NEGLECTED COLDS

Lead to Consumption

Unlet: a complete cure is effected the inflammation passes rapidly to the throat bronchial tubes, and then to the lungs.

You can't make new lungs any more than you can make new finters or a new nose—hence consumption is practically incurable.

But Catarrh can be cured, except 'a But Catarrh can be cured, except in

Catarrhozone Guaranteed to Cure

The purest balsams and the great-est antiseptics are sent to every spot where catarrhal trouble exists—germs are killed, foul secretions are destroyed, nature is given a chance and

re comes quickly.
Colds and throat troubles can't Colds and throat troubles can't tast if the pure healing vapor of Catarrhozone is breathed — sneezing and coughing cease at once, because tritation is removed.

Use Catarrhozone to prevent — use it to cure your winter ils—it's pleasant, safe, and guaranteed in every

Two months' treatment, large size ranteed to cure, price \$1; small 50c; sample size, 25c; sold



LESSON IV April 25, 1920. Ruth's Wise Choice. 1; 14-22. COMMENTORY. - 1. A Hebrew family in Moab (vs. 1-5). We are not told at what time during the period of

the judges Elimelch and his family left Canaan for Moab. It has been thought by many that it might have been during the years in which the been during the years in which the been during the years in which the land Midianites were overrunning the land of Israel and robbing the people of their produce. There may have been their produce of long-continued It is clear, however, that scarcity of food led this family, conof Elimelech, Naomi, his wife. and their sons, Mahlon and Chilion, to seek better conditions in the land of Moab. The ten years spent by Naomi there were full of distressing experiences. Her busband died. Her sons married women of Moab. Later the sons died, leaving her alone with her two daughters-in-law, Orpah and Jews are disposed to consider the affliction that come to this famlly in the light of punishment, inflict-ed upon them for leaving the land of Israel and going into a heathen coun try, and for intermarrying with people of another race and religion. However this may be, we have the assurance that the Lord, by a peculiar train of

providences, brought high honor Ruth because of her choosing to live

and die among God's people.

II. Preparing to return to Judah (vs 6-9). After living in Moab ten years, Naomi decided to return to the land of her fathers. She had heard that there was food in Judah, and her attachment to her own country was strong enough to lead her to make arrangements to go back there. vas a country forty or fifty miles from north to south an dabout twenty-five north to south and about twenty-rive the lower course of the Jordan River and the Dead Sea, and the journey from there to Bethlehem in Judah was not long. As news spread slowly then, it was doubtless some length of time after there came to be plenty in Judah that Naomi knew that the Lord had given bread to her people. When she started on her way, Orpah and panied her for some distance because of their affection for her. When Naomi thought the time had come for them to go back, she tried to prevail on them to go to the homes of their respective mothers, praying the Lord to grant them mercy, as they had dealt kindly with their husbands, her sons. She thought they would be better off to remain in their own land and among their own people than to go into the land of Israel, for she must have known well the attitude of her people toward other nations. She prayed that each of them might "find To find rest is in Oriental expression for entering the marriage state. This is in general the divine order for men and women and they women and they who are happily married are restful Naomi thus made for Orpah and Ruth the best wish and prayer possible. The time had come, as she thought, for them to part. She was leaving the place where her loved ones had died, and therefore, in a sense, sacred to her, and she must bid her daughtersin-law farewell to continue her jour-

ney alone. The leave-taking was at fecting; "they lifted up their voice, III. Choices made (vs. 10-18). 10-13. Naomi's attempt to send her daughters-in-law back to their people was not wholly successful. She had so conducted herself that she had won their affection and her influence over them was strong and good. So greatly were they taken up with her that they would bid farewell to country and kindred rather than say good-bye to her. She told them that she had no more sons, and it was useless to go with her with any expectation of their having sons of hers for hus-bands. If she should be merried again and have sons, Orpah and Ruth would not wait for them to become grown to marry them. Naomi used her strongest arguments and the utmost of her influence to her efforts to persu-

ade her daughters in 'sw to rebut still they clung to her.

