THE BODY AND ITS HEALTH.

How To Procure Sleep_Hints To Brain-Workers- The composure of mind which it is so desirable to secure as a harbinger of sleep is promoted, as has been already hinted. by allowing time before the bed-hourstor the subsidence of all enforced mental activity There should be at least an hour's interval between lessons and sleep; for it lessons be push ed up to the last moment, sleep will be driven away, or will, in its first and mos Precious stages, broken and unrefreshing Students and grown up brain worker should attend to this point as well as the guardians of children. To turn resolutely from books and manuscripts at a fixed hour, and plunge for a littl into a novel or newspaper, a game or music, will often make all the difference between a bad and a good night's rest.

Tight Lacing.—The great naturalis Cuvier, was walking one day with a young lady who was a victim of tight lacing, in a puclic garden in Paris. A lovely blossom upon an elegant plant drew from hean expression of admiration. Looking a her pale, thin face, Cuvier said: "You were like this flower once; to-morrow it will be as you are now." Next day he led her to the same spot and the beautiful flower was dying. She asked the cause "This plant," replied Cuvier, "in an image of yourself. I will show you what ii the matter with it.'. He pointed to a cord bound tightly around the stem, and said 'You are fading away exactly in the same manner under the compression ofyour corset, and you are losing by degrees all your youthful charms, just because you have not courage to resist this dan gerous fashion."

FOR THE HOUSEKE EPFR

The French have a way of making a tough fowl tender in the roasting which is worth following. It should be seasoned and tied up securely in two thickness es of soft white or pale brown paper and put into the oven half an hour earlier than the time one would choose to assu, re its being done' It will steam slowly in this way, and if delicately dredged with flour when the paper is taken off at the end of the half hour in a hot oven it will come out brown and easily car

If a roast shows signs af "turning" it hould be put into a hot oven for half an hour, If this does not save it noth ing will. Plunging meat into boiling water will only hasten the catastrophe Of course in a doubtful case it may slic, d up and the inside served in a stew.

Boiled potatoes left over should never

Beef, corned, per lb.

Beef, corned, per lb.

Beef, corned, per lb.

Beef, corned, per lb.

Beef, boiling, per lb.

Beef, bore quarters, per lb.

Beef, lore quarters, per lb. ed up and the inside served in a stew.

be heaped up warm to steam one anoth er. They should be laid out on a platand are then as good for frying or mas ing as when first cooked.

There are often bits of meat left cling ing to the bones of houled ham which may be used in an appetizing breakfast dish. Shred the meat, let it come to a boil in milk into which it is put cold thicken the gravy with a little corn ch or milk and water, and serve. Shredded dried beef is very good served in the same way.

Cold rice left over from one breakfast makes a very good dish for next morn ing, either in the form of rice balls pat, ted up in the form of potato balls or in omelets. A rice omelet should be made with two eggs to a cup of cold boiled rice, and care should be taken that it is served very hot.

Bread crumbs soaked in tepid water and then passed through a colauder make an excellent foundation for griddle cakes. They are best if made with sour mild and sodt' instead of baking powder, and three eggs should be added to a quart of crumb battee.—

BISMARK ON INFLUENCE OF SOCIAL-

Bismark in a recent speech in the Reichstag, alluding to the growth of Socialism, said: "In the time of the French revolution Socialism proved a Powerful spirtual lever of French victori es, and that history might be repeated. though he thought the present Frencharmy was opposed to the workingmen's inevement. It is impossible," he continued, 'to tell which party would be victorious, If great European troubles again rise they would be far more com plicated than those we have already passed through, because they would be partly of an international nature. When these movements come I would have Germany oppose themto her utmost. The speech was created a great sensation in connection with the great Socialist troubles in Belgium and other coun-

SPRING FEED

As spring comes on animals grow tired of dry food and have a strong desire to get to pasture that they may if possible get a bite of grass, and no matter how good the hay cattle will have no special relish for it; they desire a change, such as the young and tender grass furnishes The transition from hay to grass is one hat should be attended to with care. An animal that has been fed on exclusi vely dry fodder if turned into pasture with a good growth of grass will be likely to be set to scouring even if no more serious consequences do not follow, This should not be avoided, and differ ent methods are adopted for this purpose. Some farmers of good judge ment adopt the following plan, especially with young cattle, and are satisfied with the result, As soon as the grass, begins to get started in the springi the cattle are allowed to go to pasture. There is not enough feed of young grass to produce scouring, and for another reason that the "dry fog," is eaten by the animals, making up a part of the diet In this way it is claimed that although the animal will gaunt up there are no ill consequences to follow, and in the gradual manner is prepared to take a full teeding of grass as it grows without any bad consequences. A scarcity of hay sometimes compels farmers to adopt some such course as this. Another mode is to commence pasturage gradually by a limitation of time of feeding, turning out an hour or two hours and then returning the animals to the barn or shed to complete the feed with hay. In this way the animal would be more likely to maintain a more uniform appearance, so ar as appearance is concerned, than

by the method named above.

