

**USEFUL RECIPES.**

**Mixed Codfish.**—Flake up cold boiled cod and to each three cups of fish add one cup of mashed potato, a small piece of butter, one egg, one half tablespoonful of corns tarch; make into small cakes and fry in butter.

**Raisin Cake.**—Cup of sugar, half cup of butter; add two eggs, two and a third cups flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda, dissolved in half cup of water; one of chopped raisins, teaspoonful of lemon.

**Danish Potatoes.**—Cut two or three slices of salt pork in half-inch squares. Fry until a crisp brown. Add one quart cold potato chopped, not too fine, and two raw chopped onions and a little pepper. Stir well and when thoroughly hot, serve.

**Beef Cakes.**—Chop up some beef that is partly cooked with a little smoked pork fat, and season with salt, pepper and onion, mix well and form into small cakes. Fry them light brown and serve with good gravy made of soup-stock thickened with brown flour.

**Beefsteak Toast.**—Chop cold beefsteak very fine, add a small piece of butter, a little pepper and salt and a little gravy if at hand. If not, add one pint of chopped meat, one teacup of water, heat meat until hot, then place a spoonful or upon pieces of toast which have been soaked and well buttered.

**Rice Fritters.**—One teacup cold boiled rice, two well beaten eggs, two teacups sweet milk, flour to make a batter stiff as for griddle cakes, one heaping teaspoon baking powder, a little salt Fry on a hot griddle. Eat with butter and sugar rubbed together, and seasoned with a little nutmeg. A very nice way to use cold rice.

**To Make Nice Apple Sauce.**—Peel core and quarter apples. Add for one quart of sour apples, one teacup of sugar dissolved in one teacup hot water. Stew slowly until tender, but not broken up. If apples are very dry a little more water may be added, but avoid the too common mistake of drowning a few of pieces of apples in a sea of water.

**Fried Mush.**—Have water boiling hot sift in meal, and let boil. Add to each three cups of meal, one teacup of flour, and a teaspoonful of salt. Let pudding or mush boil; when well cooked, pour into a dish to mould. In the morning turn out upon a plate, cut in slices and fry in pork fat until brown. Serve with honey or syrup.

**A Nice Sauce For Pudding.**—Half a pound of butter, eight tablespoonfuls brown sugar, one tablespoonful extract of nutmeg, and the white of one egg. The butter must be creamed and the sugar beaten into it, then the egg; the wine poured gently in and stirred till the sauce is cold, then add extract of nutmeg. Make it in a common sauce tureen, stirring all the while. Do not let it boil.

**Hominy Muffins.**—A teaspoonful of boiling water poured upon two table spoonfuls of uncooked hominy. Simmer fifteen minutes. add a cup and a half of boiling milk and a cupful of white Indian or corn meal. When cold add two well beaten eggs, two tablespoonful of sugar, salt and a teaspoonful of baking powder. Pour into the muffin pans, which must be previously heated and buttered, and bake fifteen minutes.

**Salt Pork.**—Salt pork may be cooked in a variety of ways. Freshened in sour milk and water twenty-four hours then rolled in corn meal and fried brown, or freshened and rolled in flour before frying, it is by no means an unpalatable dish. Fried pork with batter is very good way of preparing salt pork. Freshen pork twenty four hours, fry until half cooked, be sure and have it quite brown. Dip each slice of pork into a batter made of one teacup sweet milk, two well beaten eggs, flour to make of the thickness of griddle cakes, then fry until batter is brown.

**Plum Pudding.**—Take three-quarters of a pound of chopped suet, three-quarters of a pound of currants, quarter of a pound of citron, three-quarters of a pound of sugar, three-quarters of a pound of bread crumbs, two apples; cut into small dice, and a tablespoonful of Burnett's Extract of Lemon; mix the whole in a basin with three teaspoonfuls of Burnett's Extract of Cloves, a pinch of salt, six eggs, and a gill of rum or brandy. Butter a Pudding mould, fill it with mixture, and tie a cloth over the top. Place a plate at the bottom of kettle which is three parts full of boiling water Turn out the pudding on a hot dish; sprinkle with sugar, pour over half a pint of rum or brandy; light it when putting on the table. Serve with German sauce.

**THE BODY AND ITS HEALTH.**

A neat, clean, fresh-aired, sweet and well-managed house exercises a moral as a physical influence over its inmates.

Hot milk as a stimulant.—If anyone is fatigued the best restorative is hot milk, a tumbler of the beverage as hot as can be sipped. This is far more of a restorative than any alcoholic drink.

Disease germs are probably much less affected by extreme cold than might be expected. Experiments have been reported to the Glasgow Philosophical Society in which a temperature of 120 degrees below zero was insufficient to stop processes of putrefaction.

A medical compound for the treatment of consumption and like diseases has been patented by Mr. Rufus G. Gish, of Redfield, Kan. It is made of blood-root, dandelion, black cohosh, burdock-root; spikenard, bittersweet, water, sweet yeast, and other ingredients, in certain proportions, prepared in a specified way.

Cultivate in your children the habit of breathing only through the nose; many distressing ailments are due to the evil effects of mouth breathing. If there is the disposition to throw the head back when asleep, inducing breathing through the mouth, correct it as often as is necessary, by gently bringing the head forward somewhat.

Every man must sleep according to his temperament. Eight hours is the average. If a man requires a little more or less, he will find it out for himself. Whoever by work, pleasure, sorrow, or by any other cause, is regularly diminishing his sleep, is destroying his life. A man may hold out for a time, but nature keeps close accounts and no man can deceive her.

