

a sacrifice that is made by Catholics in other countries besides this.

GENERAL

The Catholic Hierarchy

An exchange gives the following summary of the division of the Catholic hierarchy throughout the world: On the Continent of Europe, Italy has 268 sees, France 84, Spain 56, Austria-Hungary 52, Russia 13, Portugal 12, Turkey in Europe 7, Greece 7, Belgium 6, Holland 3, Switzerland 5, Bosnia Herzegovina 3, Roumania 2, and one each for Bulgaria, Luxembourg, Monaco, and Servia; Ireland has 28, England 16, Scotland 6, and Malta 2; in Asia, the East Indies have 32, Japan 4, Turkey in Asia 3, and Persia 1; in America, Canada has 29, the United States 93 (the most numerous hierarchy after Italy), Newfoundland 3, and the different Republics of South and Central America 130. Australia has 19, New Zealand 4, and the Philippines 9. There are 81 residential sees of the Oriental Rites. Then there are 143 Titular Bishops with jurisdiction over Vicariates Apostolic. Altogether there are over 1400 Bishops in the Catholic Church throughout the world.

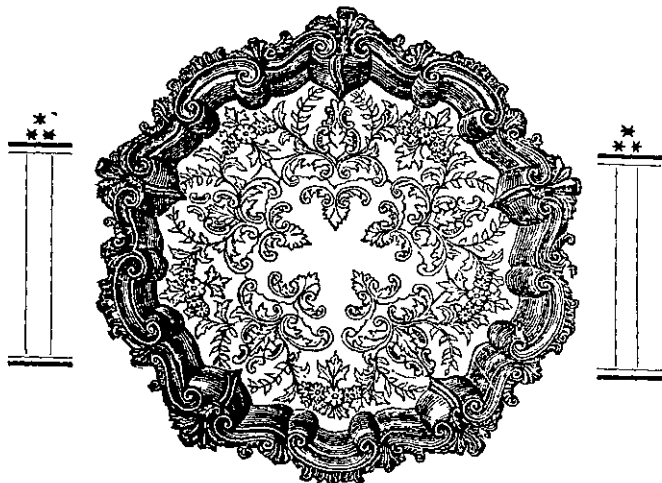
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Domestic

By MAUREEN

To Make Quilts from Blankets.

When blankets have become thin from long use, after they are washed put two or three together, and cover them with sateen to make quilts. Button down the quilts here and there, mattress fashion, to keep them in proper shape, and finish off with a frill of sateen. These are most serviceable quilts for every-day wear, and save much washing.

Sun Baths for Nerves.

'Imitate your cat, madam, and take a sun bath these spring mornings if you want to get rid of your nerves,' said a specialist to one of his patients recently. 'See how lazy and happy pussy looks as he stretches his body and blinks his eyes in the morning sun. If cats had nerve diseases this would be the best thing in the world to cure them.'

'Every sanatorium has its sun room now, but women ought not to wait till they have reached the sanatorium stage of breaking down before they indulge in anything as cheap as a sun bath. Any woman who has a south window and an easy chair can have a sun bath every morning if she only determines to take it. If the potatoes have to be peeled, or the stockings darned, they can be done during the sun bath, but the best way of all is to take it just as the cat does—in the laziest fashion possible. Move your chair within range of the sunlight and luxuriate for half an hour. It's better than gallons of medicine, and may save hours and hours of dullness or staying in bed later on.'

'One of my patients who had a severe case of nervous prostration last spring brought herself out of it after I had tried everything, just by chasing the sun around the house from window to window, so that she got every bit that came in during the day.'

Mending China and Glass.

An excellent cement for china or glass can be made out of gum arabic and plaster of Paris. Make a thick solution of the gum arabic in water, and then stir in enough plaster of Paris to make a thick paste. Apply to the broken edges of the china with a camel's hair brush, and stick them firmly together. Do not use for three or four days, and then your china will be perfectly firm and as good as new. I have also made china as good as new by putting the broken ware together with strings, and then letting it simmer on the back of the stove in sweet milk for a day. The milk should cover the dish. I had a piece broken out of a fine glass water jug, and thought I would have to throw it away, but mended it with cement, and it has served its purpose for several years since, and is as good as ever. Dissolve one part of indiarubber in some chloroform, then add sixteen parts of gum mastic in powder form. Let this stand for several days, shaking frequently. Apply to the glass with a fine brush.

House-cleaning Helps.

To remove paint from window glass, make a strong solution of polish, saturate the spots of paint with this and let it remain until nearly dry; then rub off with a woollen cloth.

Chloride of lime in solution is an invaluable disinfectant and deodoriser, and is cheap enough to be used daily or weekly to flush waste pipes and sink drains.

To clean mirrors, sponge them perfectly free from all dust, drying with soft cloths; and when quite dry rub a little powdered blue over the glass, polishing it finally with a soft old silk handkerchief. Paint can be removed from glass by rubbing it with hot strong vinegar.

Grease spots on carpets may be taken out by covering the spots with fuller's earth, wet with spirits of turpentine. Let it stand until the earth is a fine, dry powder. Another method is to place blotting-paper under the grease spot, wet the place with spirits of turpentine, place a piece of blotting-paper over it, and on the upper blotting-paper set a hot flatiron.

Artificial sea-water can be made by dissolving 4lb bay salt in 16 gallons of fresh water. This possesses all the properties of sea-water.

Maureen

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