

Health and Home Hints.

Browned Sweet Potatoes.—Peel six medium sized sweet potatoes, boil fifteen minutes; drain, put in pan with beef heart and let brown.

Plain Beet Pickles.—Wash and boil, without breaking the skin, or the color and flavoring will be lost. Rub off the skins, cut in slices and cover with cold vinegar.

Bleeding of the nose often takes place at the termination of many diseases, such as fever or epilepsy, and is, in such instances salutary; it also frequently relieves or cures headaches and giddiness, and it ought not to be interfered with, unless it be excessive, last too long, recur too frequently, or take place in a debilitated state of the system.

Orange Cream Heat half a cupful of orange juice and sugar; beat the yolks of two eggs with another half a cupful of sugar, and cook in the first mixture over hot water until thickened; add one-fourth of a package of gelatine softened in one-fourth cupful of cold water, and strain into a cupful and a half of cream. Turn into a mold, serving cold.

French Rolls (excellent):—One cup sponge, one cup warm water, one-half cup each of fresh lard and white sugar, whites of two eggs. Make a soft dough and when light roll thin and cut out with biscuit cutter. Put a layer in dripping pan, rub top of each with melted butter, and lay another on top. Let rise until very light and bake twenty minutes in moderate oven.

Apple Salad—Mix together one quart of spicy apples cut into dice, and one cup of English walnuts. Pour over this just before serving either a mayonnaise dressing or a dressing made of six table spoonfuls of vinegar, three of water, one half teaspoonful of mustard, same of salt and sugar, and the yolks of six eggs cooked in a double boiler. When cool add slowly either a half cup of cream, melted butter or olive oil.

Potatoes au Gratin.—For one and one-half quarts of cooked and chopped potatoes, make sauce as follows: Melt two tablespoonfuls of butter in a saucepan, add three tablespoonfuls of flour, and pour in gradually one pint of milk, stirring constantly. When thickened and smooth, season with a teaspoonful of salt and paprika or cayenne. Add two-thirds of a cup of grated cheese, and mix gently with potatoes. Place in baking dish, cover with one-third cup of cheese, and brown the top.

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SEALED TENDERS, addressed to the undersigned, and endorsed "Tender for Wharfton Wharf," will be received at this office until Friday, the 2nd November, inclusively, for the construction of a wharf at Wharfton, County of Bruce, Province of Ontario, according to a plan and a specification to be seen at the office of H. A. Gray, Esq., Engineer in charge, harbour and river works for Ontario, Confederation Life Building, Toronto, on application to the Postmaster at Wharfton, Ont., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the form supplied and signed with the actual signatures of tenderers.

An accepted cheque on a chartered bank, payable to the order of the Honourable the Minister of Public Works, for thirteen hundred dollars \$1,300 must accompany each tender. The cheque will be forfeited if the party decline the contract, or fail to complete the work contracted for, and will be returned in case of non-acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By order,

JOS. R. ROY,

Acting Secretary.

Department of Public Works,
Ottawa, October, 12th, 1900.

Newspapers inserting this advertisement without authority from the Department, will not be paid for it.



SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Works at Port Colborne" will be received at this office until Friday the 9th of November inclusively, for the construction of a breakwater and for rock excavation at Port Colborne, Welland County, Province of Ontario, according to a plan and specification to be seen at the offices of H. A. Gray, Esq., Engineer in charge Harbour and River Works for Ontario, Confederation Life Building, Toronto; the Resident Engineer Room 411 Merchant's Bank Building, St. James St. Montreal, and Mr. Ph. Beland, Clerk of Works, Post Office, Quebec, on application to the Postmaster at Port Colborne, Ont., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the form supplied, and signed with the actual signatures of tenderers.

An accepted cheque on a chartered bank payable to the order of the Minister of Public Works, for thirty thousand dollars, \$30,000 must accompany each tender. The cheque will be forfeited if the party decline the contract or fail to complete the work contracted for, and will be returned in case of non-acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By Order,

JOS. R. ROY,

Acting Secretary.

Department of Public Works,
Ottawa, October 10th, 1900.

Newspapers inserting this advertisement without authority from the Department, will not be paid for it.

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