, dozen, per doz 11 @ 11 1/2
Eggs, per dozen, per doz 11 @ 11 1/2
Butter, fresh, store lots, dozen, per doz 19 @ 19
Butter, per lb 17 @ 17
Butter, pound rolls, basket, per doz 17 @ 17
Butter, lb, large rolls or crooks, per doz 17 @ 17
Butter, per lb 17 @ 17
Lard, per lb 9 @ 10
Chickens, per pair 50 @ 60
Ducks, per pair 50 @ 60
Turkeys, per lb 10 @ 12

LIVE STOCK

Young pigs, per pair 3 00 @ 5 50
Cows, each 20 00 @ 40 00
Hogs, per lb 3 50 @ 4 50
Pigs, young, per pair 3 50 @ 4 50
Hogs, per 100 lbs 10 @ 12
Sows, per 100 3 50 @ 4 50
Ducks, per pair 50 @ 60
Chickens, per pair 50 @ 60
Hens, per lb 10 @ 12

HAY AND SEEDS

Hay, per ton 5 50 @ 7 00
Straw, per load 2 50 @ 3 00

VEGETABLES AND FRUIT

Asparagus, per doz 2 50 @ 3 00
Peas, per doz 1 00 @ 1 50
Beans, per doz 1 00 @ 1 50
Apples, per doz 1 00 @ 1 50
Pears, per doz 1 00 @ 1 50
Plums, per doz 1 00 @ 1 50
Pears, per doz 1 00 @ 1 50
Corn, per doz 1 00 @ 1 50
Beans, per dozen bunches, per doz 20 @ 20
Hens, per doz 20 @ 20
Onions, per dozen bunches, per doz 20 @ 20
Celery, per doz bunches, per doz 20 @ 20
Cauliflowers, per doz 20 @ 20
Squashes, per doz 20 @ 20
Mushrooms, per doz bunches, per doz 20 @ 20
Tomatoes, per lb 7 @ 7

MEAT, HEDS, ETC.

Beef, quarters, per lb 5 @ 6
Mutton, quarters, per lb 5 @ 6
Veal, quarters, per lb 5 @ 6
Lamb, quarters, per lb 5 @ 6
Dressed hogs, 100 lbs, light, per 100 7 00 @ 7 15
Dressed hogs, 100 lbs, heavy, per 100 7 15 @ 7 30
Hides, No. 1, per lb 8 @ 8
Hides, No. 2, per lb 7 @ 7
Hides, No. 3, per lb 6 @ 6
Calfskins, green, per doz 8 @ 8
Wood, washed, per lb 9 @ 11
Wood, unwashed, per lb 9 @ 11
Lambskins, per doz 45 @ 45
Pigs, per doz 45 @ 45

Flour Down Again.

Owing to the decline in wheat we are able to reduce the price of flour. We keep the best of each kind. Try us.

A. M. Hamilton & Son.

878 Talbot Street. Phone 602.

English Markets.

Ruling prices for the past four market days—The following table shows the quotations per cental at Liverpool for the three previous market days. In the case of wheat the highest prices are given:

WHEAT

Red Winter 6 2 @ 6 5
No. 1 Nor. Spring 6 3 1/2 @ 6 10 1/2
No. 1 Cal. 6 5 @ 6 5 1/2
July 6 5 @ 6 5 1/2
Sept. 6 5 @ 6 5 1/2
Dec. 6 5 1/2 @ 6 5 1/2

CORN

New 3 2 1/2 @ 3 2 1/2
July 3 2 1/2 @ 3 2 1/2
Sept. 3 2 1/2 @ 3 2 1/2
Oct. 3 2 1/2 @ 3 2 1/2
Nov. 3 2 1/2 @ 3 2 1/2
Dec. 3 2 1/2 @ 3 2 1/2

Flour

Superfine 23 @ 23
First 23 @ 23
Second 23 @ 23
Third 23 @ 23
Fourth 23 @ 23
Fifth 23 @ 23
Sixth 23 @ 23
Seventh 23 @ 23
Eighth 23 @ 23
Ninth 23 @ 23
Tenth 23 @ 23

