

A FARMER'S WEALTH

Does not Simply Consist of Broad Acres and Ready Cash.

Health is His Fortune.

PAINE'S CELERY COMPOUND RESTORES IT WHEN LOST.

Broad acres and a good bank account do not constitute a farmer's true wealth. There are hundreds of farmers around us who possess wealth in lands and gold, but who lack that true fortune and coveted possession known as good health. True manhood, vigorous health and strong nerves, are Heaven's best gifts for all classes and conditions of men.

It is a melancholy fact that men and women in the country, breathing the purest air, drinking from God's bubbling fountains and springs uncontaminated by germs of disease, are liable to the same dread diseases that come thick and fast to city people.

Nature's grand laws are continually violated everywhere, and as a consequence, the penalties come swift and sure. These penalties consist of diseases varying in form and character. We find debility, nervousness, rheumatism, neuralgia, kidney and liver troubles, heart disease, dyspepsia, indigestion and a variety of terrible blood diseases.

When the arrows of affliction pierce with venomous sting, the farmer and his family must seek the same healing agent that city people use with such success. Paine's Celery Compound is, today, the farmer's great health-restorer, and true life-giver. Its record in the rural districts of our Dominion is as bright and lustrous as it is in the

thickly populated towns and cities. To so high an eminence has its credit and worth been advanced, that the majority of country and city families now regularly keep one or more bottles for any emergency that may arise.

Paine's Celery Compound has done more life-saving work than all other medicines combined. It has saved life after the doctor failed; it has given health and vigor after years of failures with common medicines. Mr. Samuel Hanna, an esteemed and well-known farmer of Manvers, Ont., gives his wonderful experience with Paine's Celery Compound as follows:

"After severe sickness and suffering for a length of time, I am happy to state that I was made well by Paine's Celery Compound. To be raised up from a low and weak state, inside of two weeks, is a marvelous work, which nothing else but Paine's Celery Compound could have accomplished.

"After using half the first bottle of the Compound, I was able to dig the holes for a forty rod fence, and help to build it. Before using Paine's Celery Compound I could not sleep, and had no appetite; now I enjoy good sleep and a healthful appetite. Paine's Celery Compound is worth its weight in gold to any sufferer; it is the best medicine in the world."

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HEALTH AND HOUSEHOLD HINTS.

A little flour dredged over a cake before icing it will keep the icing from spreading and running off.

Bread and cake bowls, or any dishes in which flour and eggs have been used, are more easily cleaned if placed in cold water after using.

After a room has been newly papered there should be ample opportunity given the paper to dry upon the walls before a fire is built in the apartment.

Never go to bed with cold or damp feet. Never omit regular bathing, for unless the skin is in active condition the cold will close the pores and fever, congestion and other diseases.

To prevent shoes from making holes in the heels of stockings, sew a piece of wash leather inside the heels of the shoes. This, also, will insure shoes from rubbing the feet and makes them fit better.

A small lump of sugar added to turnips when cooking will correct the bitterness which sometimes spoils this vegetable. If to be served mashed it will greatly improve them to put them through a colander.

It is said that roaches are killed outright by the poisonous water exhaled from fresh cucumber peelings scattered about the floor at night, and that two or three repetitions will exterminate them root and branch. It is worth trying.

Boiled Macaroni.—Pour one pint of boiling water over five ounces of macaroni. Let it stand half an hour, drain off, put in a kettle, cover with boiling milk, season, and grate cheese over it.

Pie Crust for Dyspeptics.—Boil and mash half a dozen potatoes, add a teacupful of rich sweet cream, a little salt, and flour enough to roll out the crust. Handle as little as possible. Put a strip around the edge of the plate and cover the top of the pie, but put none at the bottom. Prick the upper crust to let the steam out.

Chicken on Toast.—If you have cold chicken, but not enough for a whole meal chop it fine, heat a cup of sweet cream boiling hot, stir in a teaspoonful of cornstarch, then salt and stir in the chicken; arrange slices of hot, crisp, buttered toast on a hot platter, and put a heaping tablespoonful of the minced chicken on each slice and serve.

Mutton Broth.—Take the water in which a leg of mutton or lamb was boiled the previous day. Remove the fat, add an onion, a turnip and a carrot, all cut fine, salt to taste, and half a cup of rice. Boil two hours, add a little chopped parsley about five minutes before serving. Any little pieces of the neck, ribs or shank will make excellent broth.

School Cake.—Beat together until foamy the yolk of one egg, one cupful of white sugar, a piece of butter the size of an egg. Add one cupful of sweet milk, one pint of flour into which has been sifted two teaspoonfuls of baking powder, and the beaten white of the egg. Flavor with lemon or vanilla. Butter a piece of white paper and put in the bottom of cakepan. Bake in a hot oven.

Chicken Pie.—Cut two chickens into eleven pieces each, and stew with a little salt in sufficient water to cover until the meat begins to separate from the bones. Remove the meat from the large bones and place it in a tin pan or large pudding dish, add salt, if needed, to the gravy, and a dash of white pepper, then thicken with a little cornstarch; if the chicken is lean, add a lump of butter, and pour the gravy over the meat. Make a rich baking-powder biscuit dough, spread with the hands until large enough to cover the pan, place it over the meat, and cut a large cross in the middle of the crust; bake until the crust is rich golden brown, but avoid scorching.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for dredging, Collingwood Harbour," will be received at this office until Tuesday, the 7th day of January next, inclusively, for the deepening of the Harbour of Collingwood to the depths mentioned in the combined specification and form of tender and within the area shown on the plan to be seen at the Harbour Master's Office, Collingwood, and at the Department of Public Works, Ottawa.

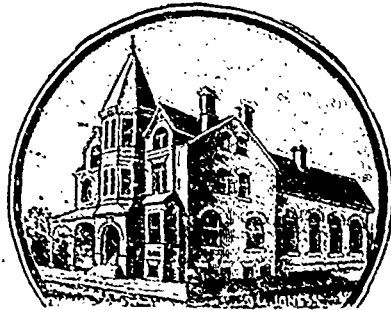
Tenders will not be considered unless made on the form supplied, and signed with the actual signatures of tenderors.

An accepted bank cheque, payable to the order of the Minister of Public Works, for the sum of five thousand dollars (\$5,000), must accompany each tender. This cheque will be forfeited if the party declines the contract or fails to complete the work contracted for, and will be returned in case of non-acceptance of tender.

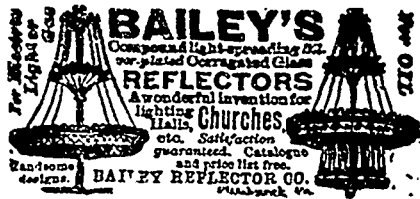
The Department does not bind itself to accept the lowest or any tender.

By order,
E. F. E. ROY,
Secretary.

Department of Public Works,
Ottawa, 12th Nov., 1895.



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