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.

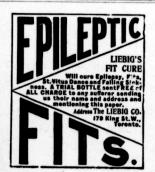
Bleeding of the nose often takes place at the termination of many diseases, such as fever or epilepsy, and is, in such instances salutary; it also frequently relieves or cures headaches and giddiness, and it ought not to be interfered with, unless it be excessive, last too long, recur too fre quently,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

Orange Cream Heat half a cupful of orang 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

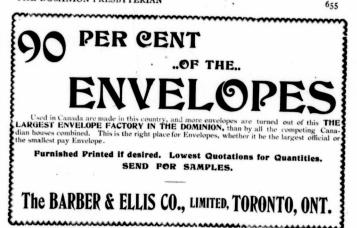
French Rolls (excellent):-One cup sponge, one cup warm water, one-half cup each of fresh lard and white sugar, whites of two eggs. Make a soft dough and when light roll thin and cut out with biscuit cutter Put a layer in dripping pan, rub top of each with melted butter, and lay another on top. Let rise 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 dresssing 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 onehalf 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 con-stantly. When thickened and smooth, season with a teaspoonful of salt and pa prika 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.

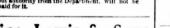


THE DOMINION PRESBYTERIAN



SEALED TENDERS, addressed to the under-signed, and endorsed "Tender for Wiarton Wiart", wil be received at this office until Fri-teriortion of a wharf at Wiarton, County of Bruce, Province of Ontario, according to a plan and a specification to be seen at the office of H. A. Gray, Key, Engineer in charge, havior and building, reronto, on application to the Pest-ment of Public Works, of the Article and expecification to be seen at the office of H. A. Gray, Key, Engineer in charge, havior and building, reronto, on application to the Pest-ment of Public Works, of thirder. In the Pest-ment of Public Works, for thirteen hundred dollars of Public Works, for thirteen hundred dollars of Public Works, for thirteen hundred dollars of the forefore of the Honourable the Article and the relative the case on the accept the lowest or any tender. The Degramment does not had the sector of the More and the relative the accept the lowest or any tender. M. S. R. ROY, "One the Article States, States, Article States, Articles, October, 19th, 1990. Newsgapers inserting this sed ertisement with-

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The Department does not bind itself to accept The Department does not bind itself to accept By Order, JOS, R. ROY, Acting Secretary. Department of Public Works, Ottawa, October 10th, 1990.

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