

America to be mentioned for beatification, the other being the Venerable Bishop Neuman. Father Seelos died in 1867 at New Orleans of yellow fever, contracted in the performance of his priestly duties.

### Indian Missions

Cardinal Gibbons, President of the Bureau of Catholic Indian Missions, has received from Cardinal Merry del Val an autograph Papal letter commending the Society for the Preservation of the Catholic Faith amongst the Indians to the Bishops, clergy, and faithful of the United States.

### The Catholic Missionary Union

Rev. Father Doyle, the Paulist, has been commissioned by the directors of the Catholic Missionary Union of the United States to visit some of the seminaries of England, Ireland, and the Continent, and explain the special methods and policies of the mission movement for non-Catholics that has secured such notable results in America.

### GENERAL

### Death of an Archbishop

A message from Santiago de Chile says:—Monsignor Casanova, Archbishop of Santiago, having been in extremis on May 14, the Council of Ministers convened for that evening adjourned as a mark of sympathy, and President Monte and the Minister for Foreign Affairs immediately proceeded to the Archbishop's Palace. The Archbishop died two days later.

### The Banana

Professors of dietetics (says a writer in the 'Pall Mall Gazette') tell us that the banana is not, as so many fruits are, a flavor and nothing more, but a food and a source of real nutriment. It is at once useful and delicious. It not only gratifies the palate, but supplies material for combustion and the maintenance of animal heat, while it also builds up the muscles and repairs the worn and threadbare nerves.

The flour made from it in the dried state is equal in nutritive value to rice, and how invigorating and sustaining rice is has been demonstrated in the recent achievements of the Japanese. Dried and sprinkled with sugar, a form in which it has been recently introduced into England, the upstart banana is, weight for weight, as nutritious as the venerable fig.

But it is in the fresh state that the banana chiefly appeals to us. Its creamy succulence and delicate odor are inviting, and its pleasant savour is a prelude to good digestion. Dependent as that savour is on an ethereal body which the coal-tar investigators have not yet been able to imitate by any chemical essence, it is a subtle stimulus to all subsequent alimentary processes. And thus it is that the banana is an eminently digestible food. No sense of oppression or drowsiness follows on a meal of it.

I have seen a West Indian negro consume twenty stalwart bananas at a sitting, and thereafter display unwonted vivacity. It seems to be mainly absorbed by the stomach, and this fact, together with the small amount of waste matter it contains—95 per cent. of its substance possessing nutritive properties—has led a number of American physicians to recommend it as a food in typhoid fever.

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## LILY WASHING TABLETS

## Domestic

By MAUREEN

To Mend Granite Ware.

Shellac poured over the worn places in granite ware and the vessel held over the fire so that the shellac can cook hard will make them last for a long time.

Fat and Frying.

Remember that when fat bubbles it is only just melting, and not at all in the right condition for frying. After the bubbling has subsided a slight smoke will arise, and that is the moment the material should be put in.

To Remove Stains From Brass.

Vinegar and salt with a few drops of ammonia will remove stains from brass. Make it into a paste and apply with a piece of flannel, then rub off with a dry piece, and you will be delighted with the result.

Bananas for Dyspepsia.

When a fruit such as a banana becomes ripe, and still more when it reaches the pulpy stage of over-ripeness, it might well have been supposed that micro-organisms were at work, and that very likely the over-ripe fruit might be harmful on that account (says 'The Hospital'). This is not the case, however. Doctor Giuseppe Tallarico has done some very elaborate and exhaustive work on the subject. His main conclusions are twofold: First, that the pulp of the banana remains absolutely free from microbes so long as the pericarp is intact; cultivations upon bread, agaric, gelatine, and so forth remained completely sterile. Secondly, that the maturation of the fruit is due to ferments, of which there are three main kinds—each of which is present in quantity in the ripe banana. It is, perhaps, upon this account that the fruit is so beneficial in many cases of simple dyspepsia.

Tired Eyes.

People speak about their eyes being tired, meaning that the retina or seeing portion of the eye is fatigued, but such is not the case, as the retina hardly ever gets tired. The fatigue is in the inner and outer muscles attached to the eyeball and the muscles of accommodation which surround the lens of the eye. When a near object is to be looked at this muscle relaxes and allows the lens to thicken, increasing its refractive power. The inner and outer muscles are used in covering the eye on the object to be looked at, the inner one being especially used when a near object is looked at. It is in the three muscles mentioned that the fatigue is felt, and relief is secured temporarily by closing the eyes or gazing at far distant objects. The usual indication of strain is a redness of the rim of the eyelid, betokening a congested state of the inner surface accompanied by some pain. Sometimes this weariness indicates the need of glasses rightly adapted to the person, and in other cases the true remedy is to massage the eye and its surroundings as far as may be with the hand wet in cold water.

Diet and Indigestion.

Even very abstemious people are often sufferers from indigestion caused by over-eating. The amount of food they take is not too much for the day, but it is distinctly too much at the time they take it. We will suppose the case of a woman who has had nothing since her light lunch, and who has come home tired and hungry with her day's work to a dinner at 7 o'clock. She is thankful for a good meal, eats heartily, and is surprised to find afterwards she feels rather worse than better for it. The reason of this is simple. She was tired out; her stomach, like the rest of her body, was unfit for work, and the digestion of a meal means hard work for that important organ. Instead of dining directly she came in, she should have taken a cup of hot water with a tablespoonful of milk in it, and then sat down quietly for five minutes. Had she done this, and then begun to eat slowly, masticating thoroughly, all would have been well. The little pick-me-up would have enabled the stomach to do its work. If only people would more generally follow this plan, dyspepsia would be less frequent than it is at present.

*Maureen*

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