

BOYS AND GIRLS, SIT ERECT

One of the worst habits young people form is that of leaning forward too much while at work or study; It is Much less tiresome and more healthy to sit or stand erect. The round shouldered, hollow-chested and almost deformed persons one meets every day could have avoided all the bad results from which they now suffer, had they always kept the body erect, the chest full, and the shoulders thrown back. A simple rule is that if the head is not thrown forward; but is held erect, the shoulders will drop back to their natural position giving the lungs full play. The injury done by carelessness in this respect is by compressing the lungs, preventing their full and natural action resulting in lung diseases, usually consumption. Sit erect boys and girls and look the world in the face.

GOOD WORDS TO GIRLS.

A writer advises girls, if they would be happy in the married life to marry a gentleman. He thus defines what he means by the term:

A true gentleman is generous and unselfish. He regards another's happiness and welfare as well as his own. You will see the trait running through all his actions. A man who is a bear at home among his sisters and discourteous to his mother is just the man to avoid when you come to the great question which is to be answered yes or no.

A man may be ever so rustic in his early surroundings, if he is a true gentleman he will not bring a blush to your cheek in any society by his absurd behavior.

There is an instinctive politeness inherent in such a character, which every where commands respect and makes its owner pass for what he is—one of nature's noblemen.

Do not despair, girls; there are such men still in the world. You need not all die old maids. But wait until the princes pass by. No harm in delay.

You will not be apt to find him in the ball-room, and I know he will never be seen walking up from the liquor saloon. Nor is he a champion billiard player. He has not had time to become a "champion," for he has had too much honest earnest work to do in the world. I have always observed that these "champions" were seldom good for much else.

Be very wary in choosing, girls, when so much is at stake. Do not mistake a passing fancy for undying love. Marrying in haste rarely ends well.

THE BOY WHO HELPED OTHERS

Benny was sick and fretful, the weather was warm and mother was busy. Ned took all this into his thoughts and began to think how he could better things. He was pulling peas in the garden, but he left his work and came round to the kitchen door where the baby was.

Ned was fond of Baby Ben and Baby Ben, loved Ned, for babies can tell very quickly who loves them. He was always stretching out his chubby hands for Ned to take him. To-day, as soon as the big brother appeared in sight, there was a cry of delight.

'Benny have a ride!' said Ned, and the baby crowed again.

There was no baby carriage. How often Ned wished they had one, so that he could hide Benny into the garden and up and down the road. But there was no money to buy baby carriages.

'Will have to make the old wheelbarrow for a spell,' said Ned, as he lifted the little one in gently. Ned was always gentle, with the baby.

Then the ride! How it pleased the baby and pleased mother! She could now attend to her work. And was there a third one to be pleased! Yes, Ned himself; and this third one was the happiest of them all. Why? Because he was doing a kindness, and there is a reward which God gives for every kindness done, if it is ever so small.

How can God give us a reward? Try it and see. Do all the little kind acts you can, whenever you can; and see if you are not happy.

LEARNING OBEDIENCE

It is recorded of a certain great philosopher that a friend who went to visit him met the philosopher's little daughter before he met the philosopher himself. Knowing that the father was such a deeply learned man, the friend thought that the little girl must have learned something from him very deep, something very grave from her very learned father. So he said to the little girl, 'What is your father teaching you?' The little maid looked up to him with her clear blue eyes, and just said the word 'Obedience.' That was what the great wise man taught his little girl, and I believe that is the most important lesson for children, to learn to be obedient. It

is a lesson necessary for their happiness and for their safety; I think we may say necessary for their very life. And after all what are we? Grown people of this great world so full of mysteries, what are we after all but weak ignorant little children! How little we know of what is around us and what is before us. How little we know what may be the consequences even of our own acts. Manifestly, therefore, the most important lesson for us to learn is the the children! Lesson of obedience. And it is our Father's wish above all to teach us this lesson. A lesson that we are to begin to practice upon earth, and to practice for evermore when we serve him day and night among the angels.

THOUGHTS.

It is, doubtless, a relief to complain but the relief is only momentary, and complaining really cures nothing. Complaints importune others. Complaints aggravate the temper of him who makes them, increase the trouble of his soul, irritates his mind and his heart. Complaints are rarely without sin, for they exaggerate the faults of those who have wounded us.—Golden Sands.

'Many more men and women than the world knows of are quite equal to meet great crises who fail most lamentably in meeting the petty annoyances that are in the everyday experience of the most of us. Many a woman who would be ready to die for her husband, makes him wretched by refusing to live for him,' says Howells, and Husbands, no doubt heartily agree with him. Had he made the same remark about husbands that he does about wives, he would have the entire race to endorse his utterance.