14. They lifted up their voice wept again.—The Orientals are determined.

strative in their grief. They wept aloud. Orpah kissed her mother-iniaw.—The last sad kiss of a tearful sep_ration; after which she, unlike Ruth, turned back to her people and her gods. The gr. t deity of the Monites was Chamesh (Num. 21.20. ner gods. The gr. t deity of the Mo-abites was Chemosh (Num. 21:29; Judges 11:24). Ruth clave unto her.— Ruth was not yet convinced that it was best for her to return, nor was she persuaded to do so. 15. Return thou.—Naomi tried to use to advan-tage the argument that Orpah had sone back.

16. Intreat me not.—Ruth's mind was made tp. She had chosen to go with Naomi. Orpah might choose to with Naomi. Orpah might choose to return, but she was determined to go to the land of Israel. Whither thou goest, I will go.—There was no hesitancy on Ruth's part. She knew she was going among a strange people, but she also knew the course she had chosen was the right one. Thy people shall be my people.—Ruth severed forever her, conection with her country and people, for she had found a better people and a better country. Thy Godmy God.—This was an expression of my God.—This was an expression of her determination to love and serve the true God alone. 17. There will I be buried.—The choice Ruth made vas to be in force to the end of life. It was not an experiment with her. It meant everything to her to make the choice and she would never go back from what she had decided. 18. Stedfastly minded.—Naomi was con-vinced that Ruth's choice was fully made and further argument and entreaty were useless, therefore she said no more against her going with her.

TV. Naomi and Ruth in Bethlehem (vs. 19-22). 19. To Bethlehem—Beth-lehem is five miles south of Jerusalem and a very ancient city. The journey of Naomi and Ruth may have been seventy-five miles in extent, but probably less. All the city was moved— The return of a former resident after an absence of ten years would natur-ally arouse a considerable interest, and for her to come back alone, her husband and two sons having died in Moab, would excite the pity of her friends. 20. Call me not Naomi—This name means pleasantess. The sorrows of Naomi had been many and heavy and when the people of Bethneavy, and when the people of Beth-ehem said, "Is this Naomi?" she was lehen unwilling to have that name applied to her. Call me Mara—She thought the name, meaning bitterness, would be more applicable to her. Hath dealt very bitterly with mel-Her mind was taken up at this time with a comparison of her surroundings and prospects as she went forth with her family from Bethlehem, with her surroundings as she returned ten years later. 21. I went out full—She had her husband and her two sons, and she was satisfied, even though they were moved by famine to seek another country. The Lord hath brought me home again empty—Evidently she recognized the hand of the Lord in the bereavement that came to her The Lord made use of the situation to work out His great plan in arranging the ancestry of our Savior. Naomi did not realize the place and value of Ruth in that plan. She little expected that through Ruth's energy and faithfulness as a gleaner and by her amiability she would become the wife of Boaz and thus have a place in the Boaz and thus have a place in the family from which would come a line of kings and from which the Messiah would appear. She esteemed the af fection and character of Ruth, but she did not know her important place in God's dealings with men. 22. In the God's dealings with men. 22. In the beginning of barley harvest. In the harvest is in April in the region of Bethlehem. As the harvest season was on, Ruth had come there in time to take part in the closure.

to take part in the gleaning.
Questions.—Where is Moab? What
family went from Bethlehem to Moab? What led them to go? Who were Orpah and Ruth? How long was Natomi in Moab? What change came to the family in Moab? Why did Naomi decide to return to Bethlehem? What choices did Orpah and Ruth make with record to going with Naomi? with regard What arguments did Naomi use to persuade her daughters-in-law to return to their mothers' houses? How did Ruth express her decision?

PRACTICAL SURVEY Topic.—The power of personal in luence.

Muth's wise choice.

II. Its reward.
The Book of Judges, which we have been studying, covers historically the period from the conquest of Palestine and the death of Josnua to the judgeship of Samuel and the introduction of the monarchy. It is a record of declensions and deliverances,—three succeeding that of Gideon. The book which forms our present study is in striking contrast, but closely connect-ed In the ancient Hebrew canon it formed a part of the Book of Judges. It forms a connecting link between the book of Judges and Samuel, carries the history and Gentile histories The simple story is replete with great truths and forcibly illustrates the important fact that God has never left

himself without witness.

