## THE MARKETS

There was a good market yesterday morning-lots of stuff but few buyers. The prices remain about the same as on Saturday. About the same kind of produce also was offered: Following is the full price list:

IN THE SHEDS. Eggs, 13s. to 14c. per doz. Butter, 14c. to 16c. per lb. Chickens, each, 15c. to 35c. VEGETABLES.

Green ontons, 2 bunches for 5c. Sage, a bunch, 5c. Green currants, per quart, 10c. Red currants, per quart, Red currants, per qt., 5c. Carrots, per bunch, 5c. Old potatoes, per peck, 20c. New potatoes, per peck, 25c. Peas, 5c. quart. Lettuce, two bunches for 5c Summer savory, 5c. bunch. Pepper plants, 10c. doz. Tomato plants, 12c. a dozen Cabbage plants, 10c. a doz. Tobacco plants, per 100, 56c. Celery plants, per 100, 35c. Strawberries four boxes for 25c. Black currants, per box, 8c.

#### LORD DUNDONALD SAILS.

London, July 15. - Major-General Lord Dundonald, who commanded the second cavalry brigade at the relief of Ladysmith, Natal, sailed to-day from Liverpool for Montreal on board the steamer Lake Champlain, in order to take over the command of the Canadian militia.

#### SOUTHERN TRAGEDIES.

Stockbridge, Ga., July 15. - Four negro women engaged in a duel with razors at the door of a church here. Dollie Miller was cut to death and Rachel Roberts was seriously woun Jealously was the cause of the

Columbia, S. C., July 15.-In a riot between whites and blacks at Orange-burg, in which knives and pistols were freely used, Isaac Smith (colored) was killed and several others were wounded. It is said the negro was non-combatant. The exact cause of the trouble is not known.

#### TRISH DOMESTICS TO EMIGRATE

Toronto, July 15. -Advices hav been received from Peter Byrne, On-tario immigration agent in Great Britain that a large number of domesti-servants in Belfast and at other point in the north of Ireland, are desirous of coming to Ontario. The girls are i sage money to this country, and it is thought that any family needing domestics would make a good invest-ment by advancing half the passage money, leaving the girls themselves to raise the other half.

## SUCCSSFUL STORE

"I have never known a time when business was better in Chatham than it is at the present time," said G. J. Peace, the popular shoe merchant t The Planet yesterday morning.

would say that from a business stand point that Chatham is booming-going ahead every day. Everyone seems to have money to spend and they evidently spend it in Chatham, realizing that they can get as good bargains a home as they can elsewhere. I have never had a more successful year since I have been here, My store i at present filled up with up-to-date summer footwear, and they are going

"One encouraging feature from yea to year, is that the people want the very best to be had in any line of goods. This enables a merchant to the deputy. Paul and Hippolyte Flau-carry a far better line of stock than drin, the painters, were known in their formerly. I never had a better line of goods than I have this year, so that I am able to guarantee every ers go into literary partnership. Inpair of shoes I sell."

Mr. Peace is well deserving of the large patronage he receives. Besides a full line of the latest styles in Slaters "Invictus" shoe and all the up-to-date makes, he carries an extensive stock of trunks, etc., He has just received a large consignment of ladies and children's slippers, which are well worth inspecting. Also a fine lot of men's white summer shoes. Prices always satisfactory. A cobbling department is also managed in connection with the establishment.

## MEAT ONCE A DAY.

Theory That Average Family's Food

Is Too Heavy For Health, Our mistakes in eating begin with our breakfast. In many families, perhaps in most, this meal comme with fruit and cereal, goes on to chops and potatoes, hot breads and coffee and concludes with griddlecakes and sirup. At noon, when a man's stemach is only beginning to rest from all this, he has a steak, more potato, bread and butter, coffee and pie, while at home his wife has a slice of cold meat, a cup of tea and a piece of cake. At night the two sit down to dinner, with roast beef, potatoes and bread and butter as the

staples of the meal. Now, no one but a woodchopper or a hunter can possibly eat meat-above all, red meat, such as beef and mutton -three times a day without inviting uric acid to come and take up its dwelling in his system. Nor can he eat white bread, potatoes and pastry day after day without inviting dyspepsia. One has only to let a doctor trace back these diseases to their source to be

quite certain on these points. But if we decide to give up these things, determine to have meat and potatoes only once a day and red meat only once a week; if we taboo pastry, the starchy vegetables, the white bread and heavy sweets, what have we left

### IT MUST COME.

As inevitable as the changing seasons of the year is the change which comes to every woman. And just as one antici-pates the changes of other seasons it is wise to anticipate this change of seadiscomforts and disasters suffered by many women at the period of change can be avoided or over-

every season of woman's life, will entirely meet the needs of women at this period of change. It cures the physical ills and relieves the mental anxiety and

depression usually associated with this critical period. It tranquilizes the nerves, encourages the appetite and induces refreshing sleep.