English farmers know full well the value for feeding purposes of green rye and so this crop is very much grown for the purpose a practice that is but little followed in the country, althoug it might well be for the advantage is would give well be for the advantage i. would give Our English neighbors attach more consequence to green crops for winter use than we of this country do and make use of turnips, potatoes, cabbage, etc. And most farmers in the British Isles provide some early green crop which they intend shall tide their cattle and sheep over what they consider the criti, cal period between hay and grass, This practice would be a good one to be followed by American farmers,

RETAIL MEAT MARKETS.

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week. Computed tistance 7 mlles, Printed notices containing further information as to condition of proposed Contracts may be seen and blank forms of Tender may be obtained at the Post Offices at the termini of the respective routes and at this office.

> W. W. McLeod. Post Office Inspector

Post Office Inspector's Office, Winnipeg March 91 1886.

Ecclesiastical Directory

PROVINCE OF ST. BONIFACE.

This Province was erected by His Holiness Plus IX Sept. 22, 1871, and comprehends 1st. The Archdlocese of St. Boniface. 2nd, The Diocese of St. Albert. 3rd. The Vicariate Apostolic of Athabaska Mackenzie. 4th, The Vicariate Apostolic of British Columbia.

ARCHDIOCESE OF ST. BONIFACE. Comprising the Province of Manitoba, and a portion of the N. W. Territories, and of the District of Keewatin.

CHURCHES AND CLERGY.

St. Boniface Cthedral, Rev. F. A. Dugas, P. P., J. Messier, curate; A. Maisonneuve, O. M. I, agent for Rt.Revs. Bps of N. W. T. George Dugast chaplain of the academy Joseph Mc Carthy O. M. I, secretary, St. Vital, attended from St. Boniface. St. Mary's Winnipeg; Revs. M. Oulliette, O. M. I. P. P. and F Cahill, O. M. I. Curate. Church of Immaculate Conception, Winnipeg; Rev. A. A. Cherrier.
Provincial Penitentiary, Rev. C. Cloutier Rat Portage, Rev. T. L. Baud'n, G. M. I. St. Patrick's Church, Selkirk and Peguis, Rev. J. Allard O. M. I. St. Norbert-Rev. J. M. Ritchot. St. Agathe—Revs. C. Samoisette and P. Pelletier.
St. Francois Xavier, Rev. F. X. Kavanagh.

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Baie St. Paul, Rev. Fortier.
St. Charles, Rev Dandurand, O. M. L.
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Lorette, Re J. Dufresne
St. Laurent and other missions of Lake
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and Bro. Mulvehill, catechist.
Lake Qu'Appelle Fort Ellice and the missions
West, Revs. L. Lebret, O. M. I. J. Decorby,
O. M. I. J. Hugonard, O. M.I. Magnan and Lenage.

O. M.I. J. Hugonard, O. M.I. Raguan and page.

St. Jean Baptiste de la Ri viere aux Prunes
Rev D Fillion.

St Joseph, Rev M Pelletier.

St Joseph, Rev M Pelletier.

St Pierre de la Riviere aux Plats Rev J Joly,

St Pie and Emerson J N Jutra F

FortAlexander, Rev A. Madore, O M I and
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Rainy Lake and other Missions, East Lake
Wilnipeg Rev J Marcoux,

St Leon, Rev C Bitsche.

St Alphonse and, M D de Lourdes Rev
L Campeau

Campeau and, M.D. de Lourdes Rev St Cuthbert Portage la Prairie, Rev J.Mc-arthy O.M.I. Larthy O M I.
Brandon, Rev J Robillard
Regins, attended from St Boniface
Wood Mountain, Moose Jaw, and Medicine
Hat Rev P St Germain O M I

EDUCATIONAL AND OTHER INSTITUTIONS Theological Seminary and College of St Boniface—Teaching staff: Rev. Fathers Lory 3 J. (director), Drummond, 8 J; French S J. Lussier, 8 J; Blain, 8 J; O'Brien, 8 J; Bell ivean S J; Paquin S J; Rev J Cloutier and J L Rene. Ecclesiastical Students—Messrs. Cameron, Gllis, Montreuil, Dubois, Turcotte, Lanigae, Brothers Gaudet S J; Fortier S J; Blouin, S J; Lefebyrs B J. Fortier S J; Blouin, S J; Lefebyrs B J. Course of Studies—Theology. Classics, and commercial course in English and French Pupils—89.

Course of Studies—Theology, Classics, and commercial course in English and French Pupils—88. Bt Mary's Institute, Winnings; two houses—Brothers of the Congregation of Mary Browliniam (director), Pupils 189. St Soniface Academy for Young Ladies (as scholars 120 styles), Boarders 20; styles of Charity (Gray Nuns), Boarders 20; f Charity, Pupils 60. St Norbert's school, for day scholars—Sisters of Charity, Pupils 60. St. Francis Xavier's; school day scholars—lers 20 day scholars 60; St. Francis Xavier's; school day scholars—listers of Charity, Pupils 55. St. Mary's Academy (Winnipeg) day scholars and boarders—sisters of the Holy Names of esus and Mary, Sister superior Mary John Schoel of Immaculate Conception (Winnisery, Pupils 70. St. Joseph's Convent, (Brandon)—sisters atthful Companions of Jesus, Sister M. A. Sisters of Charity (Gray Nuns) sister Lamy upr.

pr. it Boniface Hospital Sister Shaughnessy.

rectress. Orphan Asylum sister Boire directress : Or an girls 38

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