

natus', at Hayes and Shrader streets. On Christmas Day St. Mary's Cathedral was reopened. The severe storm on Monday, December 17, wrought considerable damage to church property in San Francisco.

The Oldest Sister of Mercy

Of the Sisters of Mercy (says the Philadelphia 'Catholic Standard and Times') who were in touch with the foundress of the Order, Mother Mary Catherine McAuley, who made her profession in 1831, only one is living—Sister Mary Agnes McCaffry, the oldest Sister of Mercy in the world. She remembers Mother McAuley as visiting her convent school in Carlow, Ireland, and has still a vivid recollection of her face and manners. This venerable religious is spending her declining years at St. Xavier's Academy, Beatty, Pa., where she does duty in spite of her advancing age as mistress of the morning practice hour. It was in 1843 the first Sisters of Mercy, seven in number, came to America and settled in Pittsburg. The first American lady who joined the Order is worthy of special notice. She was Miss Eliza Jane Tiernan, of an old and wealthy Pittsburg family.

Cathedral Building in America

The Catholic Church in this country (says the Milwaukee 'Catholic Citizen') is passing through a cathedral building era. In twenty dioceses of the country, cathedral churches have just been completed, are under construction, or are projected. No less than £3,000,000 will be spent on these edifices. A cathedral building wave appears to be running throughout the country. The Church has passed through its pioneer days. It has struggled to a position of financial affluence. The cathedrals built in the fifties and sixties are too small and too meagre for the growing dioceses. Many of these new cathedrals will be magnificent edifices, costing up into the millions.

Nor is the cathedral building confined to any section of the country. In the East, Brooklyn is to have a £1,000,000 cathedral. In the South, a magnificent cathedral has just been dedicated at Richmond, Va. In the middle west, Cincinnati, Cleveland, Indianapolis, St. Louis, St. Paul, Minneapolis, are at work on the cathedral building proposition. Denver is building a cathedral. Los Angeles has had plans drawn for one. In his sermon at the recent laying of the corner stone for a new cathedral at Great Falls, Mont., Bishop O'Dea, of Seattle, called attention to the fact that the construction of a cathedral church is under way in each of the five dioceses constituting the province of Oregon. Baker City, Ore.; Boise, Ida.; Great Falls, and Helena, Mont.; Nesqually and Seattle, Wash.

In Cincinnati Archbishop Moeller has decided to erect a cathedral to cost about £200,000, as a centre of a group of buildings. On a ten-acre tract of land given for the purpose north of Norwood it is proposed to erect the new cathedral, a seminary building at a cost of about £35,000, a residence for the Archbishop at a cost of £10,000, a parish priest's house, a school and a teachers' house.

On Christmas Day, the new cathedral of SS. Peter and Paul, Indianapolis, was dedicated.

A sum approximating £3,000,000 will be spent on Catholic cathedrals within the next few years. This does not take account of Our Lady chapel, now being constructed in St. Patrick's Cathedral, New York City, to cost £160,000.

Of these cathedrals, the new one planned for Brooklyn N.Y., will be the greatest. It will be modelled along the lines of the cathedral of Notre Dame de Rouen, France, and will cost £1,000,000. It will be located on one of the finest sites in the city. The St. Louis cathedral will almost match it in magnificence. It will have a seating capacity of 4500. It will probably be the largest church in America.

The St. Paul Cathedral will cost over £200,000. The Minneapolis cathedral will be almost as large and costly. In far-away Los Angeles, Bishop Conaty, has had plans drawn for a great cathedral, in the Spanish style, which will be the finest church edifice on the Pacific coast.

'The publication of an advertisement in a Catholic paper shows that the advertiser not only desires the patronage of Catholics, but pays them the compliment of seeking it through the medium of their own religious journal.' So says an esteemed and wide-awake American contemporary. A word to the wise is sufficient....

Domestic

By 'Maureen'

How to Choose Fish.

Select fish with firm flesh; clear eyes, red gills; bright scales, and free from the suspicion of an odor. As soon as the fish comes from the market it should be scaled, cleaned, and well washed. Even though the fishmonger may have cleaned the fish, see that it is recleaned at home. After cleaning, stand it in a cold place.

A Test for Damp Rooms.

Spread in a pan 2lbs of fresh quicklime, broken into small bits. Place the pan in the room to be tested, tightly closing all doors and windows. At the end of 24 hours, weigh the lime; if it is found to have increased in weight more than half an ounce the room must be considered unfit for a living or sleeping room on account of the dampness. If the walls give to the hands a sensation of dampness, or if mould grows upon the walls, this alone furnishes evidence of the insanitary condition of the room.

A Simple Remedy for Relieving Joint Pains.

Boil the leaves and branches of the common marshmallow, and apply the liquid while warm to the parts affected. Finally, bind over them warm, wet compresses. A compress is made by soaking a handkerchief or small towel in the liquid and folding a convenient size without wringing. It should be well covered. An ointment prepared from the plant is used for treating eczema. It is made by melting lard in a jar placed in boiling water, and then adding to the lard the plant chopped very finely. The lard should be allowed to remain for five or six hours, and then be strained.

Doctor's Diet for Dyspepsia.

According to the 'British Medical Journal', a doctor was relieved of a 'life long tendency to acid dyspepsia and sick headache' by adhering to the following diet:—Breakfast.—Oatmeal cakes, bread and butter, about one cubic inch of cheese or bloater paste, marmalade, and one breakfast cup of tea. Lunch.—Same as breakfast, with occasionally a boiled egg, and sometimes coffee. Dinner.—Thick soup, containing vegetables, with bread, followed by suet pudding or fruit tart; or vegetable stew, containing 2oz or 3oz of meat, with boiled potatoes, followed by milk pudding, with a cup of black coffee occasionally.

The Value of Cheerfulness.

One of the first conditions of health (says 'Medical Science') is a healthy view of things. If it be true that a sick body makes a sick mind, it is equally true that a sick mind makes a sick body. A sickly view of the world will go far to make the world sickly. Morbid views react upon the individual. It is well to look upon the bright side of everything. for a bright and cheerful mind vivifies the body, stimulating all the organs and tissues. Life is to us largely what we see in it; and a healthy view materially affects the physical health for good. The strenuousness of present day life leaves very little time for smiling, and accounts for the worried look that has taken possession of so many faces nowadays. There is as much sense as sound in the advice to 'laugh and grow fat,' therefore let us get through life,—if not laughing, at least smiling and if not smiling, as smiling as we can.

Maureen

THE WHOLE SECRET.

A REMARKABLE SUCCESS OF A NEW DIGESTIVE REMEDY.

Dr. Ensor's Tamer Juice is having a remarkable sale. Its success is due to the simple fact that it helps the stomach in the digesting of food, and also carries off from the system any waste material not required for the upbuilding of good health and strength. That is the story of its success in a nutshell. For headache, constipation, biliousness, acidity of the stomach, and all disorders arising from torpidity of the liver and irregular action of the bowels, no remedy is so sure and so safe as Dr. Ensor's Tamer Juice. Price, 2s 6d, at chemists' and grocers.

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