1. Ruth's wise choice. The real narrative, as it concerns the true history of Ruth, commences with Naomi's decis in to return to the land of Judah. Ten years sojourn in Moab had brought both bereavement and poverty. The commendation and benedic-tion of Naomi and her solicitude for the well-being of her daughters-inthe law afford a picture of a loving, har-monious household, as rare as it is beautiful. She would neither deceive them nor permit them to deceive themselves in their decision. She could make them no offer of temporal good. make them no offer of temporal good.
She knew that they had friends in
Moab, none in Judah. The decision
embraced the deepert and most solemn
tssues. In reality it was a choice between Jeh vah and Chemosh. So Orpah understood it, and though with tears returned to her people and her gods (vs. 16, 17), so Ruth understood it, and in her decision intelligently embracing all it involved (vs. 16,17, went forward in resolute self-surren-der to her highest convictions with heroism seldom unequalled, though, rom the human side, without hope. a heroism seldom unequalled, though, from the human side, without hope.

II. Its Reward. Ruth's choice was made without promise or outlook. So was that of Mases (Hob. 11:24, 25) and of the Hebrew children (Dan. 3: 16-18). The naths of righteousness are the ways of providing. In her deep necessity Ruth rursued her

humble and lonely tack, a stranger in a strange land. What appeared an accident in her choice of fields was with God a providence. Her purpose was to glean for daily sustenance; God's purpose was to direct her way to the meeting with Beaz. "Providenc-es to the righteous are but the ful-filment of the promises." Boaz is pre-sented to us in the beautiful story, as a forerunner and type of Christ, the Kinsman and bridegroom Redeemer. The short-sighted policy of the near-est kinsman (Ruth 4: 6) doomed him to oblivion and afforded opportunity est kinsman (Ruth 4: 6) doomed him to oblivion and afforded opportunity for the execution of the gracious and benevolent purpose of Boaz, the next of kin (Ruth 4: 9, 10). To him succeeded the right of redemption, and the purchase included the marital relation with Ruth (Ruth 4: 10). Christ has redeemed the forfeited inheritance and with it purchased his redeemed bride. In becoming the wife of Boaz, ruth was lifted from poverty to affluence, from oblivion to everlasting honor in the ancestry of the world's Redeemer; and directly connected the Gentile world with the visible processes or redemption. W. H. C.

SAFE AND EFFICIENT HOME TREATMENT

MANY WEAK AND AILING PEO-PLE WHO HAVE BEEN HELPED STRONGLY RECOMMEND DR. WILLIAMS' PINK PILLS

There is only one way to build up a run down system if the blood is pale and thin. Many diseases are caused by thin blood. Other diseas-es such as influenza and rheumatism cause the blood to become thin and the wasting effect of these disorders cannot be combatted successfully un til the blood is restored to its ne

condition. Pallor, nervousness, indigestion, sleeplessness, headaches, dizzy spells, shortness of breath, palpitation of the heart, these are a few of the symptoms of an anaemic bloodless condition. Some of them are not naturally asso-

cated with thin blood, but the quick-est way to overcome them is to make the blood rich and red.

Dr. Williams' Pink Pills do one thing and do it well. They build up the blood increasing the number of red corpuscies. As this is done the blood becomes a r.cher red and is able to carry more oxygen, the great supporter of human life. As plood improves in quality the tise supporter of human life. of the body are better nourished and the functions of the body are better performed. The glands of the stomach are stimulated and the first sign of improvement is usually a better appe-tite and better digestion. \(\)
Dr. Williams' Pink Pills have been

used for years as a bloodmaking ton-ic and system builder with such good results that in every community there are many people who are re-commending this remedy to their friends and to others who are afflict-

ed.

Here is the statement of one person among thousands who have used Dr. Williams' Pink Pills to their own. great advantage. Mrs. A. Veniot, Hemford, N. S., says:—"For about two years I was a great sufferer from indigestion, which seemed to carry with its completed or the seemed to carry with it a complication of other trou bles. Every meal I took brought with it misery, as it was followed by pain and sometimes nausea and vomiting. At other times gas would form in the stomach to such an exand sometimes nausea and tent that my heart would palpitate at an alarming rate. These conditions brought on extreme nervousness and irritability, and I found my general health so much affected, that the least exertion would tire mead the least exertion would the mean that the statement of the statemen and I slept but poorly. I had been doctoring for several months, with no result beyond slight temporary relief, when I was advised by a friend to try Dr. Williams' Pink Pills I decided to follow this advice and got a hal' a dozen boxes. Good results soon began to show from this treatment, and the further continued use of the pills have made me a well woman. I can cheerfully recommend Dr. Williams' Pink Pills to similar sufferers.

