

The Exchange and Mart.

Continued from Page 4.

FINANCIAL.

The following departments will be included under this head:—Businesses, Houses for Sale, Land and Real Estate, Partnerships, Shares and Stocks.

RABBITS.

Wanted a pair (buck and doe) of thoroughbred Rabbits, for cash, Lop-eared; doe in kindle preferred, A. Pierce, 35 King Street East.

MECHANICS.

Machinery.—Band saw, 34-inch wheel, a new machine, with tilting table and all latest improvements, for sale cheap.—1060.

Townsend's brick machine, in good condition, cheap.—1061.

Tailor's goose, heater, etc., in good condition, for sale.—1062.

Stationary oscillating steam engine, 3 inch bore and 3 inch stroke; weight 77 lbs., for sale cheap for cash. Price \$20.00.—1070.

Sewing Machines.—Wilcox & Gibbs machine for sale cheap; in good order.—1063.

POULTRY YARD.

For sale, Leghorns, Statsmidt strain; one white cock, one cockerel, six pullets, three brown pullets; also black Hamburgs, one cock, six pullets in prime condition and laying.—1064.

Wanted a few sitting hens, good price paid. Address 1065.

RIDING AND DRIVING.

Saddlery.—Wanted a small side-saddle for a pony Apply 83 John Street.

Tricycles.—A magnificent new "Coventry convertible" tricycle, to carry one or two, for sale. The finest machine of the kind manufactured. Can be made into a single machine in one minute. Made especially to order for present owner.—Frank Yeigh, 262 Sherbourne St., Toronto.

Horses.—For sale, bay gelding, 5 years; very stylish, sound and kind; property of gentleman having no further use for horse.—1066.

For sale, good draught horse and cob, 14 hands; also a three year old filly, good in harness.—1067.

Two gentlemen want the use of two good saddle horses, either in morning or afternoons. Send postal card to F. Y., 262 Sherbourne-st., Toronto.

Carts.—A good express wagon for sale.—1068.

Wanted, two or three second-hand dump-carts.—1069.

SPORTS AND PASTIMES.

Under this head, the following departments will be included: Angling, Aquatics, Archery, Athletics, Lacrosse, Cricket, Flags, Indoor Games, Magic Lanterns, Shooting (with guns, pistols, etc.).

Rates for advertisements: 20 words, 15c.

Snider-Enfield Rifle for sale, two seasons in use. Good as new. Apply 1011.

Bicycle, 50 inch, full-plated, D. H. F. Prennie, ball bearings to both wheels, together with lamp, cyclometer and other extras; price, \$100; address Geo. E. Cooper, 31 King-st. east.

Rowing.—A good boat for sale, cheap.—1070.

For sale, in good condition, skiff 15 feet long, with sail.—1071.

Wanted to purchase, square-stern boat, about 18ft long and beam. Address, stating where can be seen, 1072.

PETLEY & PETLEY,
TORONTO,

DRY GOODS.

CLOTHING,

MILLINERY AND CARPETS.

128 to 132 King St. East, Toronto.

Mention the Exchange.

Ty. No. 1.

The Poultry Yard.

Notes on Poultry, Pigeons and Pheasants.

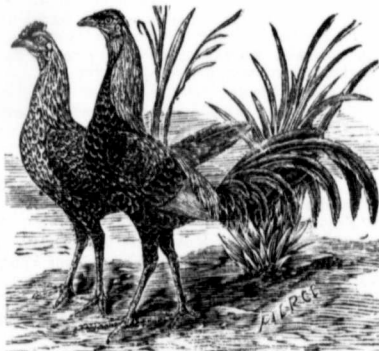
[Correspondence is cordially invited from anyone who has anything of interest to communicate to this department.

All letters should be addressed to "The Editor of THE EXCHANGE AND MART," Room 7, 23 Adelaide St. East, Toronto.

SPECIAL BREEDS AND HOW TO MANAGE THEM.

II.—Polands.

The Polands, of which there are four varieties, are amongst the most beautiful and the most delicate of their kind. There are four varieties, known as the *White Crested Black*, (an illustration of which was given in our last issue) the *white crested white*, the *gold spangled*, and the *silver spangled* Polands. To large poultry keepers who breed for profit, and who have no special accommodation for fancies, we do not recommend them. Unlike the subjects of our last sketch, the *Houdans*, the present variety are neither robust in health, good layers, nor valuable for the table. Their eggs are small, and come "like angel visitants few and far between," their flesh is poor and tasteless, while unless great care is taken to protect them from wet and cold they die off like patients in a city hospital.