Barley

Light 23 @ 23
Heavy 23 @ 23
Malt 23 @ 23
Oats 23 @ 23
Rye 23 @ 23
Sorghum 23 @ 23
Wheat 23 @ 23
Corn 23 @ 23
Beans 23 @ 23
Peas 23 @ 23
Lentils 23 @ 23
Mung Beans 23 @ 23
Soybeans 23 @ 23
Hempseed 23 @ 23
Flaxseed 23 @ 23
Cottonseed 23 @ 23
Safflowerseed 23 @ 23
Mustardseed 23 @ 23
Rapeseed 23 @ 23
Sunflowerseed 23 @ 23
Alfalfa 23 @ 23
Clover 23 @ 23
Timothy 23 @ 23
Orchardgrass 23 @ 23
Bromegrass 23 @ 23
Fescue 23 @ 23
Sudangrass 23 @ 23
Molasses 23 @ 23
Sugar 23 @ 23
Salt 23 @ 23
Potash 23 @ 23
Soda Ash 23 @ 23
Lime 23 @ 23
Gypsum 23 @ 23
Cement 23 @ 23
Bricks 23 @ 23
Tiles 23 @ 23
Lumber 23 @ 23
Shingles 23 @ 23
Siding 23 @ 23
Fencing 23 @ 23
Wire 23 @ 23
Nails 23 @ 23
Screws 23 @ 23
Bolts 23 @ 23
Washers 23 @ 23
Rivets 23 @ 23
Pins 23 @ 23
Staples 23 @ 23
Hooks 23 @ 23
Keys 23 @ 23
Wheels 23 @ 23
Gears 23 @ 23
Shafts 23 @ 23
Belts 23 @ 23
Cables 23 @ 23
Ropes 23 @ 23
Hoses 23 @ 23
Tubes 23 @ 23
Pipes 23 @ 23
Fittings 23 @ 23
Valves 23 @ 23
Pumps 23 @ 23
Engines 23 @ 23
Motors 23 @ 23
Generators 23 @ 23
Transformers 23 @ 23
Switches 23 @ 23
Circuit Breakers 23 @ 23
Fuses 23 @ 23
Relays 23 @ 23
Sensors 23 @ 23
Actuators 23 @ 23
Controllers 23 @ 23
Converters 23 @ 23
Inverters 23 @ 23
Rectifiers 23 @ 23
Amplifiers 23 @ 23
Filters 23 @ 23
Isolators 23 @ 23
Couplers 23 @ 23
Connectors 23 @ 23
Adapters 23 @ 23
Converters 23 @ 23
Transformers 23 @ 23
Switches 23 @ 23
Circuit Breakers 23 @ 23
Fuses 23 @ 23
Relays 23 @ 23
Sensors 23 @ 23
Actuators 23 @ 23
Controllers 23 @ 23
Converters 23 @ 23
Inverters 23 @ 23
Rectifiers 23 @ 23
Amplifiers 23 @ 23
Filters 23 @ 23
Isolators 23 @ 23
Couplers 23 @ 23
Connectors 23 @ 23
Adapters 23 @ 23

HOLIDAY IN LONDON.

London, Aug. 20.—Today is a holiday on the Exchange here.

Liverpool, Aug. 20.—12:30 p.m.

Wheat—Spot steady; No. 1 red northern spring, 6s 10d; No. 2 red northern spring, 6s 2 1/2d; No. 1 Cal., 6s 8 1/2d.

Corn—Spot, quiet; American mixed, new, 3s 1 1/2d; do. old, nominal; Sept., quiet, 3s 3 1/2d; Oct., quiet, 3s 4d.

Flour—Canadian, 5s 1 1/2d; do. extra, 5s 1 1/2d; do. extra, 5s 1 1/2d.

Barley—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Oats—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Beans—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Peas—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Lentils—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Mung Beans—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Soybeans—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Hempseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Flaxseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Cottonseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

No. 1 red northern spring, 6s 10d; No. 2 red northern spring, 6s 2 1/2d; No. 1 Cal., 6s 8 1/2d.