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well They are an invaluable remedy diseases arising from bad or deficient blood, as rheumatism, neuralgia, after effects of the grip and fevers The pills are guaranted to be free from opiates or any harmful drug and cannot injure the most del.cate

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co.,

Brockville, Ont. RECOGNIZED THE DESCRIPTION.

"Daddy." "Yes?"
"What's a she-dragon?"
"Now, my son, not another word against your aunt."

TRYING TO GET EVEN. (Washington Star.)

"Your husband now spends all his evenings at home."
"Yes. He wants to get as much use out of the flat as possible before the landlord raises the rent again.

The indications of worms are rest-lessness, grinding of the teeth, picking of the nose, extreme peevishness, often convulsions. Under these con-ditions the best remedy that can be got is Miller's Worm Powders. They will attack the worms as soon as ad-ministered and will grind them to atoms that pass away in the evacuations. The little sufferer will be immediately eased and a return of the attack will not be likely.

Wigg-It takes constant exercise to in good physical condition. Wagg—Yes, even the fellow with a constitution of iron may get rusty.

The Great English Preparation.
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 is plain pkg, on receipt of price. New pamphlet mailed free. THE WOOD CHEDICINE Co., TORONTO, CONT.



A. McKIM, LIMITED, ADVERTISING AGENCY OPENS ANOTHER OFFICE.

B. B. Stewart to Take Charge in Hamilton.

A. McKim, Limited, with offices in Montreal, Toronto, Winnipeg, and London, Winnipeg, and London, Eng-land, has added a fifth office, at Hamilton, Ont

Mr. B. B. Stewart, who will be in charge at the new premises in the Home Bank Building on James street north, Hamiton, has been connected with A. McKim, Limited, at Toronto,

for the last eight years.

A. McKim, Limited was the first advertising agency in Canada, has altaways been the biggest, and to-day renders the most complete advertising service in the British Empire.

The Liverpool of Africa

Dakar, which is seldom heard about romises to be a focal point in the expected rivalry of European countries with the United States for trade with South

pected rivalry of European countries with
the United States for trade with South
America—a possibinty that everyone is
hearing a great deal about just now the
sudden interest in Dakar erises from
despatches telling of proposed Parls to
Brazil rail and water routes, and also
of a contemplated trans-Atlantic airplane
flight from Dakar to Fernambuco, Brazil.
A glance at the map will show why
Daker holds a strategic position for
South American communication. The
distance from Dakar, on the tip of Cape
Verde, to Pernambuco, the easternmost
city of the South American continent, is
but 1,715 miles as compared with 3,63
miles from New York to Liverpool.
Already Daker is a port of prime importance for vessels which ply between
European ports and either South America or Southern Africa. Recognizing
this fact the French have improved the
harbor, with its naval and dry dock,
arsenal, torpedo boat basin, and faciities for transferring cargo from boat
to train. Work on a deeper harbor and
a larger dry dock now are under way.

Dakar also is important to its own
interland, for it is the seat of administration for all the French possessions
in West Africa, which include, beside
Senegal, of which Dakar is the chief city,
French Guinea, the Ivory Coast, Dahomey, French Soudan and Mauritania.

The visitor to-day would find a thriving city of about 25,000 persons, with wide,
well laid out streets, a large technical
school, hospitals and workshops, and he
might have trouble imagining himself in
Africa were it not for the preponderance
of swarthy natives as compared with only

Africa were it not for the preponderance of swarthy natives as compared with only about 3,500 Frenchmen.

Less than half a century ago travelers brought back different reports. Then children could have been seen running naked about the unkempt streets and eating, pig-like, from the same bowl. Mothers performed their work with babies strapped, astride, across their backs, and one writer reported that children could be bought from willing mothers for a few francs, though he did not state what one might want with the purchase.

The men, literally, were rings on their

The men, literally, wore rings on their fingers and bells on their toes, not to mention adjulets, beads, coins and a surprising assortment of trinkers, mostry regarded as charms.