There are better things to give than gold and silver. If we can put new life and hope into the heart of a discouraged man, so that he rises out of his weak despair and takes his place again in the ranks of active life, we have done a far better thing for him than if we had put our hands in our pocket and given him money to help him nurse a little longer his miserable and unmanly despair. The truest sympathy is not that weak emotion which sits down and weeps with a sufferer, but that wiser love which while it is touched by his pain and grief, and feels tenderly towards him, seeks to put new strength into his heart, to enable him to endure his suffering in a victorious way.

People have generally three epochs in their confidence in man. In the first they believe him to be everything that is good, and they are lavish with their friendship and confidence. In the next, they have had experience which has smitten down their confidence, and they then have to be careful not to mistrust every one; and not to put the worst construction upon everything. Later in life they learn that the greater number of men have much more good in them than bad, and that even when there is cause to blame there is more reason to pity than condemn. And then a spirit of confidence again awakens within them.—Frederika Bremer.

The mere lapse of year is not life. To eat, and drink, and to sleep; to be exposed to darkness and the light; to pace around in the mill of habit and turn the wheel of wealth, to make reason our book keeper, and turn thought into an implement of trade—that is not life. In all this but a poor fraction of the consciousness of humanity is awakened, and the sanctities slumber which make it most worth while to be. Knowledge, truth, love; beauty, goodness, faith, alone can give vitality to the mechanism of existence; the laugh of mirth that vibrates through the heart, the tears that refresh the dry waste within, the music that brings childhood back, the prayer that calls the future near, the doubt which makes us meditate, the death which startles us with mystery, the hardship which forces us to struggle, the anxiety that ends in trust, are the true nourishment of our natural being.

THE GOLDEN ROSE

In Catholic circles on the Continent speculation is rife as to whom the Holy Father will send the Golden Rose to this year. It is almost unnecessary to explain that every year the Pope solemnly blesses a magnificently wrought golden rose, which he bestows upon some Catholic personage of Royal blood, as a mark of his personal affection, or as a token of his recognition of some good quality or special merit in the recipient. His Holiness Leo XIII. blessed the rose on the 4th instant but his intention with regard to its bestowal is not yet known. That the coveted gift may find its way into the hands of the Queen Regent of Spain is not improbable; and should this be its destination a fresh pledge will

ave been added to the many which the Sovereign Pontiff has already given of the great affection which he entertains for his faithful children in the Iberian Peninsula and a well deserved honor will have been conferred upon a noble lady who in circumstances of sorrow and difficulty is bearing a trying part with fortitude and courage.

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.

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 Archa, and vicar 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. Maisonneuve, O. M. I., agent for Rt. Révs. Bps of N. W. T., George Dugas chaplain of the academy Joseph McCarthy O. M. I., secretary, St. Vital, attended from St. Boniface, St. Mary's, Winnipeg; Revs. M. Ouillette, 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, St. Charles, Rev. T. L. Boudin, O. M. I., St. Patrick's Church, Selkirk and Péguis, —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, St. Paul, Rev. Fortier, St. Charles, 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 Manitoba, Revs. F. Camper, O. M. I., H. Gascon, O. M. I., J. Campeau, A. Dupont, O. M. I., and Bro. Mulvehill, catechists, Lake Qu'Appelle Fort Ellice, and the missions West, Revs. L. Labre, O. M. I., J. Desorby, O. M. I., J. Hugonard, O. M. I., Magnan and LePage.

St. Jean Baptiste de la Riviere aux Prunes Rev. D. Fillion, St. Joseph, Rev. M. Pelletier, St. Pierre de Riviere aux Prunes Rev. J. Joly, St. Pie and Emerson J. N. Joly, —Fort Alexander, Rev. A. Madore, O. M. I. and Bro. J. B. Doyle.

Rainy Lake and other Missions, East Lake Winnipeg, Rev. C. Bitsche, St. Alphonse and, M. D. de Lourdes Rev. L. Campeau, St. Cuthbert Portage la Prairie, Rev. J. McCarthy O. M. I., Grandin, Rev. J. Robillard, Regina, 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 S. J. (director), Drummond, S. J.; French S. J.; Lussier, S. J.; Blain, S. J.; O'Brien, S. J.; Belliveau, S. J.; Gauthier, S. J.; Rev. J. Cloutier and J. L. Bone, Ecclesiastical Students—Messrs. Cameron, Ellis, Montreuil, Dubois, Turcotte, Lanigan, Brothers Gaudet S. J.; Fortier S. J.; Blouin S. J.; Lefebvre S. J. Course of Studies—Theology, Classics, and commercial course in English and French Pupils—30.

St. Mary's Institute, Winnipeg; two houses—Brothers of the Congregation of Mary Bro. Williams, director, Pupils 130. 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 60.

St. Francis Xavier's school day scholars Sisters of Charity, Pupils 55. St. Mary's Academy (Winnipeg) day scholars 140. Sisters of the Holy Names of Jesus and Mary, Superior Mary John of God, Boarders 60, day scholars 130.

