

EXERCISE

Every healthy person, man or woman should be a good walker, able at any time to walk six or twelve miles a day at least and double that when gradually brought up to it.

DEFINITIONS

Man—A bubble on the ocean's rolling wave. Life—A gleam of light, extinguished in the grave. Fame—A meteor dazling with its distant glare.

DON'T SPOIL THE CHILDREN.

A child's truest and best happiness does not consist in making his individual well being the pivot upon which the whole household machinery turns.

HOW TO SELECT MEAT.

The majority of the people who buy meat depend as to its quality upon the statements of the man who sells it to them.

"If people would investigate this subject," said an expert, "they need never ask a butcher's opinion. Regard should be had for three things—color, grain and the lines of fat.

WORTH OF A NEWSPAPER.

There is a rejoicing among the people when the price of a great paper is reduced from five to four, from four to three and from three to two cents, or

from two to one cent, and there are no doubt men who would like the price to go down to one half cent.

ROUND SHOT AT INGERSOLL

A number of students attending a college at Albany N. Y. went to hear Ingersoll lecture, and were so captivated by the 'Great Infidel's' subtle sophistries that they propounded the following question to their professor, Prof. Gouge D. D. LL. D.

Dear Professor.—Are not Ingersoll's arguments unanswerable? What are you going to do about it?

Several Students.

The Professor's reply was sarcastic logical and to the point. His description of an amateur infidel is given here for the benefit of our home 'agnostics'.

'But you say there are so many infidels Boys you are mistaken. An infidel is an abnormal growth. Nature feels funny once in a while and creates a freak—the living skeleton, the fat woman, the two headed girl.

The most of those noisy fellows are amateur infidels. They talk Ingersoll in fair weather and pray themselves hoarse every time it thunders.

Man—A bubble on the ocean's rolling wave. Life—A gleam of light, extinguished in the grave. Fame—A meteor dazling with its distant glare.

Yes, boys, his argument are unanswerable, and I think the seasons will come along and the church will continue to boom, and all nature will most exasperatingly and calmly perform her functions if Robert is not answered.

Boys, so will God's children go right on praying and preaching and dying and going to heaven in spite of argument.

RELIABLE RECIPES.

A Light Tea Cake.—One cup of sugar; two eggs, half a cup of melted butter, one and a quarter cups of milk; two teaspoonfuls of cream of tartar and one teaspoonful of soda.

Minced Ham.—Mix half a pound of cracker crumbs with an equal quantity of fine minced lean boiled ham; moisten this mixture with a little stock or water and butter, adding salt to taste.

Veal Stew.—Take cold roast veal, cut into mouthfuls, add any gravy you may have left; season well, adding a dash of curry powder and some mace and a very

little boiling water; stew for a half an hour, then add a good half pint of milk; stew a while longer and serve.

Nice Ways of Cooking Veal.—Take a fillet of veal, have it boned, then stiff it with a dressing made of bread crumbs moistened with boiling water.

THE WAY THE FRENCH GIRLS IN WOOD.

I remember, just before the Franco-Prussian war, a Mlle. Pairier, a very witty and intelligent girl of 18, attended the day school in which I was teaching.

THE JOURNEY OF A WEDDING RING

The occurrence that gave rise to Schiller's famous poem of 'The Ring of Poly-crates,' says a German paper, has been acted over again in our days—with this exception, that the animal which swallowed the ring and a wedding ring moreover was this time a calf instead of a fish.



Tenders for a License to cut timber on Dominion Lands in the Province of British Columbia.

SEALED TENDERS, addressed to the undersigned and marked 'Tenders for a timber berth,' will be received at this office until noon on Monday 10 day of May next.

A. M. BURGESS, Deputy of the Minister of the Interior.

D. HALLEN FIRST-CLASS TAILOR AND CUTTER. Repairing a Specialty. Prices Most Reasonable. 45 McDermott St., Winnipeg

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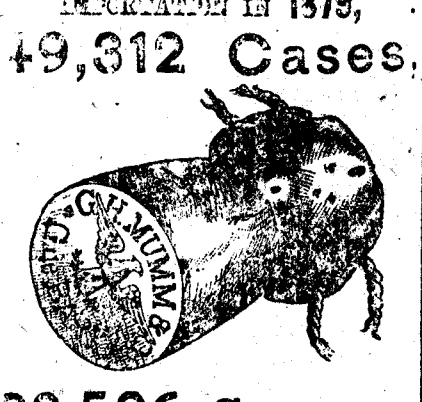
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22,526 Cases more than of any other brand.

CAUTION.—Beware of impositions, mistakes, owing to the great number of cheap and inferior brands of Champagne are sold. In ordering G. H. MUNYER & Co. Champagne, see that the labels and bear its name and initials.

Ecclesiastical Directory

PROVINCE OF ST. BONIFACE.

This Province was erected by His Holiness Pius IX Sept. 22, 1871, and comprehends 1st. The Archdiocese 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.

First Bishop—Rt. Rev. J. N. Provencher first Bishop of the country now forming the ecclesiastical Province of St. Boniface, d. June 7, 1853.

Arch. Most Rev. Alexander Tache, O. M. I., D. D., cons. Bishop of Arath, and coadjutor of Bishop Provencher, Nov. 23, 1851, transferred to St. Boniface June 7, 1853; nominated Archbishop of St. Boniface, the day of the erection of the metropolitan See, Sept. 22, 1871

CHURCHES AND CLERGY.

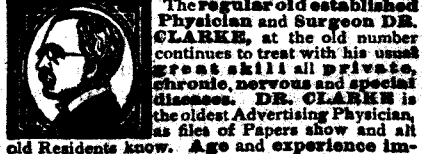
St. Boniface Cathedral, Rev. F. A. Dugas, P. P., J. Messier, curate; A. Malouneuve, O. M. I., agent for Rt. Revs. Bps of N. W. T., George Dugas chaplain of the academy Joseph McCarthy O. M. I., secretary.

EDUCATIONAL AND OTHER INSTITUTIONS

Theological Seminary and Coll-ge of St. Boniface. Teaching staff: Rev. Fathers Lory S. J. (director), Drummond, S. J.; French S. J. Lussier, S. J.; Blain, S. J.; O'Brien, S. J.; Belliveau S. J.; Paquin S. J.; Rev. J. Cloutier and J. L. Rone. Ecclesiastical Students—Messrs. Cameron, Gills, Montreal, Dubois, Turcotte, Langine, Brothers Gaudet S. J.; Fortier S. J.; Blouin, S. J.; Leleuvre S. J.

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Tenders for a License to cut Timber on Dominion Lands in the District of Alberta in the North West Territories.

SEALED Tenders addressed to the undersigned, and marked 'Tenders for a Timber Berth,' will be received at the office until Monday the 3rd day of May next for a timber berth of eight square miles situated on the South side of the Saskatchewan River in the Provisional District of Alberta, in the North West Territories.

A. M. BURGESS, Deputy of the Minister of the Interior.