But the Schagulets retires as But the Senegalese natives are far from savage, except in their ability to fight.

as many Canadians learned who observed them in France. The West African tribes, such as the Berber, the Serer, the Fulsh and the Mandingo, all of which are represented in Senegal, are among the most advanced of the African na-

are represented in Senegal, are among the most advanced of the African natives.

"The Berbers, for example, have a history dating back to pre-historic times which mystifies ethnologists. They are believed, by some experts, to have been at one time the masters of the Mediteranean. To-day many of them, were they attired as we are, might pass for Canadians. Their skin is light and some of them are blondes.

Many times have the Berbers been conquered, driven out of their homesteads and, like the Jews, have become strangers in new lands, but they always maintained their radical identity, their physical characteristics and a persistent love of freedom. Their women, like those of fancient Sparta and modern Russia, have fought by their husbands' sides, and their morality may be judged from the fact that the death penalty is administered for adultery. They have what amounts to universal male suffrage, through an assembly of all males, and the equivalent of universal military training since each boy is equipped, when 16, with arms which he must be ready to use until he is 60.

or universal military training since each boy is equipped, when it, with arms which he must be ready to use until he is 60.

A novice can tell a light-skinned Berber from a Wolof, 'black of the blacks.' Both Dakar, and St. Louis, former capital of Senegal, are in the Wolof region. These ebony-hued folk worship animals, revere sharks especially, but that poetle imagination is illustrated by the imagination is illustrated by the ceremony still preserved in crowning the King of Cayor, an old state recognized by the French Government. After election the monarch is presented with a vase in which are seeds of all the plants grown in the kingdom, signifying that he is "lord of the land."

In Dakar, too, towering head and shoulders above the French, and well above the natives, may be seen Serers. Their worship holds the snake in veneration, and they believe in transmigration of souls. Six feet, six inches, is no uncommon height for them.

Ferhaps the most intelligent of all the Senegalese natives are the Fuiahs, whose folk tales betray lofty ideals and poetio magery that is comparable with early Greek and Norse lore. Their horsemanship is famous, and their cavalry noted for daring and valor. The intelligence corded them, is attested by the proverb, "Let a female slave enter a household and she soon becomes mistress."

It was the Berbers whom Gen, Faidherbe, the French governor, had to subdue in the 50's of the last century, before he could accomplish the inland advance of the French and assure protection for the coast settlements. This he paved the way for the founding of Dakar in 1892. That city's commercial importance dates connecting it with St. Louis, 183 miles to the northeast.

Warts are disfigurements that disappear when treated with Holloway's Corn Cure.

WOMEN'S FEET AND WOMEN'S HEALTH

Yesterday I walked up Beaver Hall Hall behind a woman. As she was higher than I all the time on the steep ascent I couldn't help noticing her foot movement.

her foot movement.

She had the high heels which are one of the curses Paris fashions have spread all over the civilized world.

I noticed that every time she put her foot down the bottom of the heel, which was sowewhere under the centre of her foot, bent forward, and every time she raised her foot it sprane out into nosition seam. it sprang out into position again.

And I tried to imagine the discom-

fort that a man would feel if he had to walk upon under-strutting so flatly in defiance of the structure of the human frame.

Women are able to get around upon such boots simply because by practice we can learn to do almost anything. But no woman can ever be comfortable if she has to do much walking in high-heeled boots, and no women ever are, because Nature never intended that a woman's

should be propped up two or three inches above her toes. Walking around on such boots makes a woman's legs ache and her back ache and her head ache. It explains why many women never will do the amount of walking which they should. They say "I know I ought to take exercise, but it just kills me

Do you know the origin of high heels? Here it is eels? Here it is: The high-heeled shoe is a combination relic of the barbarism of China and the silly vanity of a French

It is one of the results of the practice of foot binding that was for cen-turies, one of the most hideous and painful of human customs

The Chinese woman with the foot of a child could not walk about in rainy weather without wetting the bandages which contained her feet. To protect been a shoe on stilts was devised.

At the toe and at the heel were fas-tened high blocks of wood, and these blocks kept her feet clear of the mud

and water.
There was a French ruler—a little There was a French ruler—a lattle, under-sized, unimpressive man—who wanted to be tall and kingly in appearance, so he took the idea of the Chinese rainy day sandal, and as the two blocks made it perfectly evident that he was trying to make himself taller, he eliminated the front one, and with his heels high in the air walked around on his took for the walked around on his toes for the

rest of his career.

