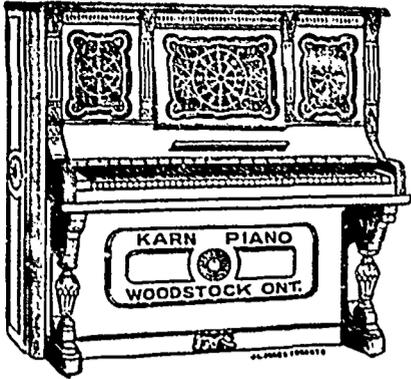


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### Feed the Worn Out Brain with Paine's Celery Compound.

### LET CHANGING SEASON FIND SYSTEM IN HEALTH.

### TAKE THE GREAT REMEDY THAT MAKES PEOPLE WELL.

A perfectly healthy body has its parts completely nourished and its nerves constantly refreshed and stored with energy from the vigorous blood that all the time bathes it.

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The only trouble with two-thirds of the men and women whom the coming spring will claim for its victims, is a pitiful lack of proper nerve food. What these weak, nervous people need is a more general feeding and storing of their blood and tissues with fresh, highly vitalized material. There is undoubtedly nothing that can compare with Prof. Phelps's remarkable discovery, Paine's Celery Compound, for restoring health and strength.

The great body of physicians throughout the United States, England and Canada, believe profoundly in it, and prescribe it in all cases of nervous weakness and debility. In preparing this greatest of all nerve tonics and blood renews, the eminent professor of Dartmouth College, Edward E. Phelps, M.D., LL.D., had in mind the countless men and women with brains overworked and nerves unstrung by worry and lack of proper nutrition.

Clerks, their employers, lawyers, doctors, mothers of families, hard working men and women in every county and province, and hosts of brain workers—the most intellectual part of the community—are to-day taking Paine's Celery Compound, with the happiest results, to relieve themselves of rheumatism, neuralgia, nervous exhaustion, dyspepsia, sleeplessness and low spirits. Paine's Celery Compound cures diseases of the important organs of digestion, circulation and excretion, by purifying the blood, by regulating the entire nervous system and supplying the body with strength to combat disease.

Paine's Celery Compound makes people well. It takes away all the tremor and irritability from the nerves, and gives that calm, strong feeling of assured health that invariably accompanies a perfectly well-nourished bodily system.

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## TENDERS.

INDIAN SUPPLIES.

SEALED TENDERS, addressed to the undersigned, and endorsed "Tender for Indian Supplies," will be received at this office up to noon of TUESDAY, 9th April, 1895, for the delivery of Indian Supplies, during the fiscal year ending 30th June, 1895, at various points in Manitoba and the North-West Territories.

Forms of tender, containing full particulars, may be had by applying to the undersigned, or to the Assistant Indian Commissioner at Regina, or to the Indian Office, Winnipeg. The lowest or any tender not necessarily accepted.

This advertisement is not to be inserted by any newspaper without the authority of the Queen's Printer, and no claim for payment by any newspaper not having had such authority will be admitted.

HAYTER REED,  
Deputy Superintendent-General  
of Indian Affairs.

Department of Indian Affairs,  
Ottawa, February, 1895.

### HEALTH AND HOUSEHOLD HINTS.

**Grandma's Cake.**—One cup of sugar, one and one-half cups of flour, two eggs, one-half cup of sweet milk, one-half cup of butter, one and one-half teaspoons of baking powder, one teaspoon of lemon. Bake in a loaf.

**Ice Cream Frosting.**—One cup of sugar, one fourth cup of water, one-fourth cup of vinegar. Boil without stirring till it threads. Remove from the fire, and when it has stopped boiling, stir it quickly into the stiffly beaten whites of two eggs. Flavor with vanilla, and stir until cold.

**Dutch Cake.**—One-half pound of butter, quarter pound lard, one quart milk, a little salt, half pound sugar, a cake of yeast, orange peel, grated, and flour enough to make a very soft dough. Let it rise until quite light, knead again, adding raisins, mould into loaves and bake as bread.

**Peppermint Creams.**—Take two cupfuls of sugar, two-thirds of a cupful of boiling water, one teaspoonful of glucose and two pinches of cream of tartar. Boil until it threads, cool slightly, and heat until it begins to thicken. Then flavour with peppermint according to taste and drop on tins.

**Mahogany Cake.**—This very nice tea-cake is made of one quart of milk, three pints of flour and four eggs. Beat the yolks and whites of the eggs separately; add the yolks to the milk, stir in the flour, season with a pinch of salt, beat well, stir in the whites, put into hot gem pans and bake.

**Beef Cakes.**—Mince cold roast beef very finely; mix it with grated bread crumbs and a little chopped onion and parsley; season with salt and pepper, and moisten with a little brown gravy and tomato or walnut sauce. Form it into broad flat cakes, and spread a layer of mashed potato thinly on the top and bottom of each. Lay little bits of butter on the top of each cake, place them on a dish, and put them in the oven to brown. Serve very hot.

**Panned potatoes** make an exceedingly good supper dish prepared as follows: Cut raw potatoes in thin slices, put them in a baking-pan, sprinkling each layer with salt. When the dish is nearly full pour in sufficient milk to cover the potatoes, and bake them in a slow oven about two hours. Stir them occasionally, taking care not to break the slices, and if the milk is reduced more than one half, add a little more, as there should be a good deal of moisture when the process is finished. This mode of cooking gives a peculiarly delicious flavor even to inferior potatoes.

**Steamed Fruit Pudding.**—One pint flour; two teaspoonfuls baking powder; one-half teaspoonful salt; one cupful milk; two tablespoonfuls melted butter; two eggs; one-half cupful sugar; one pint berries, or one cupful raisins, stoned and halved. Mix the baking powder and salt with the flour; add the milk and melted butter. Beat the yolks of the eggs, add the sugar, and beat them well into the dough. Then add the whites of the eggs, beaten stiff; add a pint of berries rolled in flour, or one cupful raisins, stoned, halved and floured. Turn into a well-greased pail or pudding boiler and set the pail in a kettle of boiling water. Boil continually for two hours and serve with cream sauce.

There is a very good old-fashioned method of sweeping carpets with a broom wet with salt water. It is the best way yet known to brighten the colors of the carpet and thoroughly remove the layer of dust that always settles back after the heavy sweeping is over.

### MEDICINAL USES OF HONEY.

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Public speakers should freely use honey. The formic acid which it contains cures affections of the mouth, throat, lungs and chest.



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