

## HIBERNIAN SOCIETY

### DISTRICT MEETING

(From our Auckland correspondent.)

August 27.

The half-yearly meeting of the New Zealand District, H.A.C.B. Society, was held in the Hibernian Hall last Wednesday evening. Bro. E. Dane in the chair, the vice-chair being occupied by Bro. P. J. Nerheny, D.V.P. The other officers present were Bros. J. Corbett, P.D.P., W. Kane, D.S., M. J. Sheahan, D.T. The delegates present were: Greymouth, Bro. J. McCarthy; Charleston, Bro. D. Foley; Grahamstown, Bro. M. Fay; Dunedin, Bros. J. Smith, McDermott, and McGovern; Auckland, Bros. C. Mulholland and Delahunty; Christchurch, Bro. D. Flynn; Onhunga, Bro. T. Crisp; Napier, Bro. Meagher; Wellington, Bros. Stead and Shaldrick; Blenheim, Bro. P. Walshe; New Plymouth, Bro. Coffey; Waipawa, Bro. Wright; Hastings, Bro. Buckley; Leeston, Bro. Patterson; New Headford, Bro. P. J. Walsh; Timaru, Bros. Nerheny and McVeagh; Masterton, Bro. Lorrigan; Milton, Bro. Heath; Oamaru, Bro. Duffin; Waimate, Bro. Reynolds; Denniston, Bro. Murphy; Westport, Bros. O'Brien and Cahill; Gisborne, Bro. Devine; Reefton, Bro. McDonald; Wellington South, Bro. Venning; Palmerston North, Bro. McGahan; Ashburton, Bro. McCartin; Waihi, Bro. O'Brien; Kaiapoi, Bro. Byrnes; Hutt, Bro. McKenna; Hawera, Bro. Ryan; Taihape, Bro. Noone; Manaia, Bro. Munday; Invercargill, Bro. Dempsey; Sancta Maria, Sister E. Kane; St. Mary's, Sister Fitzgerald.

The balance sheet showed that the funeral account had, after paying £120 in death claims, a balance of £688; 16s 10d. The general account had a balance of £425 4s 1d; the expenditure was £103 14s. The guarantee fund showed a credit balance of £306 17s 10d, and a sum of £6975 was invested in sound freehold security.

An emblem approved by the E.D. was exhibited, which was suggested should be worn by all members throughout Australasia.

The D.P. urged delegates to impress upon their branches the desirability of assisting to place in the Redemptorist Church, Wellington, the stained window promised by the society. Very Rev. Father Clune and his Order had done much for Hibernianism in the Dominion. Accounts amounting to £39 were passed. The following were nominated for office for next term: President, Bro. P. J. Nerheny; V.P., Bro. Mulholland; district secretary, Bro. W. Kane; district treasurer, Bro. M. J. Sheahan; auditors, Bros. J. B. Stead and Jas. Smith.

### COLDS LEAVE WEAK PLACES.

#### WEAK, COUGH-INJURED SPOTS INVITE CONSUMPTION TAKE TUSSICURA, THE MARVELLOUS THROAT AND LUNG TONIC.

Everyone will admit that coughs and colds are weakening. That, if not cured in a reasonable and rational manner, they leave the lungs and throat in such a weak condition that consumption has a mighty good start.

The consumptive microbe grows, develops, and multiplies in weak and cough-injured lung-spots—never in strong lungs.

Tussicura—that much-used and marvellous lung and throat tonic—quickly reduces any cough, throat irritation, or bronchial inflammation. It gives prompt and pleasant ease and comfort to any sufferer. But Tussicura does more than this, because Tussicura is a true lung healer, strengthener, and builder.

Persons suffering from ordinary colds, tickling coughs, bronchial and nasal catarrh, sore or relaxed throat, huskiness, loss of voice, asthma, bronchitis, tightness of the chest, pleurisy, or influenza cough will find prompt and efficient relief and strength by taking one or two tablespoonfuls of Tussicura several times a day.

Clergymen, lawyers, public speakers, teachers, and singers can wonderfully tone and strengthen the vocal chords by taking teaspoonful doses of Tussicura whenever needed.

Tussicura is sold by all good chemists and grocers in bottles, 1s 6d, 2s 6d, and 4s 6d each, or direct from the Tussicura Manufacturing Company, Dunedin.

Woods' Great Peppermint Cure for Coughs and Colds never fails. 1s 6d and 2s 6d.

## 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

### Hiccough Easily Stopped.

This is a most distressing and obstinate complaint to those in whom it occurs. We do not refer, of course, to the hiccough attendant upon great prostration of the system, but to those instances (very frequent indeed) of a simple spasmodic condition of stomach and esophagus, which assails the individual without any other symptom of disease, and in the treatment of which anti-spasmodics prove inert. Relief can be obtained by directing the patient to hold the arms straight above the head and to keep inspiring as long as is feasible, so as to retain the air in the lungs for as long a period as possible.

### Household Hints.

If applied immediately, powdered starch will take stains out of table linen. Left on the spot a few hours it absorbs every trace of the stain.

The smaller a roast of meat the hotter should be the oven at first, that the least possible amount of its delicate juices may escape.

To remove candy from a plush chair very hot water may be used, care being taken not to wet the plush any more than is absolutely necessary.

Ham water is excellent for soups. Macaroni, previously boiled, is a good addition, and vermicelli is used with advantage to white soups. A calf's hoof improves any soup.

### Stooping Shortens Life.

Thousands of people are limiting their powers and shortening their lives by habits which, while apparently simple and harmless, have in reality a most far-reaching and injurious effect. Among those habits, one of the most pernicious is that of stooping—of standing or walking with the chest lowered and the body collapsed. This is very common, being found in about nine out of ten people. Among the more frequent conditions causing collapse of the body are tight clothing, causing pressure at the back of the neck, thus pulling the head forward and depressing the chest, or pressure as of belt or corset about the waist, the result of which is to depress and contract the chest. Such a false position reduces the space in which the vital organs must work, and so interferes with their functions.

### Good Teeth.

If the teeth are white and even they give an attractive appearance to a face which may be otherwise plain. For every reason the teeth should receive the best of care. Many people suffer from indigestion and the consequent skin troubles because of their poor teeth, which makes them unable to masticate their food sufficiently. It may not be necessary to chew each mouthful of food thirty times, as is recommended by some, but nothing should go into the stomach that is not thoroughly masticated. To keep the teeth from decay it is necessary to keep them perfectly clean. It is well-nigh impossible to do this. A good stiff brush should be used and the teeth brushed inside as well as out. The brush should be used up and down the length of the teeth as well as across. The foundation of most tooth powders, pastes, and washes is soap. The teeth should be brushed after eating, and to keep the mouth sweet and clean, rinse it with a saturated solution of boric acid or bicarbonate of soda, in the proportion of a level teaspoonful to a glass of water. Be sure that the tooth-brushes are kept clean. They should be renewed once in a couple of months, if not oftener, as the bristles become worn and are liable to injure the gums. When the teeth are disfigured with black which will not come off with the ordinary brushing, get some very finely powdered pumice stone, and with an orange wood stick apply it to the spots. Dip the stick in water so as to make the powder adhere. Some prefer to make a paste with a little glycerine. Do not neglect the dentist. One should make a practice of having the teeth seen to twice a year. Those who are troubled with a deposit of tartar should have it removed every six months.

*Maureen*

For Children's Hacking Cough at night Woods' Great Peppermint Cure. 1s 6d and 2s 6d.

time. 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.