Women who were just as silly, and perhaps as short or shorter than the king, adopted the style, and since then French heels have been both fashionable, foolish and uncomfor-

table women. But the first emancipation they need is emancipation from high heels, with their accompaniment of strained arches, corns and physical

discomfort generally.

There is nothing ugly in a woman's foot. And yet the fashions are predicated on the assumption that the foot which the good Lord gave to woman is ugly—something to be ashamed of and camouflaged and dis-

torted out of its real shape.
A neat foot and a neat boot can
so together without high heels. Try
it, ladies. You will lose none of you: attractiveness by ceasing to wabble.

A Pill for All Seasons .- Winter and ummer, in any latitude, whether in torrid zone or Arctic temperature Parmelee's Vegetable Pills can be de pended upon to do their work. The dyspeptic will find them a friend always and should carry them with him everywhere. They are made to withstand any climate and are warranted to keep their freshness and They do not grow a quality not possessed in many pills now on the market.

Variety in Diamonds.

Each of the five mines owned and worked by the great De Beers Company in the Kimberley district produc es diamonds with well-marked characteristics. The rich Kimberley mine yields a good percentage of white and many yellow stones. Dutoitspan Mine is famed for its large yellow diamonds At Bultfontein small white and spotted stones are common. From the Wessel ton Mine come many beautiful deep orange-colored diamonds, while the De Beers Mine shows a good percentage of tinted yellow and brown stones The Premier Mine (Transvaal yields a large number of "off-colored" stones The Cullinan diamond was of excep tional purity. From the Jagersfontein Mine in the Orange Free State famous bluish-white stones are deriv ed. The diamonds found in German west Africa are small and yellowish in color.

A Corrector of Pulmonary Troubles —Many testimonials could be pre-sented showing the great efficacy of Dr. Thomas' Eclectric Oil in curing disorders of the respiratory processes, but the best testimonial is perience and the Oil is recommended to all who suffer from these disorders with the certainty that they will find relief. It will allay inflamma-tion in the bronchial tubes as no other preparation can.

Mrs. Flatbush - I understand her husband ha a passion for music. Mrs Bensonhurst—Yes, he has. Eve time she sings he flies into one. Yonkers Statesman.

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 Scientified prepared remedy for delayed and painful menatruation. Scid only in a Patented Tissinge-Cover Box, At your Druggist, or direct by Mail, pr := \$2.00, Knickerbecker Remedy Co., 21 Frent h. East Torents, Canada.

TORONTO MARKETS

FARMERS' MARKET.	
Dairy Produce	
utter, choice dairy 0 62	0 0
Do., creamery U id	0 60
utter, choice dairy 0 62 Do., creamery 0 id argarine, ib 0 3	0 4
Egs, new laid, doz	0 00
neese, lb 0 35	0 4
Dressed Poultry-	- 41
owl, lb 0 40	0 45
owl, ib 0 40 hickens, roasting 0 40	0 46
urkeys, lb 055	0 60
Live Poultry—	Patel
hickens, ib 0 35	0 3
oosters, lb 0 ad	0 30
owl, lb 0 35	U 20
	100
Fruis—	1 60
	9 40
	0 15
hubarb, bunch 9 M	0 70
Vegetables— eets, bag 225	
eets, bag 225	2 50
arrots, bag 1.50	1 78
abbage, each 0 15 auliflower, each 0.25	0 40
auliflower, each 0.25	0 50
elery, head 0 10	0 2
eeks, bunch 0 10	0 30
ettuce, leaf. 3 for 0 10	-
ettuce, head, each 0 10 mions, bkt 0 65 Do., green, bch 0 05	0 20
nions, bkt 0 65	1 25
Do., green, bch 0 05	0 10
bratues, was ou	5 75
arsley, bunch 0 10	
arsnips, bag 200	2 25
urnips, bag 100	1 25
arsnips, bag	
Do., hindquarters 26 00	28 00
Do., do., medium 19 00	24 00
arcasses, choice, cwt 21 00	23 00
Do., medium 17 00	20 00
	16 00
eal, common, cwt 16 00	18 00
eal, common, cwt 16 00 Do., do., medium 13 50	15 50
eef forquarters, cwt 15 50	17 50
Do., medium' 20 00	23 00
Do., medium	27 00
eavy hogs, cwt 20 00	21 00
hop hogs, cwt 25 50	97 50
hartoir hogs cwt 95 50	27 50
battoir hogs, cwt 25 50 utton, cwt 16 00	19 00
amh vearling th 0 28	0 21
amb, yearling, lb 0 28 Do., Spring, each 14 00	16 00
- ", white, caus 12 00	70 -00

