# FOR FARMERS AND STOCKMEN

Calves -- These are higher and active at Buffalo, veals bringing \$6.75 to \$7.25 per cwt. At Toronto market ordinary calves bring \$2 to \$8 each

### Sheep and Lamba

The run of sheep and lambs was fairly large and prices for lambs easy. Sheep sold at \$3.35 to \$3.50 per cwt for ewes and \$2.50 to \$2.75 for bucks. Spring lambs sold at \$2.-50 to \$3.50 each. At Buffalo, good lambs are stronger, fair to fancy spring lambs bringing \$5.50 to \$5.60 per cwt

#### Hogs

Deliveries of hogs continue fairly large and yet the market keeps steady and firm, showing that the demand for our bacon must be growing at a very rapid rate. Prices at Toronto market are unchanged at \$7.25 for select bacon hogs and \$6.75 for lights and fats. Unc lots bring about \$7 per cwt. Unculled car

The Wm. Davies Co., Toronto, for the week ending August 17th, will pay \$7.50 per cwt. for select bacon hogs and \$7 for lights and fats.

#### Horses

The horse market is still quiet, though some more enquiry is reported at Montreal for the better class of carriage and saddle horse. Quotations are: carriage horses \$180 to \$350 each; heavy drafts \$190 to \$225 and light roadsters drivers and saddles \$100 to \$225 each. The buying of remounts is still going on.

Seventy-five remounts were sold at Grand's last week. The inspectors were very critical, and yet this number were secured without any difficulty. An important sale of ten very high class carriage horses, from 16 to 16.1 hands high was made to the Canadian Government. These horses are designed for use in connection with the Duke of Cornwall's visit and will be especially broken for the work. The regular trade for the work. shows some improvement, though nothing special is doing in this line.

## How to Keep Cool.

Two subjects there are about which the ordinary human being considers himself or herself fully intelligent: these are food and clothing. Yet few persons use discretion in adapting their food to the weather, however it may be about clothing.

Who has a right to expect to be comfortable on a hot day if the food consumed has sufficient heat-giving capacity for zero weather? There are many households where the same routine of steaks and chops and roasts are carried to the table in July as in January.

The first way, then, to lighten the burden of the housekeeper and in-crease the comfort of the individual members of the family is by a change of diet. For the time being, become at least a half-way vegetarian, and use few meats, but an abundance of fruits and vegetables.

-American Kitchen Magazine

"Beautiful snow" poems are usual-ly regarded as slush.