Corn—Spot, quiet; American mixed, new, 3s 1 1/2d; do. old, nominal; Sept., quiet, 3s 3 1/2d; Oct., quiet, 3s 4d.

Flour—Canadian, 5s 1 1/2d; do. extra, 5s 1 1/2d; do. extra, 5s 1 1/2d.

Barley—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Oats—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Beans—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Peas—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Lentils—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Mung Beans—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Soybeans—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Hempseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Flaxseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Cottonseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Safflowerseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Mustardseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Rapeseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Sunflowerseed—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Alfalfa—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Clover—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Timothy—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Orchardgrass—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Bromegrass—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Fescue—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Sudangrass—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Molasses—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Sugar—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Salt—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Potash—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Soda Ash—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Lime—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Gypsum—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Cement—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Bricks—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Tiles—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Lumber—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Shingles—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Siding—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Fencing—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Wire—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Nails—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Screws—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Bolts—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Washers—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Rivets—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Pins—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Staples—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Hooks—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Keys—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Wheels—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Gears—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Shafts—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Belts—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Cables—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Ropes—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Hoses—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Tubes—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Pipes—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Fittings—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Valves—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Pumps—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Engines—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Motors—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Generators—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Transformers—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Switches—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Circuit Breakers—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Fuses—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Relays—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Sensors—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

Actuators—Prime mess, fine western, 5s 6d; do. medium, 5s 4d; do. inferior, 5s 2d.

the stuff was somewhat poor quality.

CHICAGO, Aug. 19.—Cattle—Choice steers, \$2 45 to \$5 75; mediums, \$4 20 to \$5 15; best steers, \$4 25 to \$4 55; cows and heifers, \$3 50 to \$4 45; calves, \$4 10 to \$4 75; western range, \$4 40 to \$5 25; Texas, \$3 40 to \$5 15.

Hogs—Fair to choice, \$3 80 to \$3 95; packers, \$3 50 to \$3 75; butchers, \$3 60 to \$3 90; mixed, \$3 55 to \$3 92 1/2; light, \$3 50 to \$3 90; pigs, \$2 75 to \$3 75; Sheep—Western range, \$3 90 to \$4 40; rams, \$1 50 to \$2 85; choice lambs, \$3 25. Receipts: cattle, 2,500; hogs, 20,000; sheep, 12,000.

EAST BUFFALO, N. Y., Aug. 19.—Cattle—Receipts light; market ruled fairly steady for the few good stock and feeding cattle on sale and all of these kind were sold; two loads of Canada stock sold at \$4 00 late.

Thursday, a shade lower prices than those of the opening of the week. Cattle and calves—Receipts light; market ruled with an active demand, and prices were stronger for good grades by 1/4c per lb. and all were sold out early; top lots, good veals, sold at \$2 50 to \$2 75; common to good, \$2 35 to \$2 50; a few light common lots, \$4 50 to \$4 75; some milk and good fat fed calves, \$2 25 to \$4 50, as to quality.

Hogs—Supply fairly liberal; market ruled with a fairly active demand; good to choice Yorkers, \$4 15 to \$4 17; fair to good light Yorkers, \$4 10 to \$4 15; mixed, \$4 10 to \$4 15; medium and heavy, \$4 15; rough, \$3 35 to \$3 75; stags, \$2 75 to \$3 25; pigs, \$2 25 to \$4 15.

Sheep and lambs—Receipts liberal; market ruled on Friday for several weeks past; market opened decidedly slow and lower for lambs, while sheep were about steady, but yearlings were also lower to lower; spring lambs, ewes and wethers, \$6 to \$8 35; buckeyes and fat, \$5 40 to \$5 80; culled, \$5 to \$5 15; yearlings, \$4 25 to \$5 15; native clip, \$4 25 to \$5 15; wethers, \$4 25 to \$5 15; fair to choice mixed sheep, \$4 40 to \$4 70; ewes, \$5 to \$5 25.

NEW YORK, Aug. 19.—Beef