J. S. Carlisle, Esq., of Manchester, Coffee Co., Tenn., writes: "I have been using your medicines for the last sixteen or eighteen years in my Poor-house. I am superintendent of the Coffee County Poor-house and Asylum combined. Your' Favorite Prescription." Golden Medical Discovery' and 'Pleasant Pellets' are the best medicines for the diseases for which they are recommended, that I ever used. They saved my wife's life at the time of 'change of life.' I have been recommending your medicine to many afflicted women and have also guaranteed that if it did not cure'! Would pay back the money spent for it. I have told our druggist that if the people came back and said Doctor Pierce's medicines did not give satisfaction, to give them back their money and charge it to me, I have not once been called upon to refund. I have never found anything to equal the 'Favorite Prescription' for diseases of women."

Dr. Pierce's Medical Adviser is sent

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ror the family meals? "Notaing," to distracted housewife will exclaim despairingly at first thought, but really the matter is not as difficult as it

In planning the meals on this basis there is, first of all, chicken, which is invaluable, for it may be cooked in a dozen different ways and seem a new dish each time, and turkey, duck and goose as well. Then there are the white meats, lamb and veal; fish in its multitudinous forms; there are game in its season, vegetables and fruits, with numberless varieties of soups, and the simple sweets, which are made principally from milk and cream, and all forms of breads.

#### A PLEASING FRENCH TRAIT. Love Between Brothers a Strongly

Marked Characteristic. One of the ways in which the close union of French family life shows itself is the great affection of brothers for each other. There is an intimacy between them in good and evil fortune which one does not find in other cour tries. A brother who takes a high position by his talents loses no opportunity to forward the interests of one of lesser ability or of no ability. He never treats the latter as a drag on him, and perhaps scarcely feels that he is one. Married brothers often like to live in the same house, on different floors, and to hire summer villas in close prox-

Most of the famous Frenchmen whom I knew had each a brother to whom he was devoted. Louis and Charles Blanc, though so dissimilar in appearance, tastes, disposition, and married to women who disliked each other, were, morally speaking, Siamese twins until death severed the bond. The same might be said of the Garnier-Pages, of Jules Favre and his brother Leon, of Ernest and Arthur Picard, of Puech, the sculptor, and his brother student days as the Siamese twins. It not infrequently happens that brothstances that occur to me are the Goncourts, the Rosnys, the Marguerittes. It would be impossible to discern the work of one of any of these brothers from that of another. What is very curious, each brother, as in the case of Charles and Louis Blanc, Ernest and Arthur Picard, Jules and Leon Favre. differed strikingly in every characteristic from the other. The dissimilarity of the Marguerittes is so great that one wonders how brothers could be so un like. Alphouse Dandet was not a bit like his brother Ernest an accom-

# OPINIONS OF LEADING PHYSICI-

ANS. I have been using Strong's Pilekone or several months with results that warrant me in recommending it to my

patients with every confidence in its claims. R. FERGUSON, M. D., Cor-omer, London, Ont. I have examined Strong's Pilekone, and have prescribed it in my practice with satisfactory results. J. M. Pl-PER, M. D., SON, M. D., Coroner, Lon-

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#### DON'T READ IN BED.

Is a Dangerous Practice While Lying Down, Says an Authority. Reading in bed is seriously advised. so the newspapers say, by a physician as conducive to "repair and resting," "relieving congestion," "emptying the veins overfilled by prolonged eyework,"

It is plain that placing the head back in a horizontal position so absolutely meets the whole problem of a relief of congestion by gravity-and it is such a very important problem—that it seems strange that people with weak eyes do not habitually practice reading in a recumbent position perfectly comfortable. Such advice, carried out with absolute care as to light and the position of the book, would in the case of a thousand busy people add largely to the number of hours which reading could be indulged in without detriment to the eyes or general health.

