

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-hour for the subsidence of all enforced mental activity.

Tight Lacing.—The great naturalist Cuvier, was walking one day with a young lady who was a victim of tight lacing, in a public garden in Paris. A lovely blossom upon an elegant plant drew from her an expression of admiration.

FOR THE HOUSEKEEPER

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 thicknesses of soft white or pale brown paper and put into the oven half an hour earlier than the time one would choose to assure its being done.

If a roast shows signs of "turning" it should be put into a hot oven for half an hour. If this does not save it nothing will. Plunging meat into boiling water will only hasten the catastrophe.

Boiled potatoes left over should never be heated up warm to steam one another. They should be laid out on a plate and are then as good for frying or mashing as when first cooked.

There are often bits of meat left clinging to the bones of boiled 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 starch 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 morning, either in the form of rice balls patented 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 colander make an excellent foundation for gridle cakes. They are best if made with sour milk and soda instead of baking powder, and three eggs should be added to a quart of crumb batter.

BISMARCK ON INFLUENCE OF SOCIALISM.

Bismarck 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 spiritual lever of French victories, and that history might be repeated, though he thought the present French army was opposed to the workmen's movement. It is impossible," he continued, "to tell which party would be victorious, if great European troubles again rise they would be far more complicated 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 them to her utmost. The speech was created a great sensation in connection with the great Socialist troubles in Belgium and other countries."

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 that should be attended to with care.

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, although it might well be for the advantage it 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.

RETAIL MEAT MARKETS.

Table listing retail meat prices for items like Beef, Pork, Mutton, etc. with prices per lb and per 100 lb.

WHOLESALE MEAT AND CATTLE MARKET.

Table listing wholesale meat and cattle prices for items like Live cattle, Hides, etc.

VEGETABLES.

Table listing vegetable prices for items like Potatoes, Turnips, etc.

FRUIT.

Table listing fruit prices for items like Cranberries, Grapes, etc.

HAY AND STRAW.

Table listing hay and straw prices for items like Hay, Timothy, etc.

WOOD.

Table listing wood prices for items like Poplar cordwood, etc.



MAIL CONTRACT.

Sealed tenders, addressed to the Postmaster General will be received at Ottawa until noon on Friday 7th May 1886 for the conveyance of Her Majesty's Mails, on proposed Contracts for four years over each of the following routes from the 1st of July next.

Archibald and Mowbrar. Twice per week. Computed distance 25 miles, Calgary and High River Once per week. Computed distance 40 miles. Fort McLeod and Lethbridge. Three times per week, Computed distance 30 miles.

W. W. McLeod, Post Office Inspector

Post Office Inspector's Office, Winnipeg March 9 1886.

Ecclesiastical Directory

PROVINCE OF ST. BONIFACE. This Province was erected by His Holiness Pius IX Sept. 22, 1871, and comprehends the Archdiocese of St. Boniface, the Diocese of St. Albert, the Vicariate Apostolic of Athabaska Mackenzie, the Vicariate Apostolic of British Columbia.

ARCHDIOCESE OF ST. BONIFACE. Comprising the Provinces of Manitoba, and a portion of the N. W. Territories, and of the District of Keewatin. Former Bishop—Rt. Rev. J. N. Provencher first Bishop of the country now forming the ecclesiastical Province of St. Boniface, d. June 7, 1858.

EDUCATIONAL AND OTHER INSTITUTIONS. Theological Seminary and College of St. Boniface—Teaching staff: Rev. Fathers Lory S. J. (director), Drummond, S. J.; French S. J. Lusier, S. J.; Blain, S. J.; O'Brien, S. J.; Belliveau, S. J.; Paquin, S. J.; Rev. J. Cloutier and J. L. Ronan. Ecclesiastical Students—Messrs. Langens, Brothers Gaudet S. J.; Forcier S. J.; Blouin, S. J.; Lefebvre S. J.

CHANGE OF TIME. Through Trains with Sleeping Cars attached will be run daily between Winnipeg and St. Paul as follows: Leaving Winnipeg at 9.45 a.m. (via St. Vincent, Crookston, Barnesville, Breckenridge and Morris) arriving in St. Paul at 7.30 a.m.

AGENCY FOR THE FOLLOWING STEAMSHIP LINES ALLAN, ANCHOR, CUNARD. GUION, HAMBURG, INMAN, NAVIGAZIONE GENERALE, ITALIAN STATE, WHITE STAR & NORTH GERMAN LLOYD

HEATING AND COOKING STOVES RANGE, & C.

JAMES H. ASHDOWN HARDWARE IMPORTER, WINNIPEG

Calls attention to large line of Heating and Parlor Stoves, Cooking Stoves, Ranges, &c. just received. The deservedly Popular and Powerful Heater THE SULTANA, stands at the head of the list of all base burning stoves.

HOUSE FURNISHING HARDWARE.

New Goods in this line arriving daily. Library Lamps, Table Lamps, Hanging Lamps, &c. all new in design this season. The New Star Lamp is the model of perfection, giving a most brilliant flame.

JAMES H. ASHDOWN, Winni,

498 MAIN STREET

Note our Stock is complete in all branches and we are offering a FINE STOCK OF

GROCERIES, WINES, AND LIQUORS,

AT LOW PRICES Comprising English, American and Canadian Goods of the best quality. We

CUMMINS & COMPANY

Are Showing a Fine Lot of

CROSS & BLACKWELL'S SOUPS MEATS, PICKLES AND SAUCES. ALSO CAPT. WHITES CELEBRATED MIXED PICKLES

We keep in Stock a Large and well selected Line of Liquors, equal to any in town at Low Figures. In Cigars we can excel any and know how to please.

WHOLESALE AND RETAIL

MOORE'S CHINA HALL!

SILVER BAZAAR

The Central Depot for Pratt's Celebrated Astral Oil Delivered Free to Any Part of the City.

PARLOR LAMPS! NEW ELECTRIC LAMPS! PARLOR LAMPS! NEW ECOLAN

THE STOCK OF PLATED WARE IN THE CITY Suitable for Wedding Presents.

Rodgers Guaranteed Quality Knives, Forks, Spoon and Bar Glassware a Specialty.

TELEPHONE COMMUNICATION! ALL GOODS AT WHOLESALE PRICES

WHOLESALE AND RETAIL.

etail Department, 430 Main St. Wholesale Warehouse, 30 Al

MOORE & CO., PROPRIETORS.

THE "CLIMAX," IS THE PLACE.

OVENS AND COMPANY, Wholesale & Retail Grocers

Call on us and we will convince you that we sell the Cheapest and Best Groceries, Wines, and Spirits, canned Goods and Cured Meats.

TRY OUR BUTTER!

Have contracted with some of the very best butter makers to supply us with only the choicest of the season. TEAS AND COFFEES A SPECIAL