### 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. The points to be attended to are, to see that the walk be brisk and vigorous, not a lostering or dangling kind; that there be some object in the walk besides it being routine constitutional-i.e. not like the staid promena see of the orthodox ladies' school-and is possible in pleasant company, that there be no tight clothing, whether for the feet or body, which will constrain or impede the natural movement of the D. D. LL, D. limbs and trunk and that the walk be taken as far as possible in the fresh country air. Whenever an opportunity presents itself for a little climbing in the course of a walk, it should be taken advantage of We gain variety of muscular action, as well as increase the exertion, and we get into the reams of purer air and fresher breeze at the same time. What may be considered the weak point in walking as a mode of exercise is the comparatively small play which it gives to the muscles of the shoulders and chest while it is still less for those of the arm. This should be compensated for by the use of light dumb.bells or Indian clubs, or some other form of exercise which brings in play the arms and shoulders. One of the forms of exercises which requires the action of the muscles of the arms and shoulders, as well as those of the trunk and legs, is swimming. This, how ever, for many reasons, can not be used as a means of exercise except by a few and at certain seasons of the yenr. bnt where possible it should always be practiced. The great pity is that boys and girls do not learn it as a rule, while at school. Every large town should be well provided with swimming baths, and hoarse every time it thunders. A well if it could be made compulsory for scholars at a certain age; say, 12. to learn knock ther infidelity out of them and to swim, it would be a great advantage to all, and also be the means of saving dog in a ice house. I know them. The many lives.

### DEFINITIONS

Man\_A bubble on the ocean's rolling wave. Lafe-A gleam of light extingui shed in the grave. Fame\_A meteor dazzling with its distant glare. Wealth\_ A source of trouble and consuming care. Pleasure—A gleam of sunshme passing soon away Love- A morning dream whose memory gilds the day. Faith An anchor dropped beyond the vale of depth. Hope—A lone star beaming o'er the parren heath. Charity-A stream meandering from the fount of love. \_ Revelation—A guide to realms of endless joy above. Roligion-A key which opens wide the gates of heaven. Death - A sword by which the ties of earth are riven. Earth-A desert through which pilgrims wend their way. Grave-A house of rest where ends life's weary day. Resurrection-A sudden waking from a quiet dream. Heaven-A land of joy, of light and love supreme.

## 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. He will be the better, not the worse, for a little judicious letting alone occasionally, and for being taught that there are other people to be considered before himself. While a mother should always have quick and hearty sympathy tor all juvenile trials and perplexities, she should at the same time exact from the child a corresponding consideration for her own occupations and annoyances. The sym-Pathies, like evey other spiritual deve-Iopment, require diligent cultivation.

## 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. A rich piece of meat, in their eyes, is no different from a poor piece. A tough steak or roast is not discovered until it comes on the table. And yet the quality of meat can easily be told by Funning the finger over it. People can educate themselves in meat as well and as successfully as they can in art

"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. The color should be bright and red; the grain close, so that when the finger passes over it a smooth even surface presents itself, and the fat lines should be fine and run all through the red flesh.

WORTHOF A NEWSPAPER.

There is a rejoicing among the people when the price of a great paper is doubt men who would like the brice to go down to one half cent. I never rejoice at such a time, because it means penury, domestic privation, starvationi No newspaper in the land can afford to be published for less than five cents a sheet.\_IRev. Dr. Talmage.

ROUND SHOT AT INGERSOLL

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

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

Several Students. The Professor's reply was sarcastic logical and to the point. His descrip. tion of an amateur infidel is given here for the benefit of our home 'agnostics' The Professor in the course of a long school that she protested she would not article in reply to the students interroga

'But you say there are so many inhdels Boys you are mistaken, An infidel is an abnormal growth. Nature feels funny once in a while and creates a freakthe living sk eleton, the fat woman, the two headed girl. So there is about one infidel to a million sane men. He is a freak, and he pays, Men pay to hear Roberts abuse religion as they do to see Simmons wind up his watch with his toes, not that a watch is any better for being wound up with toes but it isn't every slouch that can

do it. A genuine infidel is a moral mon

strosity worth seeing.

