



A very commonplace illustration—and one which would, perhaps, enable sufferers in this way to realize the effect which too hearty eating has upon them, would be for them to be present at the dissection of a young pullet and what may be termed an elderly hen who have both had the same kind and quantity of food. That which in the former becomes bone and muscle, and goes towards forming a full sized fowl, will be found, in the latter, to have become a mass of fat, coating the sides, the intestines, and the different organs; the heart often being literally embedded in fat. And this is also the state of the interior of many hearty eaters, and frequently results in the disease called “fatty degeneration of the heart.” Thus the organ which is the seat of life becomes at last so smothered in fat that it is unable to do its work. Some people say, “but I am so hungry I have to make a hearty meal.” Food does not satisfy, the very moment it is swallowed. Fat people would do well

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Since my announcement of best, choice, five-time Body Brussels at special prices, salesmen have been booking large and numerous orders, measurers, cutters and fitters overrun with pressing demands upon their taxed energies, and the *fant ensemble* presents an assurance of the purchasing capacity of the public when prices reach a point below the standard.

THOMAS LIGGET,
1884 NOTRE DAME STREET.

prices are not obtainable for round lots. September and October creameries have been offered at 23½c with 22½c the best bid. Fancy October creamery in small tubs would of course command more money, a lot of 100 small tubs of fancy creamery being sold at 25c. A fair quotation for ordinary size tubs, however, is from 22½c to 23c as to quality. There is more enquiry for Eastern Townships dairy as the price of creamery is too high, and sales have been made at 18c to 20½c in round lots. In Western, a lot of 200 tubs of closely selected was quoted to dry at 16½c and we quote 15c to 17c as to quality. Kinnegonska sells at 16c to 16½c in the country, while it is hard to get over those figures here.

CHEESE.—The market at the beginning

SOLD BY DRUGGISTS.
\$1 per bottle; 6 bottles for \$5.
In Montreal, by E. LEONARD, Chemist

Notre Dame Street, Montreal.

Carslev's Column

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Notre Dame Street, Montreal.

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