

short time work will be started on two other new churches, which will be very large and very handsome; they are St. Paul's, on East One Hundred and Seventeenth street, and the Church of the Annunciation, adjoining the Convent of the Sacred Heart at Manhattanylle.

The Holy Father and Temperance

The terms of the Brief which the Holy Father addressed to the Providence Convention of the Catholic Total Abstinence Union of America prove that his Holiness understands how deadly a foe alcoholic intemperance is to the Church and to society. He calls it a 'public and destructive evil.' Like his predecessor, Pope Leo XIII., 'to whom there seemed to be no greater enemy of the teachings and commands of Christ than the abuse of strong drink,' he heartily congratulates all who have engaged in the work of promoting total abstinence. He grants favors in the shape of special indulgences to the Catholic Total Abstinence Union, and expresses the hope that Bishops, priests, and members of religious Orders, as well as lay folk, will become members.

GENERAL

Catholic Congresses

One of the most encouraging signs of the times for Catholics is the growth of Catholic societies. They are not only bringing Catholic ideas before the people of the whole world, but asserting and vindicating Catholic principles and Catholic morality. The total abstainers of the United States have been in convention at Providence, Rhode Island, and have received a Brief from the Holy Father. The American Federation of Catholic Societies has held its Fifth Convention at Buffalo and sent a special delegate to the German Catholic Congress at Essen. The Congress of the German Catholics has again shown the wonderful power and unity of the German Catholics, one of its striking features being a procession of forty-two thousand workmen. At Tournai has taken place the Seventeenth International Eucharistic Congress, which was attended by Cardinal Vincenzo Vannutelli as Papal Delegate, and to which the Holy Father addressed a letter of approval; and the Marian Congress at Elmsidein in Switzerland has drawn together a large gathering of clients of Our Lady. The encouragement (says the 'Catholic Times') given by the ecclesiastical authorities to these public expressions of Catholic sentiment, and the increasing desire for a system of federal unity amongst the Catholic societies will lead sooner or later to the establishment of a grand world-wide league of Catholic defence.

Earl Nelson, one of the oldest peers in the House of Lords, who was 83 last month, is only the third holder of his great-uncle's title. He succeeded at the age of 12, so that he has been a peer for 71 years, and took his seat in the House of Lords 61 years ago.

The letters which come before the Land Board (says the Auckland 'Herald') are usually of a dry and uninteresting character, but on Thursday one was read from a Maori that was amusing. It was as follows:—'Mackenzie, Commissioner of the Lands of the Crown, Auckland.—Salutations. Your letter, which was written on July 24, has reached me. I know your words, and I agree that all your words are right. Now, you write in your letter that I am to state definitely the time that I will live on the land. My answer is: If the house is finished during the days of September, that will be the time, but if it is not finished then it will be during the days of October. The Government should be lenient towards me, as I have a great number of children, and should not take this land from me until the words I have now written are found to be wrong. This is all from your friend, Rapata Riiwhi.' The reading of the letter was received with laughter, and it was decided to give the defaulter, who has a section at Hokianga, 'until the end of the days of October' to comply with residence.

HOW TO PAINT A HOUSE CHEAP.

Carrara Paint In White and Colors, Mixed Ready for Inside and Outside Use. **CARRARA** retains its Gloss and Lustre for at least five years, and will look better in eight years than lead and oil paints do in two. **USE CARRARA**, the first cost of which is no greater than lead and oil paints, and your paint bills will be reduced by over 50 per cent. A beautifully-illustrated booklet, entitled 'How to Paint a House Cheap,' will be forwarded free on application.

K. RAMSAY & CO., 19 Vogel Street, Dunedin,

Domestic

By 'Maureen'

List of Foods of Easy or Active Digestion.

The following articles take about one hour for digestion: Treacle, honey, keumiss, lemons, plasmon, rice, sugar. The following take about an hour and a half for digestion: Apples, apricots, bananas, blackberries, oranges, peaches, pears, asparagus, dandelion greens, tomatoes, water cress, mushrooms, sago, and tapioca.

Care of the Feet.

Two or three times a week one should have a hot foot bath; ten minutes is long enough. The nails should be trimmed lower in the middle than at the corners. Shoes should fit closely, but not tightly. Loose shoes are as damaging as tight ones. But, above all things, don't have a shoe too short. A short shoe is the cause of ingrowing nails and bunions, and makes an easy, graceful walk impossible. Thin soles often lead to very bad corns that almost cripple the owner.

A Durable Door Mat.

A most durable door mat for hard outside use may be made of coils of rope, that which has had some use being preferable to that which is perfectly new. Take a darning needle and strong cord. Coil the rope around once, and sew on the under side; then make another coil, and do likewise until you have a large mat. Such a mat is not easily blown or kicked out of place. Try one and you will be surprised at the utility and durability of it, that you will never let any more rope go to waste.

A Tonic for the Hair.

For those who have good and abundant hair and for those who have poor hair, an occasional scalp tonic is equally good. Salt is said to be an excellent tonic for the hair. A dry saline shampoo may be made by mixing salt of a coarse quality with powdered orris root, the proportions being two ounces of orris root to a pound of salt. Mix thoroughly, and rub into the hair and scalp. Then brush with a good bristle brush, and you will be well pleased with the result. Children's hair is much beautified by this treatment.

Enamelling Baths.

The baths, especially where the water is hard, usually get terribly discolored and stained; this is easily remedied by damping a cloth in paraffin, dipping it in salt, and rubbing over the surface; but where the enamel has worn away, it can be replaced by painting the interior of the bath with specially prepared enamel which will resist hot water. Some people say that they find it impossible to make a satisfactory job of this themselves, because the enamel does not get hard for such a long time. This is because it is ladled on instead of being applied in the thinnest coats. First make the surface quite smooth with sandpaper, and then apply one thin coat, never heeding the effect of previous coloring, or the metal of the bath itself showing through. Leave for 24 hours, and then give another equally thin coat, and repeat the process a third time, after which the bath must be left at least 36 hours to dry; in fact, it takes four days to enamel a bath properly, but the results are quite worth the trouble.

To Loosen a Glass Stopper.

When the ground glass stopper of a bottle becomes jammed and defies all ordinary endeavors do not waste temper and strength in vain attempts to twist it out. Take the wooden handle of a kitchen knife and tap the stopper first one side and then the other; if this fails to loosen it, run the cold faucet on the stopper and suddenly turn a warm stream on the neck of the bottle. You should be careful that the difference in temperature is not so great as to cause the glass to crack. The warm water will expand the neck of the bottle while the stopper is still contracted with the cold, and the slight difference in size between the two will loosen the latter. Failing in this method, take a stout piece of cord about five feet long and make a single loop with it about the neck of the bottle, holding it between the knees or getting another person to hold it steady. Now pull the cord rapidly from end to end and the heat developed by the friction will in a few seconds slightly expand the neck and the stopper may be removed with a couple of taps.

Maureen