

Scientific and Useful.

NICE CAKE.—One cup sugar, half cup butter, three eggs beaten well together, level tea-spoon soda stirred in half cup sour milk, two small cups flour; flavour with lemon, pour in small dripping-pan, bake half an hour, and cut in squares.

ORANGE CREAM.—Make a custard with the yolks of eight eggs, four ounces of pounded sugar, a quart of milk, and the thin rind of two oranges. Stir in a *bain marie* till it thickens. Dissolve one ounce of gelatine in a little warm water, and add to it the juice of one orange, add this to the custard, strain, put it into a mould, and place it on the ice to set.

FRIED CHICKEN.—Prepare your chicken by cutting it in small pieces, have ready frying pan with a few slices of salt fat pork, frying until the fat is extracted, but not brown; have your chicken rolled in fine cracker crumbs, lay them in the fryingpan, keeping your pan covered to keep the steam close. When tender let them brown nicely, then take them from the pan and put them upon the platter. Pour into the gravy left in the frying-pan a cup of milk (cream is better), thicken with a spoonful of flour, boil up and pour over the chicken; add salt and pepper.

THE USE OF A BROOM.—As simple as the advice may seem, but very few people handle a broom properly, although they are accustomed to sweep more or less every day of their lives. There is science in handling a broom, as well as in many other kinds of labour. Always draw your broom, by leaning the handle forward, because the position of the broom will take the dirt along more gently; it will sweep cleaner; it will not wear out the carpet so fast. Your broom will be kept in proper shape and not half so much dust will be raised to be afterwards wiped from your furniture. Most careless sweepers thrust their broom forward of them in a sort of digging way, with the handle inclining towards them. This way, you will find, breaks your broom, flirts up more dust, and makes the process of sweeping much more laborious.

EFFECTS OF THE PERFUME OF FLOWERS ON HEALTH.—"Contrary to a popular belief," says a writer in "Cassell's Magazine," "it has been recently found by an Italian professor that fine vegetable perfumes exercise a positively beneficial influence on the atmosphere by converting the oxygen of the air into that powerful oxidizing and, therefore, purifying agent, ozone. The essences found by him to produce the most ozone are precisely those which usage has selected as the most invigorating, such as cherry, laurel, cloves, lavender, mint, juniper, lemon, fennel and bergamot, several of which are ingredients in the refreshing eau de Cologne. Anise, nutmeg, thyme, narcissus and hyacinth flowers, wignonette, heliotrope and lilies of the valley also develop ozone; in fact, all flowers possessing a perfume appear to do so, whereas those having none do not. This interesting intelligence will be gratifying to all lovers of flowers, and the cultivation of these lovely disinfectants of nature should be promoted in all marshy or foul places.

THE TIME FOR MEALS.—In a paper read at a domestic economy congress at Birmingham, England, not long ago, Dr. Wilson gave the following hints on the proper times for eating for different classes of workers:—For the active out-door labourer and artisan, an early breakfast before work, a mid-day dinner, with an interval of rest, and supper after the day's work is over, have long been proved by experience to be the most conducive to health. For the business man, a later breakfast, a mid-day luncheon, and a late dinner after the day's work is over, is the best arrangement. For literary men who write more in the evening than during the day, an early dinner and a light supper will be found to be the most advantageous for steady work. Idlers, to enjoy life, if they possibly can, should dine early if they intend to spend the evening at theatres and the like; but if they accept dinner invitations freely they should be careful not to eat too much at the mid-day meal. The breakfast hour should be determined in a great measure by the hour of rising; but in any case food should be partaken of before the material business of the day is commenced. Those who like to take a "constitutional" before breakfast would find their appetite whetted and their walk made all the more enjoyable if they took a little milk, with bread or biscuit, before starting. Walking before breakfast is always irksome and fatiguing, and on that account is very likely to be badly done. The last meal should be sufficiently late for the whole not to be absorbed before retiring to rest. To a person in health three meals a day ought to be quite sufficient, and the practice of continually "taking something" is sure to bring on indigestion.



WELLAND CANAL.

Notice to Bridge-Builders

SEALED TENDERS addressed to the undersigned (Secretary of Railways and Canals) and endorsed "Tender for Bridges, Welland Canal," will be received at this office until the arrival of the Western Mails on **TUESDAY**, the 15th day of **JUNE** next, for the construction of swing and stationary bridges at various places on the line of the Welland Canal. Those for highways are to be a combination of iron and wood, and those for railway purposes are to be of iron.

Plans, Specifications and General Conditions can be seen at this office on and after **MONDAY**, the 31st day of **MAY** next, where forms of tender can also be obtained.

Parties tendering are expected to have a practical knowledge of works of this class, and are requested to bear in mind that tenders will not be considered unless made strictly in accordance with the printed forms, and—in the case of firms—except there are attached the actual signatures, the nature of the occupation and residence of each member of the same; and, further, an accepted bank cheque for a sum equal to \$250 for each bridge, for which an offer is made, must accompany each tender, which sum shall be forfeited if the party tendering declines entering into contract for the work at the rates and on the terms stated in the offer submitted.

The cheque thus sent in will be returned to the respective parties whose tenders are not accepted.

For the due fulfilment of the contract the party or parties whose tender it is proposed to accept will be notified that their tender is accepted subject to a deposit of *five per cent.* of the bulk sum of the contract—of which the sum sent in with the tender will be considered a part—to be deposited to the credit of the Receiver-General within *eight days* after the date of the notice.

Ninety per cent. only of the progress estimates will be paid until the completion of the work.

This Department does not, however, bind itself to accept the lowest or any tender.

By Order,
F. BRAUN,
Secretary.

DEPT. OF RAILWAYS & CANALS,
OTTAWA, 20th March, 1880.



Canadian Pacific Railway

TENDERS FOR ROLLING STOCK.

TENDERS are invited for furnishing the Rolling Stock required to be delivered on the Canadian Pacific Railway, within the next four years, comprising the delivery in each year of about the following, viz:

- 20 Locomotive Engines.
- 16 First-class Cars (a proportion being sleepers.)
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- 3 Express and Baggage Cars.
- 3 Postal and Smoking Cars.
- 240 Box Freight Cars.
- 100 Flat Cars.
- 2 Wing Ploughs.
- 2 Snow Ploughs.
- 2 Flangers.
- 40 Hand Cars.

THE WHOLE TO BE MANUFACTURED IN THE DOMINION OF CANADA and delivered on the Canadian Pacific Railway, at Fort William or in the Province of Manitoba.

Drawings, specifications and other information may be had on application at the office of the Engineer-in-Chief, at Ottawa, on and after the 15th day of **MARCH** next.

Tenders will be received by the undersigned up to noon of **THURSDAY**, the 1st day of **JULY** next.

By Order,
F. BRAUN,
Secretary.

DEPT. OF RAILWAYS & CANALS,
Ottawa, 7th February, 1880.

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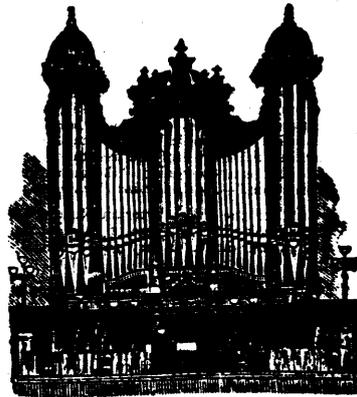
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