

which constitute an enquiry into their qualifications. The whole question is then examined and discussed in full assembly, and he who seems to be most worthy is proposed to the Pope. The reorganisation of the Congregations, doubtless, involves alterations in this and other respects.

### UNITED STATES—Cardinal Gibbons

Cardinal Gibbons celebrated on June 30 the forty-seventh anniversary of his priesthood and his twenty-second year as a Cardinal. Though the Cardinal was nearing his seventy-fourth birthday, which was reached on July 23, he is still hale and hearty. He will visit London and Rome this summer.

### HAVE YOU HEART DISEASE?

Thousands of people, said a well-known medical man the other day, when giving evidence at a coroner's inquest, are walking about to-day with hearts as weak and diseased that the sudden rat-tat rat-tat of the postman's double knock might cause their death. This is truly an alarming statement, yet there is no doubt that deaths from heart weakness and failure are steadily increasing in number every year. On the other hand, every medical man knows that hundreds of people who are literally frightening themselves to death with the fear of heart disease are really the victims of indigestion, constipation, dilatation of the stomach, and kindred intestinal and stomachic affections. Palpitation of the heart is nearly always the result of errors of diet, or bad dietetic habits, such as over-eating, too rapid eating—some men and women ought to be charged with furious eating,—and anything that will correct these errors and evil habits will allay and banish palpitation. If you have palpitation, dizziness, breathlessness, and other symptoms of heart disease, do not get disheartened and conjure up fears of heart disease. The probability is that the disease is not in that vital organ, but in the stomach and the muscles that lie around the heart. Indigestion and flatulence will give birth to all the more characteristic symptoms of heart disease, and in such cases the services of a doctor are totally unnecessary. Dr. ENSOR'S TAMER JUICE, taken regularly at night-time for a few weeks, will prove quite sufficient to remove the cause of all your trouble and restore healthy digestion. It is mild in action and more efficacious than drastic purgatives that are naturally followed by an equally drastic reaction. Dr. ENSOR'S TAMER JUICE is obtainable from all chemists in bottles at 2s 6d each, and if you are worried by any of the distressing symptoms that make you think you have heart disease, just give it a brief trial. Don't postpone good intentions, but call at your chemist to-day and try just one bottle. You will be delighted with the result.

MYERS & CO., Dentists, Octagon, corner of George Street. They guarantee the highest class of work at moderate fees. Their artificial teeth give general satisfaction, and the fact of them supplying a temporary denture while the gums are healing does away with the inconvenience of being months without teeth. They manufacture a single artificial tooth for Ten Shillings, and sets equally moderate. The administration of nitrous oxide gas is also a great boon to those needing the extraction of a tooth....

Woods' Great Peppermint Cure won't cure  
Bad habits or York hams,  
Nor would it do in Irish stew,  
Or hair-wash or in jam;  
It won't cure leather, f-e-e-kles, warts,  
For worling men or toffs,  
But Woods' Great Peppermint Cure will cure  
Your colds and cure your coughs.

'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....

'Catholic Marriages'. The book of the hour. Single copies, 1s posted; 12 copies and over, 8d each, purchaser to pay carriage. Apply, Manager, 'Tablet', Dunedin.

## LILY WASHING TABLETS

Take a half-holiday. Do not work on wash day. Lily Washing Tablets will do your washing in one-third the usual

## Domestic

By MAUREEN

### Inky Fingers.

A simple way for removing ink stains from the fingers is to rub vaseline well into the skin, and then rub it off with a piece of soft paper before applying the soap.

### Cooking Vegetables.

A piece of carbonate of ammonia, the size of a small pea, put into the water in which vegetables are cooked, preserves the color. The ammonia evaporates in the boiling. It is generally used by French chefs. It will also prevent the odor of boiling cabbage.

### Mending Gloves.

An error that is commonly made is that of mending kid gloves with sewing silk, as the silk cuts the kid, and shows the mend more plainly, while fine cotton thread gives a much more satisfactory result. If the gloves are torn, put a piece of silk of corresponding shade under the torn part, baste carefully, so as not to reveal the stitches on the right side, and then draw up the rent with cotton thread.

### To Wash Chiffon.

Not every woman, perhaps, knows that chiffon is capable of being washed. White chiffon, no matter how soiled, needs only to be soaked and lightly rubbed between the palms of the hands in lukewarm soapsuds. Rinse lightly in clear, warm water, dashed with ammonia. Squeeze out all the water possible, and dry in the sun. It will dry up in wrinkles to half its width, but just before it is quite dry, it may be pressed on white flannel with a warm iron, and it can be easily restored to its original compass.

### Drinking at Meals.

Those who have too little acid should drink very little or not at all at meals; those who have too much acid should drink moderately at meals, and will be especially benefited by drinking one or two glassfuls of hot water two hours after eating. One exception must be made. Persons who have dilated stomachs should at all times avoid burdening their feeble stomachs with large quantities of liquids, and will do best with a dry diet. It is best not to drink while eating, but afterwards. Drinking while eating interferes with mastication and salivary secretion, and increases putrefaction. Liquids should be taken at the close of the meal.

### Fruit as Food.

Were we to judge fruits by the way they are generally used, we would be led to believe that they were unimportant, or a mere incident in Nature, while the facts are they occupy probably the second most important position in the world's bill-of-fare. This is especially so in a warm climate. There is a striking analogy between the per cent. of water contained in fruits, and that of the human body, which shows that in very hot weather when the body demands an excess of water, that it can be obtained from fruits in about the right proportions and in its purest form. The great family of microbes, bacteria, disease germs, and other weird witches with which every square inch of air in the world is filled, striving to destroy the human race, so the doctors say, are perfectly harmless when brought into contact with fruit juice or fruit acids. Fruits do for the interior of the body what a bath of pure water and pure air do for the exterior. Fruits are highly germicidal, and if used liberally they render the body entirely immune from all alleged contagious and infectious diseases. A perfectly healthy body, however, need have no fear of contagion, but by the liberal use of fruits a body that might become afflicted with such disease might be safeguarded through an epidemic. Fruits contain certain organic salts, and elements which are taken in from the earth, air and sunshine, and which are highly structural, while their acids are the real police of the blood; and the water they contain is distilled by Nature's most perfect process.

*Maureen*

For rheumatism, backache, faceache, earache, neuralgia, and other muscular pains nothing can equal WITCH'S OIL (registered).

No rubbing, no drudgery; washing just a PLEASURE. Housewives of many years' standing emphatically endorse these statements. Total cost of wash for family of ten, twopence. J. HARRISON, Manufacturer, 184 Kilmore street, Christchurch.