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TRENT CANAL.

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SECTION NO. 2,

Notice to Contractors.

EALED TENDERS addressed to the undersigned, and endorsed "Tender for Trent Canal."

will be received at this office until noon on Saturday, 21st March, 1896, for the construction of about four miles of Canal on the Peterbero' and L kefield Division.

Plans and specifications of the work can be seen at the office of the Chief Engineer of the Department of Railways and Canals, at Ottawa, or at the Superintending Engineer's Office, Peterbero', where forms of tender can boobtained on and after Thursday, 13th February, 1895.

In the case of firms there must be attached the actual signatures of the full name, the rature of the occupation and place of residence and of each member of the same, and further, an accepted bank cheque for the sum of \$7,500 must accompany the tonder; this accepted cheque must be endorsed over to the Minister of Railways and Canals, and will be forfoited if the party tendering declines entering into contract for work at the rates and on the terms stated in the offer submitted. The accepted cheque thus sent in will be returned to the respective parties whose tenders are not accepted.

The lowest or any tender not necessarily accepted.

By order,

cđ.

By order, J. H. BALDERSON, Secretary.

Department of Railways and Canals, Ottawa 6th February 1893

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HEALTH AND HOUSEHOLD HINTS.

For hives in children, rub the irritated skin or the pustulus with castor oil, applied with the tip of the finger. Baby will pass from fretting to slumber while the process is going on, the relief will be so great and

Celery Salad.—Cut off the roots of the celery clean, and cut the stalks into inchlong pieces. Make a plain mayonnaise. Pour over celery when just ready to serve.

Jenny Lind Tea Take.-Take four cupfuls flour, two-thirds of a cup of sugar, one egg, one tablespoonful butter and two heaping teaspoonfuls of baking powder; mix with sweet milk the usual thickness for cake. To be eaten hot with butter.

Cream Pie.—Take one pint of milk, one beaping tablespoonful of flour, three tablespoonfuls of sugar, one tablespoonful of butter, two eggs, and flavor to taste. Bake with one crust, the same as a custard ple. Beat the whites of the eggs to a stift froth, spread over the ple after it is baked, and brown in the oven.

Almond Frosting. — Almond frosting makes a'delicious addition to a loaf of white cakes. Beat the whites of two eggs to a stiff froth, stir in half a pound of powdered sugar and a quarter of a pound of almonds, blanched and powered to a paste. Flavor with orange flower water, and, if you choose, a few drops of almond extract.

How to Cook Peas.—Peas should be carefully picked over but not washed, as in washing them that little sweet stem that connects the pea to pod is lost. Put them into fresh boiling water and boil them thirty minutes. Then drain them in a colander, put them into a hot dish and season with plenty of sweet, fresh butter, a little salt, and if you choose, a little pepper, and put the dish of peas in the oven for not over two

Apple Dessert.—An elegant way to use apples for a dinner desert or a luncheon is to remove the cores, steam them until tender, and then fill the hollow left by taking out the core with candled fruit. Select apples that are large and tart and have; red skins. For the filling in of eight, apples some use four ounces of candled cherries and two of candled pineapples. Chop the fruits and simmer in a helf cupful of sugar and a conful of sugar. and a cupful of water. Arrange the apples when cooked on an ice cream dish or a chop plate; fill the centres heaping full of the fruit., draining it free from the syrup. Boil the syrup until thick as honey, flavor with vanilla or good cherry, and baste the apples with it. Serve cold with whipped cream heaped around the apples just before serv-

About the Pulse.-Every intelligent person should know how to ascertain the state of the pulse in health; then, by comparing it with what it is when he is ailing, he may have some idea of the urgency of his case. Parents should know the healthy pulse of each child—as now and then a person is born with a peculiarly slow or fast pulse, and the case in hand may be of that peculiarity. An infant's pulse is 140; a child of seven, about 80; and from twenty to sixty years, it is seventy beats a minute, declining to sixty at fourscore. A heathful grown person's pulse beats seventy times a minute; there may be good health down to sixty; but, if the pulse always exceeds seventy, there is a disease; the machine is working itself out, there is a fever or inflammation somewhere, and the body is feeding on itself; as in consumption, when the pulse is quick—that is over seventy—graduly increasing with decreased chances of cure, until it reaches 110 or 120, when death comes before many days. When the pulse is over seventy for months, and there is a slight cough, the lungs are affected.

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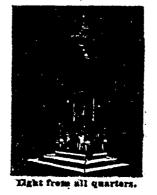
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