Certainly the one who gives this strange and pernicious advice could never have tried the plan. Some years ago there was described a patented de vice for suspending the book over the horizontally placed head of a sick person whereby reading would be possible without holding the book in the hands. Even then one wonders how the light could be made to fall properly on the page. Without a method of the kind not even a well person could hold a book five minutes above the eyes. Reading in bed has ruined thousands of good eyes. Unless one sits up in bed as if in a chair it is impossible to hold the book in such a position that the arms are not quickly tired and so that the light falls on it properly. When reading lying down, there is a traction upon the inferior recti muscles which is highly injurious. Every patient should be warned never to read in bed except when sitting up as vertically as in a

## STRONG PULSE BEATS.

Cases In Which They Are Perceptible to the Eye.

"It is not such an uncommon thing," said a physician, "to find a person whose pulse beats can be plainly seen, and yet I suppose there are but few outside of the profession who realize the fact. In most persons the beat of the pulse cannot be perceived, but the mere fact that the beating is perceptible does not mean that the pulse is other than normal. I have come across a number of cases where the throbbing of the wrist could be plainly seen, and yet the persons rarely gave evidence of abnormality in temperature. They were rarely feverish and were in good physical condition generally. Pulses of this kind, from this view, which is based upon actual observations of cases, do not indicate anything more than an abnormal physical condition in the formation of the

wrist veins. "I have met with one case which that it was plainer and much more distinct than any I had ever seen before. It could almost be heard. The artery would rise to a point almost as large as the ball of the little finger of a child and would change from the white of the skin to a blood purple with each beat of the pulse. I found it easy to count the pulse beats without touching the patient's wrist. I could see plainly enough to keep the record, and in order not to err in my calculation I tested it in several ways and found it was correct and that there was no mistake in my counting with the naked eye."

At John Knox's Grave. The guidebooks unite in telling the visitor in Edinburgh to see the grave of John Knox. It is situated in Parliament square and is marked by a small rectangular slab of stone sunk in the obblestone paving of the street, with the chiseled inscription, "J. K. 1573." But it is odds against even the acute tourist that he finds the great reformer at once, for only five feet away from the holy ground there is a similar sunken slab, and many times a day parties of tourists may be seen approaching on tiptoe the second stone and bending over it with keen intérest only to read, "Wilking Patent Hy-drant," and find themselves face to face with the water supply system of a modern town instead of the bones of the eminent clergyman.

Speaking of Royalty. Damocles had been invited to dine with the king of Syracuse. Upon taking his seat he instantly saw the sword hanging by a hair above his head. "I suppose," he said to the king,

'you call that the hair apparent." Dionysius, pretending to see no humor in the remark, replied, "I don't know about that, my boy, but if it falls upon your head it will make some crown prints."

This shows that the ancients were not averse to joking even under trying

The Laugh. Chumpley-That hypnotist is a fraud, He couldn't control my mind at all last Pokely-Of course he had some ex-

Chumpley-Yes. He said there was no material to work on. You ought to have heard the audience give him the laugh!-Tit-Bits.

A Secondary Consideration. "She's allus so 'fraid of somebody swipin' dat dog." "Am it wuff anyt'ing?" "Waal, in dis hyah neighborhood t'ing doan' have to be wuff nuffin to

A Sad Case. Pat-Poor Mike is did. Terry-Yis. He niver aven lived to injoy his life insurance,—Baltimore World.

git swiped."-Puck.

## If You Are Particular

as to your health, you would never drink Japan Tea.

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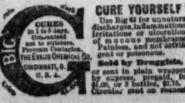
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4.15 P

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\*3.32 p. m. ..... Express...\*1.06 a. m.
\*Daily,

GRAND TRUNK. GOING WEST GOING EAST 2 23 p.m....\*Express...... 8.15 a. m 8.32 a. m.....\*Express...... 12.42 p.m. 1 45 p. m. . . . Accomodation. 2.30 p. m. 5.08 p. m. . "Eastern Flyer" 8.50 p. m. . . Accomodation. 4.23 p.m. . . . . "International Limited . . . . . 9.16 "Daily Sunday included

THE WABASH RAILROAD CO. BOING WEST EAST BOUN. No. 1-6.45 a. m....... No. 2-12.23 p. m 4-11.06 p. m. 5—9.52 p. m. . . . 6—1.32 a. m 9—1.18 a. m. . . . 8—2.49 p. m. The Wabash is the short and true route J. A. RICHARDSON, Dist. Pass. Agt., Toronto and St. Thoman, J. C. PRITCHARD,

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