

The Body and its Health.

Sea Voyages for Consumptives—Long voyages are of great value in many cases of consumption. The patients have the advantages of the sea air, combined with mental repose and passive exercises.

The volume of Food—When man eats with moderation as to quantity of food, the per cent. of absorbed nutriment is greater than when he eats very little and much greater than when he eats to excess.

HUMOROUS.

Rather mixed—A temperance lecture recently said: 'Would you believe, fellow citizens, that a woman died near where I was speaking on Thursday evening in a beastly state of intoxication.'

Agricultural Notes.

Since it has been proved by experiments that a good growing crop keeps the soil in a much better condition than when nothing is grown upon it, the practice of summer fallowing is likely to be less frequent in the future than in the past.

Sulphur is a preventive of mildew and rot in grapes if taken in time. The powdered sulphur may be sprinkled on the vines in wet weather, or the vines may be syringed with a solution of copperas or sulphate of iron in water.

One of the good effects of low prices for dairy products will be the turning off of many poor cows, never of any value for dairy purposes. Certainly no farmer will be tempted to keep poor cows at present prices of butter and cheese.

The Kentish Observer, England, gives disastrous news from the English hop plantations. Should the vermin continue to increase the result may be serious.

RETAIL MEAT MARKET.

Table listing various meats and their prices, including Beef, Pork, Mutton, Veal, and various cuts.

WHOLESALE MEAT AND CATTLE MARKET.

Table listing wholesale prices for various types of cattle and sheep.

FISH.

Table listing prices for various types of fish.

VEGETABLES.

Table listing prices for various types of vegetables.

FRUIT.

Table listing prices for various types of fruit.

HAY AND STRAW.

Table listing prices for various types of hay and straw.

FLOUR.

Table listing prices for various types of flour.

WOOD.

Table listing prices for various types of wood.

COAL.

Table listing prices for various types of coal.

PROSPECTUS OF ST. MARY'S ACADEMY

Directed by the Most Reverend and the Holy Names of Jesus and Mary. WINNIEP. MAN. The Sisters are happy to inform their Friends and the Public that they have recently erected will enable them to bestow additional care upon the education of their Pupils.

SISTER SUPERIOR.

St. Mary's Academy, Winnipeg, Man.



FERRY DAVIS PAIN KILLER

TAKEN INTERNALLY it cures Dysentery, Cholera, Diarrhoea, Cramp and pain in the Stomach, Bowel Complaint, Painter's Colic, Liver Complaint, Dyspepsia or Indigestion, Sudden Colds, Sore Throat, Coughs, &c.

USED EXTERNALLY, it cures Boils, Felons, Bruises, Cuts, Burns, Scalds, Old Sores and Sprains, Swellings of the Joints, Toothache, Pain in the Face, Neuralgia and Rheumatism, Chapped Hands, Frost-bitten Feet, &c.

The PAIN-KILLER is sold by Medicine Dealers throughout the world. Price 25c. and 50c. per bottle.

MINNEAPOLIS & ST. LOUIS RY

"FAMOUS ALBERT LEA ROUTE."



The above is a correct map of the ALBERT LEA ROUTE, and its immediate connections. Through Trains daily from ST. PAUL AND MINNEAPOLIS TO CHICAGO, without change, connecting with the lines EAST AND SOUTH-EAST.

RR. TICKETS.

Over Any of the Railroads advertised in this paper are to be had of

H. G. McMicken,

CITY TICKET AGENCY.

NO. 363 MAIN STREET

Table showing train schedules for the Albert Lea Route, including departure and arrival times for various destinations like Chicago, Milwaukee, and St. Paul.

CHICAGO, MILWAUKEE AND ST. PAUL RAILWAY

IS THE FAST MAIL SHORT LINE

From St. Paul and Minneapolis to Milwaukee, Chicago, London, Hamilton, Toronto, Montreal, New York, Philadelphia, Baltimore, Washington and all Points in Canada and the Eastern Provinces.

CHICAGO, MILWAUKEE & ST. PAUL RAILWAY

Is the Fast Short Line from St. Paul and Minneapolis via La Crosse and Milwaukee to Chicago and all points in the Eastern States and Canada.

THE GREAT CANADIAN LINE.

Particular attention is paid to the fact that on August 11, 1894, a NEW THROUGH LINE from Chicago and the West to Montreal and the East was opened for Traffic.

PHELAN BROS.

Fruit and Confectionery

BOOKS, PERIODICALS, STATIONERY, TOYS.

404 Main street

NEW GOODZ.

This Season's

A Well Assorted Stock of

Blankets Counterpanes, Flannels,

Shirts, Hosiery & Gloves

Dress Goods, Velveteens.

Wool and Wool Goods

GOOD GOODS AT LOW PRICES

WM. BELL,

288 Main, Cor. Graham

GREAT SLAUGHTERING

OF GOODS AT

MRS. NAGLE'S

BASSINETT.

Kid and Silk Gloves, Ribbons, Lous Velours, Woolen Shawls and Jerseys, Woolen and Quilted Skirts,

and all other goods at the same reduced rates.

Remember that all goods are sold under cost, and that the No. of the Bassinett is

264 MAIN ST.

SIGNS.

Alfred Morris,

ENGROSSER AND ILLUMINATOR OF ADDRESSES.

Sign Writer

HOUSE PAINTER & DECORATOR,

Kalsomining, Paper Hanging and Graining.

11 McWILLIAM ST. WEST,

WINNIPEG, MAN.

SIGNS.

CLOTHING

Are you in need of

A Good BUFFALO OVERCOAT, A Fine COON OVERCOAT, An Extra Heavy

IRISH FREEZE OVERCOAT, A Fine ENGLISH TWEED OVERCOAT, A Fine BLACK DIAGONAL OVERCOAT.

You will get these goods at the

Buffalo Store

Cheaper than any other house in the city. Also a Large Stock of Boys and Youth's Overcoats at Reduced Prices.

A. Pearson,

BUFFALO STORE, BUFFALO STORE,

Cor. Main St. and Portage Av.

TEST YOUR BAKING POWDER TO-DAY!

Brands advertised as absolutely pure CONTAIN AMMONIA.

THE TEST: Place a can top down on a hot stove until heated, then remove the cover and smell. A chemist will not be required to detect the presence of ammonia.

DR. PRICE'S CREAM'S BAKING POWDER

DOES NOT CONTAIN AMMONIA. ITS HEALTHFULNESS HAS NEVER BEEN QUESTIONED.

In a million homes for a quarter of a century it has stood the consumers' reliable test.

THE TEST OF THE OVEN.

PRICE BAKING POWDER CO., MAKERS OF

Dr. Price's Special Flavoring Extracts,

The strongest, most delicious and natural flavor known, and

Dr. Price's Lupulin Yeast Gems

For Light, Healthy Bread, The Best Dry Hop Yeast in the World.

FOR SALE BY GROCERS.

CHICAGO. ST. LOUIS.