

Young Men's National Union

The thirty-fourth annual convention of the Catholic Young Men's National Union of the United States was opened at Philadelphia on September 3. Its sessions continued for two days.

The Position of the Church

Cardinal Gibbons is reported to have said to an interviewer during his recent visit to Rome that the union which now exists between the Church and State in most European countries is like a chain on the feet of the Church, while in America the Government, although formally separated from the Church and the churches, is always willing to recognise the interests of religion and to show its respect for religious principles. 'The American people,' the Cardinal said, 'consider religion as the basis of social morality and prosperity. Hence they respect every organisation that tends to keep these alive in public and in private life.' The Cardinal also discussed the bearings of emigration on the Catholic religion in the United States. While admitting that many emigrants at first found it difficult to enter into the new conditions which they find there, he said that they very soon grow accustomed to them, and are willing to adopt, not only the laws and social customs of their adopted home, but the accidental differences of method prevailing there in the Catholic Church. Referring to the recent change made by the Pope in transferring the United States from the jurisdiction of the Propaganda to the general law of the Church, the Cardinal declared that the change would be welcomed in America, 'not because we have any reason to complain of our treatment by the Propaganda,' he said, 'but because, under the new arrangement, we take our place as an adult member of the great Catholic family.'

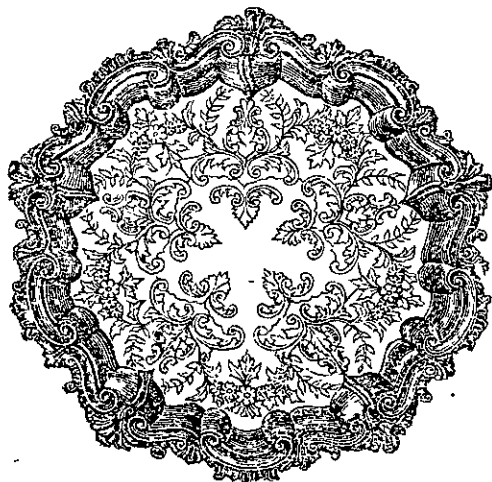
Holiday excursion tickets in connection with the King's Birthday and the Christchurch show and races will be issued on the New Zealand Railways from 5th to 9th November, and available for return up to December 4.

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Domestic

By MAUREEN

Oily Hair.

Very oily hair should be occasionally washed in warm water in which is dissolved half a teaspoonful of bicarbonate of soda. Afterwards rinse in cold water. Cold water acts as a tonic, quickens the circulation, closes the pores, and prevents taking cold.

How to Treat Brooms.

There is truth in the old saying that 'a new broom sweeps clean,' for it will be found on examination of a new broom that the ends of the straws and the base of the brush are square; and after it has been in use for some time the straws become sharp and pointed like needles, and apt to injure the carpet. To remove these sharp sharp points, dip the broom in hot suds and trim it off neatly, to preserve the square shape and obtain the full benefit of the broom.

Culinary Weights and Measures.

Two tablespoonfuls of butter make one ounce; four tablespoonfuls of flour make one ounce; one cup of flour is equal to one pound; one cup of butter packed solid equals one half-pound; one cup of granulated sugar weighs one half-pound; five medium eggs without shells make one half-pound, or four with shells weigh one half-pound; one cup of chopped meat packed solid weighs one half-pound; one cup of milk or water is equal to one half-pound. In nearly every recipe, unless it calls for a level measure, a tablespoonful or teaspoonful means that the substance should rise above the level as much as the spoon rounds under. To measure half a spoonful divide lengthwise of the spoon, and for a quarter take half of this.

New Iron Ware

It is important to give new kettles or pans proper care at the start, for if this is done the utensil will improve with age, and be easily kept smooth and in good condition. Always coat the inside of any new utensil with mutton tallow or lard. Let this stand a day or two, then gradually heat until the fat melts, and then wash with hot water and washing soda. Be careful not to wet the hands, as the soda, which should be in the proportion of a heaped tablespoonful to a quart of water, would injure them. Use a dish mop or a fork, to hold the cloth. Rinse the utensil in hot water and wipe dry with a clean towel, rubbing it very hard. If it blackens the towel after this treatment scour it with soap and sand. Another good method of preparing new iron kettles and pans for use is to boil the potato parings in them for several hours, then scour and wash. When using iron ware, put it to soak as soon as emptied; then have clean, hot water, and wash the inside and outside carefully; rinse in hot water, and wipe dry. Moisture and acid cause rust, while soap and grease make smooth ware. For this reason many prefer never to wash an old griddle pan, but carefully wipe it each time after using with greased paper.

Lime Water and Its Uses.

This is made by putting a lump of quicklime into an earthen bowl and half filling it with cold water. Stir with a stick or wooden spoon until the lime is dissolved, and if it is very thick add more water to thin it. Let it stand a few hours, and then pour off the clean water, being careful not to take any of the sediment. Bottle and label. For burns, mix four tablespoonfuls of the lime water with an equal quantity of sweet oil, bottle, and keep on a handy shelf for use.

Lime water is an anti-acid tonic, and is used with a milk diet when the milk disagrees with the patient. A tablespoonful to half a pint is the right proportion.

It is often used, too, with artificial foods for the baby, as many of these lack the qualities supplied by lime. A doctor should be consulted as to the exact proportion in each case.

If soda has been used on white boards to take out grease, the spot often turns dark. If a little lime water is poured on and allowed to remain an hour or two, it will restore the whiteness.

To test the purity of the air in the room, half fill a glass with lime water, and if it is impure a thin scum will appear on the water, caused by an excess of carbonic acid gas.

Maureen

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