

paralysis about four years ago. A second stroke followed, and for some weeks it was feared it would be fatal. The Bishop will remain at the head of the diocese until the selection of his successor, when he will live in retirement.

NELSON

(From our own correspondent.)

October 25.

The following pupils from the Convent, Nelson, were successful in passing the practical examination held on the 10th inst. by Mr. Henry Saint George, examiner for Trinity College of Music, London:—Senior division—Miriam Storey, 67. Intermediate—Mary Stevens, 81 (honors); Dorothea Frank, 70. Junior division—Trata Swainson, 81 (honors); Mary Duff, 67.

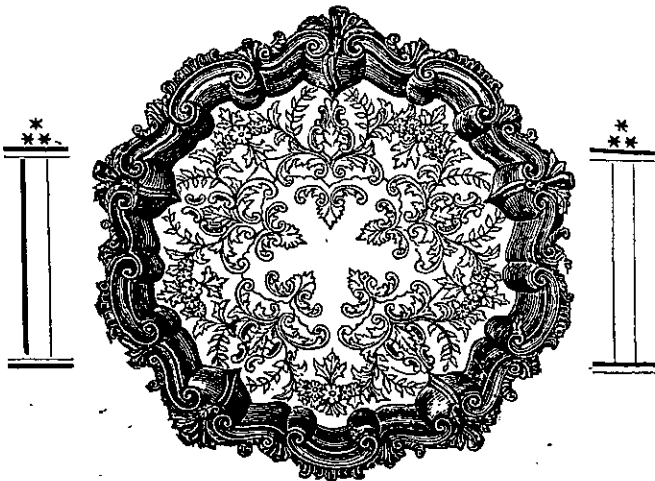
A numerous gathering took place at St. Mary's Hall, when the parishioners of St. Mary's entertained Mr. and Mrs. Charles Seymour prior to their departure for the Lower Hutt (says the Nelson Colonist). The Rev. Father Clancy presided, and stated they had met to congratulate Mr. Seymour on his promotion to the position of postmaster at the Lower Hutt, and to say good-bye to him, Mrs. Seymour, and their family. He referred to Mr. Seymour being educated at St. Mary's School, being married at St. Mary's, and having had all his children born in Nelson. He referred to the many services Mr. Seymour had rendered to St. Mary's Church, having repeatedly acted as hon. secretary to bazaars, presentations, etc. The parishioners felt they could not let Mr. Seymour depart without giving him some token of their high regard for him and his. Father Clancy concluded his very happy speech by asking Mr. Seymour to accept a handsome silver tea and coffee service from the parishioners as a token of their warm esteem. Mr. Seymour said it was hard for him to find words to express his thanks to the parishioners and to Father Clancy. The gift was a valuable one, and would be highly prized by them. Reference had been made to his past services, but all he could say if he had really won the esteem of the people of St. Mary's, he was rewarded. He had spent his happiest days in Nelson, and he would carry away with him many pleasant recollections of the city, and those with whom he had been associated with. He again thanked them for their very handsome present. At intervals during the evening Mr. Naylor, Misses Greenfield, Clark, and Shane, and Messrs. Condell, Shane, and Kirton contributed musical and vocal items. After partaking of supper, 'Auld lang syne' was sung, and hearty cheers were given for Mr. Seymour, Mrs. Seymour, and the committee who had so satisfactorily carried out the arrangements.

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Domestic

By MAUREEN

To Circulate the Blood.

It is often found that a chronic sufferer from headaches also complains of cold feet. This shows bad circulation, and it should be strengthened. A simple and helpful remedy is to bathe the feet in cold water, night and morning, and rub briskly with a flesh brush or Turkish towel.

Exercise.

In these days of exercises unlimited it is well to know that it is very unwise to indulge in the practice injudiciously. Exercise should not be taken just after a heavy meal, as the digestive organs make a large demand on the blood supply, so that there is very little available for the exercise of the muscles. Again after a long fast exercise does harm rather than good.

Bones for Gravy.

Bones for making gravy should be boiled gently for over six hours, and then strained off. If, when cold, the bones look shiny they may have more goodness in them, and can be cooked in fresh water (sufficient to cover only) for a few hours. The bones should never be kept in an iron saucepan, but, when strained from the liquor at night, be placed on a clean dish.

To Have White Hands.

If the hands are naturally white, little care is necessary to keep them so. Good soap with a little oatmeal and warm water will cleanse them, and if rubbed all over with lemon once a week they will keep white. Camphor ice applied at night will keep them smooth. For red hands equal parts lemon juice, glycerine, and rosewater applied nightly with daily applications of lemon juice will be effective.

A Splendid Laundry Starch.

A laundress, whose snowy wash was always a thing of beauty says that to a good handful of starch she adds a table-spoonful of lard, a teaspoonful of borax, and a small piece of laundry soap. After mixing well with a little cold water, pour boiling water, stirring constantly, and boil steadily for ten minutes. The laundress says the secret is the use of the soap in the starch and thorough boiling. In ironing she uses the inside wrapper of a cake of soap to rub the irons.

To Clean a Skirt.

If a skirt is much splashed with mud or stained along the hem it should never be brushed until the stains are completely dry, prompt treatment while the mud is still wet only causing the dirt to sink into the material. If brushing does not succeed in eliminating the marks when the material is dry, sponging with pure alcohol should be tried, this method succeeding admirably both with serge and cloth costumes in dark colors as well as lighter fabrics.

Coffee as a Remedy for Asthma.

Coffee is a very excellent remedy for asthma. Those who do not know how to cut short their attacks and have not tried coffee should do so by all means. It often succeeds admirably when almost everything else has failed. There are one or two little points to be attended to in taking coffee for asthma. In the first place, it should be very strong—in fact, perfectly black. Weak coffee does more harm than good. If made very strong much of it need not be taken; a large quantity is a positive disadvantage, for it is less rapidly absorbed and only distends the stomach. Then it should be given without sugar or milk, pure *cafe noir*. It should be given on an empty stomach, for when taken on a full stomach it often does harm by putting a stop to the process of digestion.

Maureen

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