

OUR YOUNG GIRLS. OVERSTUDY AND TOO RAPID GROWTH OF- TEN PROMOTE DISEASE.

We See Sallow and
Bloodless Faces and
Attenuated and
Lank Bodies.

Mothers Not Sufficiently on the
Alert to Guide and Counsel
Their Daughters.

Paine's Celery Compound
The Great Brain Food
and Flesh-Builder for
all Young Girls.

Overstudy in school and in the home, confinement for hours each day in badly ventilated buildings, and a too rapid growth of body, very often promote disease and suffering. Thousands of young girls are suffering to-day. They may be seen going to and coming from school. Their sallow, bloodless faces, their attenuated or lank forms indicate disease.

Mothers are to blame for the unhappy and dangerous condition of their girls. They strongly encourage their daughters in one direction—cramming the brain—but neglect to warn them of the rocks and quicksands on which many precious lives are wrecked. The results are often terrible. Headache, nervous prostration, debility, irregularities of the system, dyspepsia, liver troubles, and other forms of disease, bring quite an army of young girls to the grave every year.

Wise and prudent mothers, when any symptoms of danger assail their girls, invariably use that great brain food and flesh-builder, Paine's Celery Compound. This wonderful medicine enriches the blood and gives it a free and healthy circulation; it braces the nerves, gives physical strength, promotes good digestion, and gives sweet natural sleep.

No other medicine in the world can give the satisfactory results that flow from the use of Paine's Celery Compound. It should be the chosen medicine for every young girl who is delicate, weak and sickly. Mrs. A. R. Stinchcombe, 19 William Street, London, Ont., writes as follows:—

DEAR SIR,—I think it a duty to write you for the benefit of all who have delicate children, and to make known what Paine's Celery Compound has done for my girl. She has been delicate all her life. I have tried many medicines, and have had her under allopathic and homoeopathic treatment, with but little benefit. Almost in despair, and as a last resort, I tried Paine's Celery Compound, and after using three bottles she is now perfectly well and strong. I have also used your medicine myself for complications arising from overwork and loss of rest, and am greatly benefitted thereby. I would strongly urge all who are in any way afflicted to do as I have done, "try Paine's Celery Compound," and be convinced of its wonderful curing power.

FASHION AND FANCY.

Ostrich feather trimming made of small tips is very popular for evening dresses, and comes in sets shaped to outline the neck, with larger feathers to

form the sleeves. Among other novelties in dress trimmings is a jet band, shaped to edge a yoke, and from this, in front, falls a chenille fringe, tipped two or three inches with jet, which reaches the bottom of the waist.

Moire gauze in lovely pale shades is a new material for evening dresses, and decided moires are shown in the new crepons.

The newest velvet ribbons have a jetted edge, making them very effective for hat as well as dress trimmings.

The modest violet has been brought into such prominence within the last two years that it no longer justifies its old-time reputation. Little bunches are tucked here and there on hats, neck ruffs, fur boas and muffs with great effect, and tiny blossoms are so delicately perfumed that they outdo nature. The newest way to wear them on your street coat is to have the bunch arranged with some long stems and some very short ones, with the flowers peeping out from among the leaves as though growing there.

Open work embroidered chiffons come in great variety, and white embroidered with black is used for light mourning.

Hand-painted dresses, with flowers and fruit thrown in garlands all over the skirt, or landscapes painted in medallions on the front and sides, are an extravagant fancy in Paris. And added to this elegance is a lace which is threaded, in portieres, with small diamonds, and costs \$2000 per metre.

TRADE AND COMMERCE

FLOUR, GRAIN, Etc.

Flour.—We quote:
Patent Spring.....\$3.50 @ 3.65
Winter Patent.....3.50 @ 3.65
Manitoba Patents.....3.75 @ 3.90
Straight Roller.....2.95 @ 3.05
Extra.....2.60 @ 2.70
Superfine.....2.35 @ 2.40
City Strong Bakers.....3.65 @ 3.75
Manitoba Bakers.....3.40 @ 3.75
Ontario bags—extra.....1.30 @ 1.35
Straight Rollers.....1.45 @ 1.50

Oatmeal.—We quote:—Rolled and granulated, \$3.35 to \$3.95; Standard, \$3.60 to \$3.75. In bags, granulated and rolled are quoted at \$1.80 to \$1.85, and standard at \$1.60 to \$1.75. Pot barley \$1.75 in bbls and \$1.75 in bags, and split peas \$3.50 to \$3.60.

Bran, etc.—Ontario bran is quoted at \$18.50 to \$17. Shorts are firm at \$17 to \$18. Mouillie is steady at \$21.00 to \$22.00.

Wheat.—Manitoba No. 1 hard has been sold in car lots in the West at 83c, grinding in transit. Red and white winter is quieter in the West at 57c to 58c f.o.b., the asking rates, equal to about 65c to 66c here.

Corn.—Car lots of Ontario are quoted at 46c to 47c on track.

Peas.—Sales in the Stratford district at 53c to 54c per 60 lbs. f.o.b.; but in this market it is difficult to move them at 68c per 60 lbs in store.

Oats.—Sales have been made of round quantities for delivery between now and April 1st at 36c to 36c per 34 lbs; but car lots in store have sold at 36c to 36c for No. 2, although it is said they have been laid down here at 35c.

Barley.—Choice, pale bright qualities are held at 68c to 69c.

Rye.—Car lots are quoted at 52c to 53c.