The most of those noisy fellows are mateur infilels. They talk Ingersoll in fair weather and pray themselves developed case of cholera morbus will leave them in a cold sweat, like a china most of them are like the boy who runs away from home and comes back to sleep with father nights. These men are only playing 'I spy' with their cons, ciences, and you can find them every time. They are no more genuine infidels than a news boy is an editor. They only retail somebody else's ideas. They are striving against their natures as the model farmer who thought his beans were coming up wrong end to, God knows best, and he has not made a failure of theface. Then, again, b oys take a look around you when you invest an: other fifty cen ts in liberty, and compare the crowd with the kind of people you find in almost any church, Is it the odor of sanctity you smell? Hardly, boys, hardly, But you can eat peanuts there and choke on the shel is while you ap, plaud the funny jokes about the heaven where you know in your hearts you hope your mother is, or hear the hum ble Nazar ene ridiculed who you think slways will think, gave and a home to your weary old father

Yes, boys, his argument are unaswer. able, and I think the seasons will come along and the church will tinue to boom, and all nature will most exasperatingly and calmly perform her functions if Robert is not answered. You know then the first steamer crossed the Atlantic a great Philosopher was de livering a most conclusive argument to prove that by no possibility could a steam vessel cross the ocean. And he proved it, too. And no man could answer it either, and that provoking steamer came snorting, sizzling and splurging right into the harbor.

lib erty Ingersoll retails is very expen.

sive and comes our in blotches, so I

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Boys, so will God's children go right on praying and preaching and dying and going to heaven in spite of argument. They can't help it. They were made so I suppose."

## 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. Add flour enough to make a stiff batter. Bake twenty minutes in a good oven.

Minced Ham .- Mix half a pound of cracker crumbs with an equal quantity of fine minced lean boiled ham; moister this mixture with a little stock or water and butter, adding salt to taste. Put the mixture in a baking dish, make depress ions in it the size of an egg and break an egg in each hollow. Bake a delicate brown in a good oven.

Veal Stew. Take cold roast veal, cut into mouthfuls, add any gravy you may reduced from five to four, from four to have lett; season well, adding a dash of three and from three to two cents, or curry powder and some mace and a very

from two to one cent; and there are no | little boiling water; stew for a half an hour, then add a good half pint of milk; stew a while longer and serve. Jellied veal may be made the same as jellied chicken, and is most delicious.

Nice Ways of Cocking Veal,-Take a fillet of veal, have it boned, then stiff it with a dressing made of bread crumbs moistened with boiling watre. Add a gen erous supply of butter, season with salt, pepper, the grated rind of a lemon and the juice of the same. Put your meat in the dripping pan, sprinkle with salt and pepper, squeeze over it a little lemon uice; roast well; allowing fully twenty minutes to a pound. Make a rich gravy. andserve with sliced lemons.

### THE WAY THE FRENCH GIRLS IS WOOED.

I remember, just before the Franco. Prussian war, a Mlle. Pairier, a very witty and intelligent girl of 18, attended the day -chool in which I was teaching She had passed her examinations at l'Hotel de Ville. but was so fond of her leave it until it was time for her to be married. She was a priviliged character among the teachers and pupils a sort of parlor boarder. One day she came running to us and said. , Mamma has seriously gone to work to find me a husband. I saw a candidate last night at the theatre? but 1 don't like hlm' He squint- I am going to see another at the Opera Comique to night. The next morning our first question was ·How did you like him!' 'Can't like him papa heard that his property was entail. ed. and that his father [died of some hereditary disease.' Thus, every mor. ning to our amusement, she would come with a new story told in her own sprigh tly way. Once she told us that one of her mother's horses was lamed; she supposed that he the horse was heartily tired running after a husband for her At last she found the right one, or, rather the right one was found for her. She then at once stopped sjoking; and, with the dignity bahe at once assumed as a flancee. she forbade us so to do. Her husband is a rich manufacturer of cloth at Elboeuf.

THE JOURNEY OF A WEDDING RING

The occurrence that gave rise to Schil er'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 thering and a wedding ring moreover was this time a calf instead of a fish. It happened to a cattle dealer in Labes (Pomerania, who coaxed a young calf to drink by allowing it to suck his finger, on which occasion the animal, sucked the ring from the finger without its master noticing the loss at the time. He sold the animal and to his great surprise about a week thereafter The Butchers, Gazette informed him of the remarkable fact that in the stomach of a sa lf slaugh tered in Berlin his wedding ring minutely described, had been found.



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

CIEALED 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, for ary next, for a timber, berth of two square miles each situated on the Columbia kiver about eight miles west of Donald station on line of the Canadian Pacific Raloway, in the Province of British Columbia: Sketches shewing the position apprximately of these berths together with the conditions on which the will be licensed may be obtained withis Department or at the Crown timber offices, Winnipeg; Carlary, and Victoria British Columbia.

A. M. BURGESS,

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

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## **Ecclesiastical Directory**

PROVINCE OF ST. BONTFACE.

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.