School of Immaculate Conception (Winnipeg)—Sisters of the Holy Names of Jesus and Mary, Pupils 70. St. Joseph's Convent, (Brandon)—Sisters Faithful Companions of Jesus, Sister M. A. Reer sup. Pupils 70.

Sisters of Charity (Gray Nuns) sister Lamy sup. St. Boniface Hospital Sister Shaughnessy, directress. Orphan Asylum sister Boire directress; Orphan girls 38.

RETAIL MEAT MARKETS

Table listing retail meat prices: Beef, roast, per lb. \$0.12 to \$0.16; Beef, steak, per lb. 10 to 16; Beef, boiling, per lb. 8 to 10; Beef, fore quarters, per lb. 5 to 8; Beef, hind quarters, per 100 lb. 50 to 70; Veal, roast, 12 to 18; Veal, chop, 10 to 18; Pork, roast, 10 to 12; Pork, steak, 10 to 12; Pork, farmers' per 100 lbs. 5.50 to 6.00; Mutton, roast, per lb. 12 to 15; Mutton, leg, 10 to 18; Ham, 14 to 18; Breakfast bacon, 12 to 15; Lard, 9 to 11; Lard, per pall, 2.25 to 2.50; Sausage, 10 to 12; Bologna sausage, 12 to 15; Shanks, 5 to 4; Liver, 5 to 6; Kidney, 15 to 10; Head cheese, 12 to 10; Heart, 12 to 15; Tongue, 12 to 15; Chickens, per lb (dead), 6 to 10; Eggs, per dozen, 25 to 30; Butter, per lb, 25 to 30; Chickens (alive young) per pair, 30 to 35; Chickens (alive, old) per pair, 40 to 50; Turkeys, per lb, 10 to 15; Ducks, per lb, 40 to 12; Prime Manitoba cheese, per pound, 15 to 10.

WHOLESALE MEAT AND CATTLE MARKET.

Table listing wholesale meat and cattle market prices: Mich cows, 25 to 40; Working oxen, per yolk in demand, 80 to 100; Live cattle, per lb., 3 to 8; Calves, 5 to 10; Side bacon, per 100 lb., 8.50 to 9.75; Ham, 13 to 15; Pork, per barrel, 15.50 to 18.00; Beef, per barrel, 12.00 to 13.00; Corn, per doz., 15 to 20; Cucumbers, per doz., 40; Ducks, 40; Eggs, per doz., 25 to 27.

FISH.

Table listing fish prices: Wholesale, per lb., 4 to 5; Retail, per lb., 8 to 10.

VEGETABLES.

Table listing vegetable prices: Potatoes, per bush., 40 to 50; Beets, per doz., 80 to 40; Fried onions, per bushel, 2.00 to 2.50; Turnips, per bush., 25 to 30; Cabbages, per doz., 40 to 8; Parsley, per doz., 40; Sage, per doz., 40; Carrots, per doz., 40 to 80; Fennel, per doz., 40 to 30; Parsnips, per doz., 10 to 20; Cuscut, each, 10 to 20.

Table listing fruit and hay prices: Cranberries, per barrel, 4 to 10; California Pears, per box, 4.25 to 50; Grapes, per lb., Ontario, 10 to 12; Lemons, per box, 7.00 to 8.07; Oranges, per box, 8.00 to 8.50; Apples, per barrel, 8.00 to 8.50; Ripe tomatoes, per bushel, 2.25 to 3.55; Green tomatoes, per bushel for pickling, 1.60.

HAY AND STRAW.

Table listing hay and straw prices: Hay, 3.0 to 4.50; Straw, 2.00; Timothy, 8.00 to 10.00.

GRAIN.

Table listing grain prices: Oats, per bushel, 32 to 25; Barley, per bushel, 30 to 40; No. 1 hard wheat, 80; No. 2 hard wheat, 64; No. 1 Northern, 58; No. 2 Northern, 50; No. 1 regular wheat, 00; No. 2 regular wheat, 00; No. 3 regular wheat, 00; Rejected, 00 to 00; Flour, XXXX, 1.70; Flour, superfine, 1.55 to 1.40.

Table listing wood prices: Poplar cordwood, 3.75 to 000; Tamarac, 5.00 to 5.50; Poplar poles, per cord, 8.50 to 8.

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Each tender must be accompanied by an executed Cheque in favor of the Superintendent General of Indian Affairs on a Canadian Bank for at least five per cent. of the amount of the tenders for Manitoba and the Northwest Territories, which will be forfeited if the party tendering declines to enter into a contract when called upon to do so, or if he fails to complete the work contracted for. If the tender be not accepted, the cheque will be returned. Tenderers must make up in the money column in the Schedule the total money value of the goods they offer to supply, or their tender will not be entertained.

Each tender must, in addition to the signature of the tenderer, be signed by two witnesses acceptable to the Department, for the proper performance of the contract.

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