

Bend, Ind. The medal, which is given annually to some member of the Catholic laity in the United States distinguished for service to religion, art, science, philanthropy or other public work, came as a great surprise to Miss Conway.

GENERAL

The Cause of the Trouble

The 'Catholic Times' has been informed by the Rev. Father Verhagen, O.F.M., Commissary of the Holy Land, that as the result of the investigation of the circumstances connected with the affray which took place in January between the Franciscans and the Armenians at Bethlehem, the Armenians have been convicted of aggression. Two of their monks have been sentenced to two months' imprisonment, and are to be removed from Bethlehem. Their Superior was reprimanded, and is also to be removed, and the Armenian Patriarch has apologised to the Franciscan Father Custos. The Italian Consul had charge of the case.

A Brave Girl

Early on Saturday morning, April 20, a disastrous fire broke out in the Villa Maria school and convent, situated at Hunter's Hill, and within half-an-hour the whole of the buildings were completely destroyed. The institution (says the 'Freeman's Journal'), which is at the corner of Mary street and Gladesville Road, is conducted by the Sisters of St. Joseph. The buildings consisted of boys' and girls' school, built of weather-board, and were occupied at the time of the fire by five Sisters and eight boarders, and although the damage was confined to its total destruction, it was only through the remarkable presence of mind of one of the boarders, Jessie Barrett, that the inmates were saved from a terrible fate. The building was only one-storey high, otherwise the consequences might have been dreadful.

The fire was first detected by Miss Jessie Barrett, who was sleeping in the dormitory next to the music room. The noise of crackling timber aroused her, and the choking sensation she experienced from the smoke which was filling the apartment, quickly convinced her that something was wrong. Jumping out of bed, she hastened to the door of the dormitory, and at once saw that the schoolroom was a mass of flames. She rushed back crying out that the place was on fire. Reaching the dormitory again, she picked up one of the boarders, Elsie Butler, who is only seven years of age, in her arms, and then ran to the room where four of the Sisters were sleeping. At first they were dazed with the smoke, which was now filling the building, but after they had been thoroughly awakened Miss Barrett hurried into the room of the Mother Superior, who quickly donned her habit and ran out.

By this time the flames, fanned by a strong westerly wind, were sweeping right into the dormitory. None of the inmates of the doomed building had any time to fully clothe themselves, and they had to make their escape just as they stood. Indeed, some of them were so stupefied with the smoke that a good deal of energy and vigor had to be exercised to rouse them to a sense of their fearful peril. In this Miss Barrett was again to the fore, and there can be no doubt that had it not been for her admirable presence of mind there must have been loss of life, even after she had given the alarm. She had to assist them out of the window, through which she had just previously helped little Elsie Butler. One of the girls, indeed, started to run towards the flames, but Miss Barrett caught hold of her and fairly bundled her out into the open.

The Mother Superior, in referring to the part played by Miss Barrett, said:—'Had it not been for this young girl, I am sure we would all have been burned in our beds. Another two minutes would have made all the difference. I consider that the bravery shown by Miss Barrett entitles her to be ranked as a young Australian heroine. She did not seem to care a bit for herself, and what she did for all the others was done so quickly, coolly, and intelligently that I cannot help wondering how, indeed, she kept herself in hand so well. We all owe our lives to her; there is no doubt about that.'

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Domestic

By 'Maureen'

Antidote to Poison.

It is a great thing to thoroughly understand what simple antidote to take if one is so unlucky as to swallow poison of any kind through mistake. Sweet oil is to be found in nearly every house, and half a pint of it, taken immediately, is an effectual antidote to almost all poisons. Anybody with a strong constitution should take a larger quantity of this simple remedy.

How to Treat Furniture.

New furniture should be kept as long as possible without the application of oily restoratives, because once commenced a perfect polish will have to be kept up by a thorough daily rubbing, or the oil is certain to form a crust sooner or later, which is sticky to the touch and not nice to look at. Furniture finished with shellac or varnish should never be washed with soap and water. The soap eats the oil and destroys the surface.

Mil'ew on Linen.

First of all take some soap and rub it well into the linen, then scrape some chalk very finely and rub that in also, lay the linen on the grass, and as it dries wet it again. This done twice or thrice should remove the mildew stains. Another way is to mix soft soap and powdered starch with half the quantity of salt and juice of a lemon. Lay this mixture on with a brush, and let the linen lie out on the grass for a few nights and the stains will disappear.

How to Wash Silk.

In washing silk there are four things to avoid—rubbing, wringing, direct soaping, and heat. Have the water lukewarm, make a lather with a little dissolved soap, if very dirty; if not use bran water. Don't allow soap in a lump to come in contact with silk. Take hold of one end of the article, and swish round and round till clean. Rinse in cold water, to which has been added vinegar, one dessertspoonful to a quart. Place between dry cloths, and squeeze, preferably through a machine. Shake well, to get rid of superfluous moisture, and iron at once through tissue paper with a warm iron.

To Keep the Hands Soft.

It is almost impossible in the workaday world to go through the frosty weather without chapped hands, and when once they get bad they take a good while to cure. But prevention is better than cure, and the following is a simple but efficacious method of avoiding the trouble. Take common starch and grind it very finely, place it in a box or tin, and keep it with the toilet materials. After the hands have been thoroughly washed in hot water and rinsed in clean cool water wipe them almost dry. Then take a pinch of the powdered starch and rub it carefully over them, covering the whole surface.

The Value of Rest.

The inability to rest either at night or by means of short respite from activity during the day, is the beginning, with many women, of a nervous breakdown, and should be heeded as nature's warning that all is not well, and that the routine of life, whether of work or pleasure must be closely scanned and so changed as to lessen the strain. Hurry and excitement, with constant overstrain, which is working on the nerves, are subtle nerve-wasters, for they consume double the energy required for the mere performance of the given act if it were done reposefully. Moods are to blame for much of this mischief injected in lives; but we should master our moods, not be mastered by them. The amount of regular sleep required varies with the constitution, age, and habits of life; the brain worker, whose drafts on vitality are the largest, needing the most. At least seven to nine hours' sleep are needed by all who lead active lives and would keep themselves physically and mentally at the summit of their powers.

Maureen

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