GAME BANTAMS.

The classes of poultry keepers to whom we recommend them are: (1) Families who are prepared to give to each fowl careful and undivided attention. (2) Breeders for exhibition, and, (3) Breeders who breed to sell again. To these we advise: (1) that the crested polands have a run and sleeping house to themselves. (2) that they be always placed under cover in wet and stormy weather, (3) that a little supervision be exercised to prevent their wandering off into parts unknown, as their bump of location not being very largely developed they seldom return.

With these precautions, combined with careful feedings, as recommended in our last issue for Houdans, the rearer of *Polands* will find himself well satisfied with his choice.

POULTRY AND PIGEON NOTES.

We refer those of our readers gifted with a taste both for poultry, and mechanics to "The Workshop" of this issue, where we give instructions for making a most useful and inexpensive shelter for poultry and pigeons combined.

Eggs for Sitting.

A good many statements have been written and opinions expressed about the matter, often exaggerated, but, of course, having some foundation in fact. Unfortunately, there are always silly people who will not take any trouble to ascertain how they spend their money. In buying eggs, two things are necessary for consideration when the buyer is placing himself, as it were, entirely in the hands of the seller. First, he should see that he goes to men who have the best class of birds; and, secondly, that he goes to respectable men. It may, of course, be assumed that most men are respectable, but it should not be forgotten that in a department where money is obtained, as it were, upon trust, there are sure to be some who are impostors.

Men with reputations, or who have reference tickets, or who are known to hold respectable positions, we hope may always be trusted to act fairly with a purchaser; at the same time, they may not be judges, and may over-estimate the value of their birds. Those who have the highest type of poultry, and who sell eggs, are in reality few in comparison with the great body of poultry keepers; and exactly in the same way chickens of great merit are few in comparison with those of inferior quality. Buyers, however, if they pay a dozen shillings for a sitting, and get half a dozen chickens, are not satisfied, neither are they satisfied if they do not get a majority of show birds in many instances. It should always be remembered that in many yards the best breeding pens are worth on an average £10 a bird, sometimes more; and that even at 2s. an egg, every egg sold at this price would not realize the value of the lot. If, therefore, eggs are obtained at a shilling each from a good yard, it is almost certain that the chickens hatched will be worth incomparably more than these few shillings represent; and given a good yard and a fair-dealing seller, we know of no system of obtaining a stock of high-class poultry better than that of purchasing eggs.—*English Exchange*

HOUSEKEEPER'S ROOM.

POISON IN THE KITCHEN.

SIR,—Few persons are, I believe, aware that it is the practice of cooks to add common soda to the water in which vegetables are boiled, and when it is remembered that the washing soda is used when something stronger than soap is required to remove dirt from clothes or boards, it may readily be imagined how injurious such a caustic ingredient must be when introduced into the stomach in combination with food. In families where soda is permitted to be used for culinary purposes, it is the bi-carbonate of soda which is intended, but nothing of the kind is required in order to make vegetables green, if properly cooked.

Many an obscure ailment might be traced to this objectionable practice; it should be strictly prohibited, and any cook found to disobey orders to that effect, should be dismissed; it is easy for a practised and observant eye to detect the peculiar bright green which is produced by soda being added to the water in which vegetables are boiled. The caustic nature of common soda may be understood when it is known that a solution of it will burn away warts.

ONE WHO KNOWS.

SLEEPLESSNESS.

Could any reader inform me by what means I can get to sleep? One unable to sleep. (*See Correspondence Department*). It is difficult to advise you, except to take measures for improving the general health. Sometimes a brisk walk for a mile or two, immediately before retiring, will aid in inducing sleep; on the other hand, when the wakefulness is caused by excitement or overaction of the brain, reading the newspaper or some light book for half-an-hour will frequently do good. Some persons yield to the sedative influence of a glass of stout, and others to a pipe.

Sleeplessness arises from so many causes, no remedy can be certain to relieve all cases. The sick and weak cannot adopt the same cures as the healthy and robust, and what would promote sleep in some people, would fidget others. To keep the body free from pain, and the mind from activity, is the great necessity. Moderate exercise, digestible food, properly ventilated bed-room, warm but light bed-clothes, the body kept cool, and the feet warm, rubbing with a flesh brush, going to bed before 10 or 11 o'clock, and avoiding unpleasant subjects of thought, all tend to promote sleep. Changing the position of the bedstead—it is said some people sleep best with their head to the North.

Advertise in **THE EXCHANGE AND MART**; circulation from Winnipeg to Quebec.