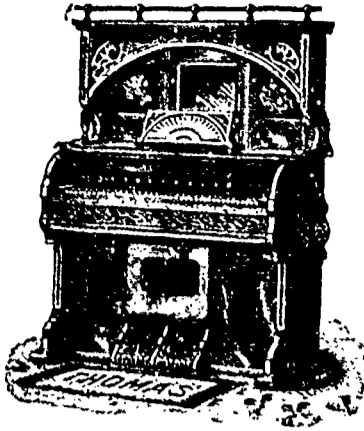


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HEALTH AND HOUSEHOLD HINTS.
 Clean the glass over pictures, rubbing with a soft cloth dipped in alcohol, then polish with a clean, soft cloth.
 Always keep plenty of clean towels in the kitchen for wiping dishes, hands, etc., but be sure to keep the hand-towels separate from dish-towels.
 To take out grease spots from clothing spread on pulverized chalk or magnesia; when the grease has been absorbed, brush off, and repeat if the grease is not entirely removed.
 A simple and efficacious cough syrup is made by pouring boiling water on equal parts of horehound candy and boneset, strain and add sugar sufficient to make a good thick syrup.

Shoes that are worn regularly, if cared for, will last much longer than if neglected. When shoes are taken off they should be wiped with a soft cloth, and, after airing a little while, oiled or polished, and put in a box by themselves, or in a shoe bag.

Pure mutton suet is one of the most useful and inexpensive of medical agents. For that class of sores and wounds where a cooling, healing application is indicated, its value is beyond compare. Many an obstinate sore or ulcer has been healed permanently by pursuing the following simple method: Wash thoroughly, but gently, once or twice a day with warm water and castile soap, dry with a soft cloth, and cover with a coating of the suet. This should be spread upon a piece of linen or cotton, the suet being sufficiently thick to prevent the cloth backing from adhering to the wounded or diseased surface. The importance of the utmost cleanliness in dealing with all troubles of this nature should by no means be overlooked.

Gem Bread.—Make a thick batter of finely-ground wholemeal and water, mixing in as much air as possible. Have ready a very hot greased gem pan and drop some batter into each space. Then bake for about half an hour in a very hot oven.

Fruit Cake.—One cup butter, two cups sugar, one cup molasses, one cup sour milk, one heaping teaspoon soda, four cups or more of flour, four eggs, or yolks of eight eggs, one teaspoon each of all kinds of spices, one nutmeg, raisins and currants.

JULES D'ESTIMANVILLE CLEMENT writes from Montreal: "I was suffering from skin disease, and after all drugs failed tried Burdock Blood Bitters, of which three bottles restored me to good health. I recommend it also for Dyspepsia."

Cream Cake.—One-half cup sugar, two eggs, two tablespoonsful cold water, a small piece of butter a little larger than a hickory nut, one cup of flour, heaping teaspoon baking powder. Bake in three layers. Cream for filling.—one-half cup sugar, one egg, one cup milk, two tablespoonsful flour. Put the dish containing the cream in a kettle of boiling water and cook until it thickens, stirring constantly.

Bachelor's Pudding.—Pare and remove the cores from two good sized apples; chop fine. Then mix with them one cupful of cleaned currants and one pint of bread crumbs. Beat, without separating, three eggs; all the grated rind of one lemon and a quarter-cupful of sugar, and then pour this over the dry ingredients; mix and put into a greased pudding mould: steam or boil for two hours. Serve hot with a hard or liquid sauce.

Scalloped Haddock or Halibut.—Take two or three pounds of fish and place in a kettle of boiling water with a small tablespoonful of salt, and let it simmer, not boil hard, for twenty minutes. Skim it out and separate the meat from the bones; add one onion, chopped fine, a tablespoonful of anchovy sauce, and a little pepper. Put the mixture into a pudding dish, cover it with grated bread crumbs, turaing in a little cream or milk before the crumbs are spread over the fish. Put bits of butter thickly over the crumbs and bake it for twenty minutes.

COVERED WITH LIVER SPOTS.
GENTLEMEN,—I was covered with Liver Spots over my back and chest. I took three bottles of your Burdock Blood Bitters and am now perfectly cured of Liver Complaint. I can truly say that I think B.B.B. the best medicine ever discovered.
L. KITCHEN, Hamilton, Ont.

TRENT CANAL.
 Peterboro & Lakesfield Division.
NOTICE TO CONTRACTORS.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Trent Canal," will be received at this Office until noon on Saturday, 23rd March, 1895, for the construction of about six and a half miles of Canal, on the Peterboro and Lakesfield Division.
 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, Peterboro, where forms of tender can be obtained on and after Monday, 19th February, 1895.
 In the case of firms there must be attached the actual signatures of the full name, 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 \$7,600 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 and Canals
 Ottawa, 16th February, 1895.



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THE ANNUAL EXAMINATIONS for Cadetships in the Royal Military College will take place at the Headquarters of the several Military Districts in which candidates reside, in June each year.
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 The Civil Engineering Course is complete and thorough in all branches. Architecture forms a separate subject.
 The Course of Physics and Chemistry is such as to lead towards Electrical Engineering, Meteorological Service, and other departments of applied science.
 The Obligatory Course of Surveying includes what is laid down as necessary for the profession of Dominion Land Surveyor. The Voluntary Course comprises the higher subjects required for the degree of Dominion Topographical Surveyor. Hydrographic Surveying is also taught.
 Length of Course four years.
 Four Commissions in the Imperial Regular Army are awarded annually.
 Board and instruction \$200, for each term, consisting of ten months' residence.
 For further information, apply to the Adjutant General of Militia, Ottawa, before 15th May.
 Department of Militia and Defence.
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