

## RATES OF POSTAGE

On all matter transmissible by post, within Canada, to Newfoundland, United States, Great Britain, etc., etc.

### LETTER RATES.

Between places within the Dominion..... 3 cts. per  $\frac{1}{2}$  oz.  
To the United States..... 3 " "  
To Newfoundland..... 5 " "  
To Great Britain..... 5 " "  
Prepayment should, in all cases, be made by postage stamp.

### REGISTRATION FEES.

Within the Dominion..... 2 cts. each letter.  
To the United States..... 5 " "  
To Newfoundland..... 2 " "  
To Great Britain..... 5 " "  
These Registration Fees are, of course, in addition to the Postage.

### NEWSPAPER RATES.

Between places in the Dominion, publishers prepay their edition in bulk, at the rate of one cent for each pound weight; no further charge on delivery. Transient newspapers within the Dominion, to the United States, and to Newfoundland, 1 cent per 4 oz., and to Great Britain, 2 cents each.

### ON CANADIAN PERIODICALS.

From office of publication, or from news agencies, for places in the Dominion, to the United States, or to Newfoundland, the postage rate is the same as for newspapers, i.e., 1 cent per pound, when paid by the bulk weight; transient periodicals, 1 cent per 4 oz.

### PERIODICALS AND BOOKS FOR THE UNITED KINGDOM

Are subject to the British Book Rates, which are as follows:—

Under 1 oz. .... 2 cents.  
Between 1 oz. and 2 oz. .... 4 "  
" 2 oz. and 4 oz. .... 6 "  
" 4 oz. and 8 oz. .... 12 "

And so on, the scale progressing by a rate of 6 cents for every 4 oz.

### LOCAL OR "DROP" LETTERS AND POSTAL CARDS.

Local or "Drop" Letters, 1 cent per  $\frac{1}{2}$  oz. to be prepaid.

Canadian Postal Cards of 1 cent each circulate within the Dominion, Newfoundland, and the United States.

### MISCELLANEOUS POSTAL MATTER.

On Books, Pamphlets, Occasional Publications, Printed Circulars, Prices Current, Hand Bills, Book and Newspaper Manuscript, Printers' Proof Sheets, Maps, Prints, Drawings, Engravings, Lithographs, Photographs, Sheet Music, Documents, wholly or partly printed or written, such as Books,

Insurance Policies, Militia and School Returns, or other documents of like nature, Packages of Seeds, Cuttings, Bulbs, etc., Patterns or Samples of Goods or Merchandise, when posted in Canada, for any place in Canada, the rate is 1 cent per 4 oz. in weight, to be prepaid by stamp.

Miscellaneous matter as above specified, for the United States or Newfoundland, may also be forwarded on prepayment of the 1 cent per 4 oz. rate, with the exception of packets of samples and patterns of merchandise addressed to the United States, on which a special rate of 10 cents has to be prepaid, which must not exceed 8 oz.

## Food Easily Digested.

To those of weak digestive powers a study of this table is of the utmost importance. The first column indicates the substance taken into the stomach, the last the time for its digestion:

	Hours	Mins.
Boiled Rice.....	1	..
Tripe and pig's feet.....	1	..
Trout, boiled or fried.....	1	30
Apples, sweet and mellow.....	1	30
Apples, sour and mellow.....	2	..
Custard.....	2	15
Sago, mace, barley, boiled milk.....	2	15
Mutton, fresh.....	2	15
Salt beef with mustard.....	2	30
Fowls, beef's liver.....	2	30
Potatoes, roasted.....	2	30
Parsnips, boiled.....	2	30
Raw cabbage with vinegar.....	2	30
Sponge Cake.....	2	30
Succotash.....	2	45
Fresh Pork.....	3	..
Beef, rare.....	3	..
Fresh fish.....	3	..
Soft eggs.....	3	..
Apple dumplings.....	3	..
Corn bread.....	3	15
Wheat bread, new.....	3	30
Hard eggs.....	3	30
Beef, dry.....	3	30
Veal.....	3	..
Pickled pork.....	3	30
Cabbage, boiled.....	3	30

Oat meal in cakes or porridge is very nourishing and easy of digestion. Beans, onions and tomatoes well cooked are wholesome to those who are hearty and whose digestive powers are good.

"If you grasp a rattlesnake firmly round the neck he cannot hurt you," says a western paper. Keeping about a mile ahead of the snake is also a good scheme.