**Treatment of Diabetes.**—Contrary to the general practice followed, Dr. Boucheron, in a note to the Academy of Sciences, advises diabetics to abstain from albuminoid food and alcohol, as well as from hydrocarbonized food. By this means, according to him, the sugar will disappear in three or four months. The bouldimia and polydipsia are the first symptoms to give way, and strength will return with the general improvement.

**The Tooth Evil.**—American youth is getting more and more into a bad plight with defective eyesight and defective teeth, two important factors generally confessed in the physical sum total of good looks and health. Children of twelve wear spectacles, because parents have abused their eyesight by reading by an imperfect light, or while jolting in cars; their teeth are rarely sound, a writer in the "Bazar" affirming that the modern child often has hundreds of dollars worth of gold in his mouth before that age, and that children of sixteen often wear complete sets of false teeth. Not all the advanced science of modern dentistry can save teeth that are decayed before they are fairly cut through the baby's gums. The mischief is beyond repair while the pearly little tooth lies hidden in the tiny jaw, and it is caused by the innutritious food the parents, particularly the mother, have eaten, the sweets, the sauces, the hot and ice cold drinks, the highly spiced diet which produces dyspepsia and thins and disorders the blood.

**Spirits of Turpentine.**—This is one of the most valuable articles in a family, and when it has once obtained a foothold in a house, it is really a necessity, and could ill be dispensed with. Its medical qualities are very numerous; for burns it is a quick application and gives immediate relief; for blisters on the hands it is of priceless value, searing down the skin and preventing soreness; for corns on the toes it is useful, and for rheumatism and sore throats and it is the quickest remedy for convulsions or fits. Then it is a sure preventative against moths; by just dropping a trifle in the bottom of drawers, chests, and cupboards, it will render the garments secure from injury during the summer. It will keep ants and bugs from closets and storerooms, by putting a few drops in the corners and upon the shelves; it is sure destruction to bedbugs, and will effectually drive them away from their haunts, it thoroughly applied to the joints of the bedstead in the spring cleaning time, and injures neither furniture nor clothing. Its pungent odor is retained for a long time, and no family ought to be entirely out of a supply at any time of the year.

A correspondent who recently forwarded a piece of poetry to the editor of an exchange wrote: I send you a poem called "The Lay of the Lark." If accepted let me know. To which the editor courteously replied; Rejected with thanks. If you will send a few specimens of the Lay of the hen we will accept.



**MAIL CONTRACT.**

SEALED TENDERS, addressed to the Postmaster General will be received at Ottawa until noon, on Friday 19th of February, 1886, for the conveyance of Her Majesty's Mails, on a proposed Contract for four years, fortnightly, each way, between Fort Alexander and Peguis, from the 1st of April next.

The conveyance to be made on foot, on horseback, or in a suitable vehicle. The Mails to leave Fort Alexander every alternate Monday morning and arrive at Peguis on the following Tuesday evening. Leave Peguis the following Wednesday, and every alternate Wednesday thereafter and arrive at Fort Alexander on the evening of the next day (Thursday), or if more suitable for persons tendering.

Leaving Peguis every alternate Monday morning and arrive at Fort Alexander on Tuesday evening. Leaving Fort Alexander on the following Thursday morning and arrive at Peguis on Friday evening.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Fort Alexander, Peguis, Dynevor, and Selkirk, and at this office.

W. W. McLeod, Post Office Inspector. Post Office Inspector's Office, Winnipeg, 8th Jan., 1886.



**MAIL CONTRACT.**

SEALED TENDERS, addressed to the Postmaster General will be received at Ottawa until noon, on Friday the 19th of February, 1886, for the conveyance of Her Majesty's Mails, on a proposed Contract for four years, twenty four times per week each way, between Rat Portage Post Office and Railway Station from the 1st April next.

The conveyance to be made on foot or in a suitable vehicle. The courier to leave the Post Office and Railway Station with the mails, on such days and such hours as may be from time to time required; to deliver the mails at the Railway Station within ten minutes after leaving the Post Office and at the Post Office within ten minutes after the arrival of each mail train.

Printed notices containing further information as to condition of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Rat Portage and at this office.

W. W. McLeod, Post Office Inspector. Post Office Inspector's Office, Winnipeg 8th Jan., 1886.



**MAIL CONTRACT.**

SEALED TENDERS, addressed to the Postmaster General will be received at Ottawa until noon, on Friday, 19th of February, 1886, for the conveyance of Her Majesty's Mails, on a proposed Contract for four years, three times per week each way, between Arnaud Post Office and Railway Station, from the 1st of April next.

The conveyance to be made on foot or in a suitable vehicle. The courier to leave the Post Office and Railway Station with the mails on such days, and at such hours as may be from time to time required; to deliver the Mails at the Railway Station within forty five minutes after leaving the Post Office, and at the Post Office within forty five minutes after the arrival of the Mail Trains.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Arnaud, and at this office.

W. W. McLeod, Post Office Inspector. Post Office Inspector's Office, Winnipeg, 8th Jan., 1886.

**St. Paul, Minneapolis & Manitoba RAILWAY.**

THE ALL RAIL ROUTE TO ONTARIO, QUEBEC, UNITED STATES.

Passenger Trains, Palace Sleeping Cars Attached, Leave Winnipeg Daily for St. Paul, Without Change, where close connections are made for the South, East and West, at 9.45 a.m.

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**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. SEE THEM. Artistically Decorated Japanned Toilet Ware and Tea Trays, Table Mats, Silver Plated Cruets, Butter Coolers, Pickle Frames, Silver Plated Table Forks, Spoons, &c. Joseph Rodgers' Celebrated Ivory Cutlery. THE Largest Stock and Finest Goods ever imported.

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