SUGAR MARKET The wholesale quotations to the retail rade on Canadian refined sugar, Toonto delivery, are now as follows tlantic granulated, 100-lb. bags, bags ...\$16.71 bags ... 16.31 Do., No. 1 yellow, Do., No. 2 yellow, Do., No. 3 yellow, 100-lb. 100-lb. 100-lb. Bedpath granulated, 100-lb. bags .
Do., No. 1 yellow, 100-lb. bags .
Do., No. 2 yellow, 100-lb. bags .
Do., No. 3 yellow, 100-lb. bags .
Do., No. 4 yellow, 100-lb. bags . St. Lawrence gran'ed, 100-lb. bags Do., No. 1 yellow, 100-lb. bags Do., No. 2 yellow, 100-lb. bags Do., No. 3 yellow, 100-lb. bags. Acadia granulated, 100-lb. bags ... 18.71 Do., No. 1 yellow, 100-lb. bags ... 18.31 Do., No. 2 yellow, 100-lb. bags ... 18.31 Do., No. 3 yellow, 100-lb. bags ... 18.31

OTHER MARKETS.

WINNIPEG EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows:— Open. High. Low. Close

OatsMay 1 07% 1 08% 1 07%
July 0 99½ 1 00% 0 99%

BarleyMay ... 1 57% 1 58 1 57%
July 1 52 1 53 1 52 Flex-May ... 5 24½ 5 24½ 5 22 July ... 5 05 5 06 5 05 MINNEAPOLIS.

MINNEAPOLIS.

Minneapolis—Flour unchanged. Bran
\$49.00. Wheat—Cash, No. 1 Northern
\$2.95 to \$3.05. Corn—No. 3 yellow, \$1.60
to \$1.67. Oats—No. 3 white, 97% to \$3%c
Barley, \$1.31 to \$1.60.

Honey's Value. 37.3r

When the food value of honey is reduced ot figures we are surprised to find that a pound section of honey (about 14 ounces net) contains as many calories as 20 eggs. Honey is classed among the carbohydrate foods and is a source of heat and energy.
When it is known that honey contains mainly of grape sugar and fruit sugar, at will be realized that honey is a predigested food directly available for the production of heat and energy. This explains why honey is unsurpass ed for the relief of fatigue and enables s to understand why Jonathan, wear ded in the long pursuit of the Philistines, was so immediately refreshed by a little honey. Nitrogenous matter occurs in the form of pollen grains always present as an accidental mixture, nd there is nitrogen also in the almumen supplied by the bees in the elab-oration of the honey. It has recently been shown that honey also contains those mysterious substances known as vitamines, in the absence of which an animal will lose weight, although supplied with a food ration that is otherwise adequate.

Strangled with Asthma is the only expression that seems to convey what is endured from an attack of this The relief from Dr. J. D. trouble. Kellogg's Asthma Remedy is beyond measure. Where all was suffering there comes comfort and rest. Breathbecomes normal and the bronchial tubes completely cleared. This unequalled remedy is worthy many times its price to all who use it.

Libraries Discouraged.

Sunday newspapers are said to have een started between 1780 and 1785. Circulating libraries were first set up in London in 1750, and in Birmingh in 1751. They increased so rapidly that some wise man proposed to tax them.

Thousands of mothers can testify to the virtue of Mother Graves' Worm Exterminator, because from experience how useful it is.

A Meat Loaf Suggestion.

Wrap your meat loaf in oiled paper before baking it, if you wish to keep the juices in, and prevent the formation of a hard crust on the outside

SAID OULJA.

"Well, now, Maud, wouldn't that jolt you? I just said to Ouija, 'Ouija, a penny for your thoughts.' And whadya think she said,' "What did she say, Sue?"
"Why, she said, 'nothin' coing, Money has shrunk in purchasing power, a state please."