

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 essential for good health, therefore, is pure, rich blood. Now it is certainly a fact that no medicine has such 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.

Mining Stocks.	
Toronto, Jan. 10.—Following are today's closing quotations on the Toronto Mining and Industrial Exchange:	
Decca	25 1/2
Superior G. and C. Co.	12 1/2
Hudson Bay	12 1/2
Ontario	12 1/2
Hiawatha	28 1/2
Sawmill	116
Caribou	12 1/2
Manitowish	21 1/2
Waterloo	10 1/2
Caribou Hydraulic	10 1/2
Tin Horn	15 1/2
Golden Star	49 1/2
Winchester	17 1/2
Old Ironstone	10 1/2
Golden Cache	6 1/2
Athabasca	28 1/2
Dundee	12 1/2
Nelson-Poorman	25 1/2
Noble Five	10 1/2
Salmon	29 1/2
Crow's Nest Cove	30 1/2
Two Friends	4 1/2
Van Anden	14 1/2
Big Three	14 1/2
Knob Hill	30 1/2
Commander	20 1/2
Deer Park	19 1/2
Evening Star	4 1/2
Giant	6 1/2
Good Hope	4 1/2
Grand Prize	4 1/2
Homestake	4 1/2
Iron Ore	4 1/2
Iron Mine	4 1/2
Jumbo	4 1/2
Montreal Red Mountain	4 1/2
Monte Cristo	4 1/2
Northern Belle	4 1/2
Novelty	4 1/2
R. E. Lee	4 1/2
St. Paul	4 1/2
Silver Bell	4 1/2
Victoria	4 1/2
Victory	4 1/2
White Eagle	4 1/2
White Bear	4 1/2
B. G. Gold Field	4 1/2
Can. G. S. S.	4 1/2
Gold Hills	4 1/2

JERSEY OATS?

Made expressly for our own trade, superior to all others. Call and see it.

A. M. HAMILTON & SON,
373 Talbot Street, opp. the Market.

Local Market.

London, Wednesday, Jan. 11.	
Wheat, white, full, per bu.	69 1/2 to 70 1/2
Wheat, red, full, per bu.	69 1/2 to 69 3/4
Oats, per bu.	29 1/2 to 30 1/2
Peas, per bu.	45 1/2 to 46 1/2
Corn, per bu.	44 1/2 to 45 1/2
Buckwheat, per bu.	45 1/2 to 46 1/2

WEEKLY REVIEW.

The receipts of grain have been light all week. Wheat, red, ranged from \$1 16 to \$1 17 for red, and \$1 17 to \$1 18 for white.

Oats gained about 3c per 100 lbs. the closing price being 38c to 40c.

Barley was steady, at 80c to 90c for poor, 90c to 100c for good; very little of the latter offered.

Peas did not change; 85c to 95c was paid for feeding quality, and \$1 to \$1 05 for stock fit to ship.

Buckwheat brought \$1 1/2 and corn, 75c. No beans or rye came in.

Eggs continue to go up in price; 25c to 28c was the closing price for new laid; packed sold at 14c to 16c.

Butter made an advance of 1c per lb. on Tuesday. Pound rolls closed at 17c to 18c by the basket; crock at 16c to 17c wholesale.

Chickens, ducks and turkeys sold at much the same prices as last week.

Beef receipts were good and prices steady.

Lamb was scarce.

Dressed hogs came in slow and sold at \$5 25 to \$5 50 for light and \$5 50 to \$5 75 for heavy.

There was no change in hides and skins.

Vegetables were steady, except celery and cabbage; they were a little higher.

Hay was scarce during the first few days of the week, and sold high. On Tuesday and Wednesday it poured in, and the price broke. Sales today were made at 50c to \$1 a ton, lower than Saturday; \$5 50 to \$7 was the price.

Quotations:

GRAIN.	
Wheat, white, full, per 100 lbs.	1 17 1/2
Wheat, red, full, per 100 lbs.	1 17 1/2
Oats, per 100 lbs.	29 1/2
Peas, per 100 lbs.	45 1/2
Corn, per 100 lbs.	44 1/2
Barley, per 100 lbs.	82 1/2
Rye, per 100 lbs.	80 1/2
Beans, per 100 lbs.	80 1/2
PROVISIONS.	
Honey, comb.	9 1/2
Honey, extracted.	7 1/2
Cheese, per lb.	9 1/2
Eggs, single dozen.	27 1/2
Eggs, fresh, basket, dozen.	14 1/2
Eggs, fresh, store lots, doz.	14 1/2
Butter, per lb.	17 1/2
Butter, pound rolls, 16 lb.	17 1/2
Butter, lb. large rolls or crocks	16 1/2
Butter, per lb. tubs or tubs.	16 1/2
Lard, per lb.	10 1/2
VEGETABLES AND FRUIT.	
Pumpkins, per doz.	50 1/2
Potatoes, per bag.	60 1/2
Apples, per bag.	50 1/2
Apples, per basket.	15 1/2
Apples, per barrel.	1 50 1/2
Beets, per dozen bunches.	20 1/2
Onions, per doz.	20 1/2
Celery, per doz bunches.	40 1/2
Turnips, per doz.	25 1/2
Carrots, per doz.	25 1/2
Parsnips, per doz.	40 1/2
HAY AND SEEDS.	
Young pigs, per pair.	2 00
Owls, per pair.	2 00
Beef, per lb.	5 25
Hog, per lb.	5 25
Hog, young, per 100 lbs.	5 25
Pigs, young, per pair.	2 50
Bovs, per 100 lbs.	4 00
Ducks, per pair.	50 1/2
Chickens, per pair.	50 1/2
Hens, per pair.	50 1/2
Hay, per ton.	6 50

