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GRENVILLE CANAL ENLARGEMENT.

SECTIONS A AND B.

NOTICE TO CONTRACTORS.

SEALED TENDERS addressed to the undersigned, and endorsed "Tenders for Grenville Canal Enlargement," will be received at this office until noon on Saturday, 9th May, 1896, for the enlarging of about 1 1/2 miles of the Grenville Canal.

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, Montreal, where forms of tenders can be obtained on and after Thursday, 9th April, 1896.

In cases of firms there must be attached the actual signatures of the full name, and the nature of the occupation, and place of residence of each member of the same, and further, an accepted bank cheque for the sum of \$5,000 must accompany the tender; this accepted cheque must be endorsed over to the Minister of Railways and Canals, and will be forfeited 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,
J. H. BALDERSON,
Secretary.

Department of Railways & Canals,
Ottawa, 4th April, 1896.



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Notice to Presbytery Clerks.

PRESBYTERY Clerks and others, having communications to make regarding the business of the General Assembly, are asked to forward their correspondence to the undersigned, at 68 St. Famille Street, Montreal.

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Clerk of Assembly.

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HEALTH AND HOUSEHOLD HINTS

DIET AND DIGESTION.

Bean soup may be digested within three hours.

Beans may be properly digested in two hours and a half.

Melted butter requires three and a half hours for digestion.

Wheat bread requires three hours and a half for perfect digestion.

Cheese cannot be properly digested under three hours and a half.

Oyster soup requires from three to four hours for proper digestion.

Three hours are required for the digestion of broiled or boiled mutton.

Baked sponge cake requires two and a half hours for proper digestion.

Hashed meat and vegetables will be digested in two and a half hours.

Carrots are considered difficult of digestion, requiring over three hours.

Boiled parsnips are completely digested at the end of two hours and a half.

Boiled turnips will be properly digested at the end of three hours and a half.

Green corn, properly masticated, will be digested in three and a half hours.

Fricased Tripe.—Cut a pound of tripe in narrow strips. Put a small cupful of water with it, add a bit of butter the size of an egg, dredge in a large teaspoonful of flour; season with a bunch of parsley, or small onions, and let it simmer gently, not boil for half an hour.

Chicken Cheese.—Boil two chickens in water enough to make them tender; take them out when done; remove all the bones; mince the meat very fine; season with salt, pepper and butter, and return them to the water in which they were boiled; cook until the liquid is nearly gone; pour into a deep dish; lay a plate over it, put on a weight, and set away in a cool place. When ready to be eaten cut in slices, and it will be as firm as cheese, and it is very nice for tea.

Pudding with Raisins.—Into a double boiler put half a cupful each of rice and raisins, pour over them a quart of fresh milk and add a saltspoonful of salt. Allow this to boil gently for an hour and a half, then add the well beaten yolks of three eggs, a cupful of sugar and vanilla or lemon flavor to the taste. Pour into a pudding dish and bake in a moderate oven till firm, then cover with a meringue made from the whites of the eggs, brown lightly in the oven and set away to cool.

Orange Pie.—Grate the rinds of two oranges and squeeze out the juice; cream a quarter of a pound of butter, and add by degrees half a pound of sugar, the yolks of two eggs well beaten, then the rinds and juice of the oranges. Beat the whites of the eggs to a stiff froth and mix them lightly with the other ingredients. Bake in pie tins lined with paste, or in tart shells. These are very nice cold, but if the paste is made with drippings it will be necessary to heat them a little before serving.

Pepperpot.—To four quarts of water put one pound of corned pork, one pound of neck or scrag of mutton, and a small knuckle of veal. Let this simmer slowly for three hours, skimming all the while, and then take out the mutton, which will serve as a special dish for the table with celery sauce. Into the broth put four sliced white turnips, six tomatoes or a tablespoonful of tomato ketchup, an onion in thin slices, a little pepper and salt to taste. Add to this a half pound of tripe in one-inch strips, six potatoes thinly sliced, and a dozen whole cloves. Simmer for an hour. Ten minutes before serving add dumplings no bigger than a marble. Serve hot, removing the pork and veal bone before serving.

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