Former 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, translated to St, Boniface June 7, 1853; neminated Archbishop of St. Boniface. the day of the erection of the metropolitan See, Sept. 22, 1871

CHURCHES AND CLERGY.

St. Boniface Cithedral, Rev. F. A. Dugas, P. P., J. Messier, curate; A. Maisonneuve, O. M. I. agent for Rt. Révs. Bps of N. W. T., George Dugsst chaplain of the academy Joseph McCarthy O. M. I. secretary, St. Vital, attended from St. Boniface. St. Mary's Winnineg; Revs. M. Ouillette, O. M. I. P. P. and F' Cabill, 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, O. M. I.

Rat Portage, Kev. T. L. Baud'n, O. 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. Baie at. Paul. Rev. Fortier. St. (harles, Rev Dandurand, O. M. I. St. Anne des Chenes and St. Joachim, Rev

Girard.
Lorette, Rev. J.Dufresne
St. Laurent and other missions of Lake
Manitoaba, Rev's. F. Camper, O.M. I. H. Gascon, O. M. I. J. Campeau, A Dupont O. M. I.
and Bro. Mulvehill, catechist.
Lake Qu'Appelle FortEllice, and the missions
West, Revs. L. Lebret, O. M. I. J. Decorby,
O. M. I. J. Hugonard, O. M. I. Magnan and Lepage.

page.
St. Jean Baptiste de la Ri viere aux Prunes

St. Jean Depositions Rev D Fillion.
St. Joseph, Rev M Pelletier.
St. Plerre de la Riviere aux Plats Rev J. Joly,
St. Ple and Emerson J. N. Jutra.
FortAlexander, Rev A. Madore, O. M. I. an.
T. R. Doyle,

FortAlexander, Rev A. A. A. Bro. J. B. Doyle,
Rainv Lake and other Missions, East Lake
Winnipeg Rev J Marcoux,
St Leon, Rev C Bitsche.
St Alphon se and, M D. de Lourdes Rev

Stapnonse and, M D de Lourdes Rev L Campeau St Cuthbert Portage la rairle, Rev J Me-Carthy O M I. Brandon, Rev J Robillard Regins, attended from St Boniface Wood Mountain.moose Jaw, and Medicine Hat Rev P St Germa'n O M I

EDUCATIONAL AND OTHER INSTITUTIONS

Theological Seminary and College of St Boniface—Feaching staff. Rev. Fathers Lory SJ. (director), Drammond, SJ; French SJ Lussier, SJ; Balan, SJ; O'Brien, SJ; Beil ivesu SJ; Paquin SJ; Rev J Cloutier and JL Rone. Ecclesiastical Students—Messra. Cameron, Gliis, Montreuil, Dubois, Turcotte, Lanigne, Brothers Gaudet SJ; Fortier SJ; Blouin, SJ; Letebyre SJ.

Course of Studies—Theology, Classics, and commercial course in English and French Puplis—30.

course of Studies in English and French Pupils—90.

St Mary's Institute, Winnipeg; two houses—Brothers of the Congregation of Mary Bro-William (director), Pupils 180.

St Boniface Academy for Young Ladies Sisters of Charity (Gray Nuns), Boarders 60; day scholars 120

St Vital's school for day scholars—Sisters of Charity, Pupils 60.

St Norbert's school—Sisters of Charity, Boarders 20, day scholars 80

St. Francis Kavier's; school day scholars—Sisters of Charity, Pupils 55.

St Mary's Academy (Winnipeg) day scholars and boarders—Sisters of the Holy Names of Jesus and Mary, Sister superior Mary John of God. Boarders 60, day scholars 180.

School of Immaculate Conception (Winnipeg)—sisters of the Holy Names of Jesus Sisters of the Holy Names of Jesus Sisters of the Holy Names of Jesus Sisters of the Holy Names of Jesus Sister State of Lasus Sister State Mary, Pupils 70.

St Joseph's Convent, (Brandon)—sisters

Mary, Puplis 70.

St Joseph's Convent, (Brandon)—sisters
Faithful Companions of Jesus, Sister M A
Reer sup. Pupils 70.
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SEALED Tenders addressed to the undersigned, and marked 'Tenders for a Timber Berth.' will be received at the office untill Monday the 8rd day of may next for a timber birth of eight square miles situated on the South side of the saskstoowan River' in the Provisional Districts of Albertia, in the North west, territories—sketches showing the positions' approximately of this berth, together with the Conditions on which it will be lleaned, may be optained at this Dedartment or at the Crown Timber offices at Edmonton and Calgary.

A. M. BURGESS.

Deputy of the Minister of the Interior