Straw, per load.	2 50
MEAT, HIDES, ETC.	
Beef, front quarters, per lb.	4 1/2
Beef, hind quarters, per lb.	4 1/2
Mutton, quarters, per lb.	5 1/2
Veal, quarters, per lb.	5 1/2
Lamb, quarters, per lb.	5 1/2
Dressed hogs, 100 lbs. light.	5 00
Dressed hogs, 100 lbs. heavy.	5 00
Hides, No. 1, per lb.	7 1/2
Hides, No. 2, per lb.	7 1/2
Hides, No. 3, per lb.	7 1/2
Calveskins, green.	10 1/2
Wool, washed, per lb.	10 1/2
Wool, unwashed, per lb.	9 1/2
Chickens, per pair.	35 1/2
Turkeys, per lb.	5 1/2
Geese, per lb.	5 1/2

American Markets.

CHICAGO, Jan. 10.—The leading futures closed as follows: Wheat—Jan. 10, 67 1/2; May, 70 1/2; July, 73 1/2; Corn—Jan. 10, 34 1/2; May, 36 1/2; July, 38 1/2; Pork—Jan. 10, 97 1/2; May, 100 1/2; Lard—Jan. 10, 50 1/2; May, 52 1/2; July, 54 1/2; Sugar—Jan. 10, 11 1/2; May, 11 1/2; Coffee—Jan. 10, 15 1/2; May, 16 1/2; Tea—Jan. 10, 25 1/2; May, 26 1/2; Rubber—Jan. 10, 10 1/2; May, 11 1/2; Cotton—Jan. 10, 12 1/2; May, 13 1/2; Wool—Jan. 10, 14 1/2; May, 15 1/2; Hides—Jan. 10, 7 1/2; May, 8 1/2; Leather—Jan. 10, 10 1/2; May, 11 1/2; Tallow—Jan. 10, 12 1/2; May, 13 1/2; Lard—Jan. 10, 14 1/2; May, 15 1/2; Butter—Jan. 10, 16 1/2; May, 17 1/2; Eggs—Jan. 10, 18 1/2; May, 19 1/2; Chickens—Jan. 10, 20 1/2; May, 21 1/2; Turkeys—Jan. 10, 22 1/2; May, 23 1/2; Geese—Jan. 10, 24 1/2; May, 25 1/2.

The Oil Market.

PITTSBURGH, Jan. 10.—Oil closed at \$1 19.

PETROLIA, Jan. 11.—Oil opened and closed at \$1 40.

English Markets.

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

	Jan. 6.	Jan. 7.	Jan. 8.	Jan. 10.
WHEAT—Spot.				
Red Winter.	6 3/4	6 3/4	6 3/4	6 3/4
No. 1 Nor. Spring.	6 3/4	6 3/4	6 3/4	6 3/4
No. 1 Cal.	6 3/4	6 3/4	6 3/4	6 3/4
March.	6 1/2	6 1/2	6 1/2	6 1/2
May.	6 1/2	6 1/2	6 1/2	6 1/2
CORN—Spot.				
New.	0 0	0 0	0 0	0 0
Old.	3 1/2	3 1/2	3 1/2	3 1/2
Jan.	0 0	0 0	0 0	0 0
May.	3 1/2	3 1/2	3 1/2	3 1/2
Flour.	19 1/2	19 1/2	19 1/2	19 1/2
Pork.	5 1/2	5 1/2	5 1/2	5 1/2
Lard.	29 1/2	29 1/2	29 1/2	29 1/2
Tallow.	27 1/2	27 1/2	27 1/2	27 1/2
Bacon.	27 1/2	27 1/2	27 1/2	27 1/2
Cheese.	50 1/2	50 1/2	50 1/2	50 1/2
Cheese, colored.	50 1/2	50 1/2	50 1/2	50 1/2

Wheat—Spot.

Liverpool, Jan. 10.—No. 1 red winter, 6 1/2; No. 2 red winter, 6 1/4; No. 3 red winter, 6 1/4; No. 4 red winter, 6 1/4; No. 5 red winter, 6 1/4; No. 6 red winter, 6 1/4; No. 7 red winter, 6 1/4; No. 8 red winter, 6 1/4; No. 9 red winter, 6 1/4; No. 10 red winter, 6 1/4; No. 11 red winter, 6 1/4; No. 12 red winter, 6 1/4; No. 13 red winter, 6 1/4; No. 14 red winter, 6 1/4; No. 15 red winter, 6 1/4; No. 16 red winter, 6 1/4; No. 17 red winter, 6 1/4; No. 18 red winter, 6 1/4; No. 19 red winter, 6 1/4; No. 20 red winter, 6 1/4; No. 21 red winter, 6 1/4; No. 22 red winter, 6 1/4; No. 23 red winter, 6 1/4; No. 24 red winter, 6 1/4; No. 25 red winter, 6 1/4; No. 26 red winter, 6 1/4; No. 27 red winter, 6 1/4; No. 28 red winter, 6 1/4; No. 29 red winter, 6 1/4; No. 30 red winter, 6 1/4; No. 31 red winter, 6 1/4; No. 32 red winter, 6 1/4; No. 33 red winter, 6 1/4; No. 34 red winter, 6 1/4; No. 35 red winter, 6 1/4; No. 36 red winter, 6 1/4; No. 37 red winter, 6 1/4; No. 38 red winter, 6 1/4; No. 39 red winter, 6 1/4; 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