Buckwheat.—The market is slow at 44c here and 38c in the West.

Malt.—We quote 70c to 75c.

Seeds.—Market quiet and steady for Timothy at \$2.25 to \$2.50 for Canadian. Alsike \$5.75 to \$6.25, and red clover \$6 per bushel.

PROVISIONS.

Pork, Lard, &c.—We quote as follows:—
Canada short cut pork, per bbl....\$14.50 @ 15.50
Canada short cut, thin, per bbl....13.50 @ 14.00
Mess Pork, American, new, per bbl....00.00 @ 00.00
Extra plate beef, per bbl....10.50 @ 11.00
Hams, per lb.....9 @ 10c
Lard, pure in pails, per lb.....8 1/2 @ 9c
Lard, com. in pails, per lb.....8 1/2 @ 7c
Bacon, per lb.....10 @ 11c
Shoulders, per lb.....8 @ 9c
Dressed Hogs.—Twelve car lots have sold at from \$5.25 to \$5.80.

DAIRY PRODUCE.

Butter.—We quote prices as follows:—
Creamery, finest winter.....20c to 21c
Creamery, early made.....18c to 19c
Eastern Townships dairy.....15c to 18c
Western.....10c to 14c

Cheese.—Sales at 9c to a fraction over 10c. A few lots have also been picked up at 9c to 9 1/2c. Since the close of navigation, nearly 200,000 boxes of cheese have been shipped from this port. The Liverpool public cable has declined 1s to 4 1/2s white and 4 1/2s to 4 3/4s colored.

Roller Butter.—Sales at 14c to 14 1/2c, and we quote 14c to 15c, an inferior lot selling as low as 13 1/2c.

COUNTRY PRODUCE.

Eggs.—We quote Montreal lined to grocers at 14c for one and two cases; while a buyer who wanted 2 cars would have to pay more money. Strictly fresh eggs are very scarce and are quoted at 24c to 26c.

Honey.—Extracted old, 4 1/2c to 5 1/2c per lb. New 7c to 9c per lb in tins as to quality. Comb honey 10c to 13c.

Baled Hay.—No. 2 shipping hay is quoted at \$3.50 to \$3.75 in round lots, and No. 1 straight Timothy \$3.50 to \$3.00. At country points \$5.00 to \$5.50 f.o.b. as to position.

Beans.—Good to choice hand-picked \$1.30 to \$1.45 per bushel, and poor to fair \$1.10 to \$1.20.

Tallow.—Rough tallow is quoted at 5c to 5 1/2c.

Hops.—The market is dull at 6c to 8c as to quality. A few lots have sold at 6c to 8c as to quality.

Dressed Poultry.—Turkeys at 8c to 9c for fine to choice. Chickens 6c to 7 1/2c. Geese 5c to 6c, and ducks 7c to 8c.

The Cook's PUZZLE

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sodden pastry?

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Which makes
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SUPERIOR CHURCH BELLS.

FRUITS, Etc.

Apples.—Prices have advanced 50c to \$1.50
per barrel, and we quote \$3.00 to \$4.00 per
barrel.

Dried Apples.—Dried apples at 5c to 5 1/2c
per lb.

Evaporated Apples.—Several American
firms are around looking for evaporated apples
at 6 1/2 to 6 3/4c per lb.

Oranges.—We quote: Valencias, 420s \$4.00
to \$4.25, 714s \$5.00. Florida's 128s \$3.00, 150s
\$3.75, 176s and 200s \$4.00 to \$4.25.

Lemons.—Fair sales are reported, \$2.50 to
\$3.00 per box.

Pine Apples.—Pine apples at 15c to 25c
each.

Pears.—California pears are in fair demand
at \$1.75 to \$2 per box.

Cranberries.—We quote \$9 to \$10 per barrel
for Canadian frozen berries. \$5.00 per box for
Cape Cod berries, and \$15 to \$16 per barrel.

Grapes.—Almeria and grapes are very scarce
at \$5 to \$7 per keg.

Dates.—Are selling very slowly at 4c to 4 1/2c
per lb.

Potatoes.—We quote car loads on track 55c
per bag, 62c to 63c by the load, and 65c in a
jobbing way.

Onions.—Sales of car lots have been made
for American account at \$1.75 to \$1.90 per barrel
in car lots, and \$2.00 per barrel in a jobbing
way.

FISH AND OILS.

Salt Fish.—Green cod No. 1 large selling at
\$6.00, and large draft at \$7.00. There has also
been a little doing in dry cod. We quote:—
Dry cod \$4.25 to \$4.50, green cod, No. 1 \$4.25 to
\$4.50. Labrador herring \$4.00 to \$4.25, and
shore \$3.50 to \$3.75. Salmon \$10 to \$11 for No. 1
small, in bbls, and \$12.50 to \$13.50 for No. 1
large. British Columbia salmon \$10.

Canned Fish.—We quote:—Lobsters \$5.75
to \$6.00, and Mackerel \$3.85 to \$4.00 per case.

Oils.—Sales of steam refined at 37c to 38c.
Cod liver oil 55c to 56c.

Fresh Fish.—Newfoundland frozen herring
have sold at 90c to \$1.00 per 100, and New
Brunswick at 90c per 100. Tommies have
sold at 85c to \$1.00 per bbl. Cod and haddock
3c to 4c. Lake fish are selling at 6c to 7c for
white fish, and at 5c for pickerel. Fresh
salmon 14c.

Business Cards

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