

some interesting information appropriate to the crisis of the hour. This official document (writes a Rome correspondent) deals with the work done for the Government and the poor of the kingdom. There exist in Spain 606 provincial and municipal hospitals which are confided to the charge of religious institutions. Of these 253 belong to the Sisters of Charity, 24 to the Sisters of Our Lady of Consolation, 19 to the Carmelite Nuns, 16 to the Servants of Mary, etc. In 111 of these establishments the services of the religious are entirely gratuitous; while in 208 they are each allowed the princely remuneration of 485 pesetas yearly (about £16), from which food and clothing must be eked out. By the Little Sisters of the Poor 51 refugees are kept open and 5093 old people supported without one penny being asked or obtained from the Government. The Sisters of the Aged and Abandoned care for 3596 persons. I pass over various other beneficent works that flourish under the care of the religious Orders and Congregations and come to the question of education. Let it suffice to say that the Spanish religious educate free no less than 133,991 young people without any cost to the Government. Along with this it is worthy of mention that fifty economic kitchens established and supported by the Spanish Government are administered gratuitously by the religious.

UNITED STATES

TWO MUNIFICENT GIFTS.

Announcement is made of two most remarkable gifts made to the Catholic Church Extension Society, both received on the same day. One of the gifts consists of 90,000 dollars in gold bonds, which is intended to be the nucleus for a missionary college and seminary to be established later on for the purpose of educating priests for poor dioceses and missions of the United States. The name of the donor has not been made public. Almost immediately after the receipt of the first donation the society received a telegram from a lady living in the Central West, asking the privilege of building the twenty-five chapels referred to in the report of the general secretary of the society published in the March number of *Extension Magazine*. In publishing the report of the general secretary the president suggested that one person might have the privilege of building the entire twenty-five chapels in the diocese of Baker City, Oregon, at a cost of 12,500 dollars to the donor, the people, of course, to make up the rest. A well known Philadelphia Catholic, already a generous benefactor of the Church Extension Society, notified Very Rev. Dr. Kelley, its president, that he would be one of ten to help raise the 12,500 dollars for the twenty-five chapels. By return mail he was informed of the action of the lady referred to in the foregoing paragraph, who telegraphed for the privilege of building all the chapels.

Ashburton

(From our own correspondent.)

May 8.

A committee has been formed and is now working assiduously to give a fitting reception to the Irish delegates on the occasion of their visit to this town.

Falling in line with the conditions under the new Defence Act, it is probable that a corps representative of the young Catholics between the ages of 14 and 18 will be formed in this town.

The usual weekly meetings of the Catholic Young Men's Club continue to be well attended. The programme for Tuesday week last took the form of a progressive euchre tournament, the prize for which was presented by Rev. Father O'Hare. An enjoyable tournament eventuated. Mr. D. McDonnell securing the prize. A debate—'Will compulsory military training prove to the best interests of the Dominion?'—formed the evening's programme at the club meeting on Tuesday last. Mr. D. McDonnell led off for the affirmative, and Mr. T. M. Brophy championed the negative side of the question. Other members also expressed their views on this question, some very creditable speeches being made. On a vote being taken the chairman declared it in favor of Mr. McDonnell's party.

Did you ever stop to think that no one else can really make or unmake you? Parents and teachers may do their best, companions may do their worst, precept and example, good and bad, may be forced upon you, but it is in the quite inner chamber of your own soul that the shaping of your character is really done. Your own hand holds the graving tool.

A million germs woke up one day
Intent on journeying miles away;
Cough, cold, and fever, asthma, too,
These germs were named by those who knew;
And people grew so much alarmed
They realised they might be harmed;
But all at once the germs fell dead,
They'd met Woods' Peppermint Cure 'tis said.

Domestic

BY MAUREEN

Arranging Flowers.

Here are some golden rules which should be observed by those who arrange flowers. Use plenty of foliage; put your flowers in very lightly; use artistic glasses. Do not use more than two, or at most three, different kinds of flowers in one vase. Arrange your colors to form a bold contrast, or, better still, a soft harmony. The aim of the decorator should be to show off the flowers, not the vase that contains them.

To Mix Paints.

In mixing paints, observe that for out-door work you must use principally or wholly boiled oil, unless it be for the decorative parts of houses, etc., then mix as for indoor work. For indoor work use linseed oil, turpentine, and a little 'dryers,' observing that the less oil, the less will be the gloss, and that for 'flatted white,' etc. the color being ground in oil, will scarcely require any further addition of that article, as the object is to have it dull. The best 'dryers' are, litharge and sugar of lead—the former for dark and middle tints, and the latter for light ones.

How to Cough.

Few people know how to cough properly. In fact, it never occurs to the ordinary individual that there is a right way and a wrong way of doing it. Yet it is a matter of no small importance. If every sigh means a drop of blood out of the heart, as people say, every cough means some greater or less proportion of time knocked off one's life. Most people cough as loudly and forcibly as they can. Some chronic coughers seem to feel proud of the terrible noise they make. But it is rather costly noise, for the simple reason that it tears and inflames the lungs. The lungs consist of an extraordinarily delicate sponge-like tissue, which sometimes gets inflamed and choked with phlegm. When we try to get rid of this substance we cough. But, obviously, if we remove it violently we must necessarily injure the delicate lung tissue. Therefore, train yourself to cough as gently as possible.

Fomentations.

Although the decoctions usually employed, such as that of camomile flowers or of poppyheads, are useful in aiding the warmth by their soothing or sedative influence, yet they are secondary objects in the application of fomentations, the intention being to convey heat, combined with moisture, to the part fomented. Flannel cloths, wrung out of boiling water by means of two sticks turned in opposite directions, form the best fomentations. If they be shaken up, and laid lightly over the part, they involve a considerable quantity of air, which, being a bad conductor, retains the heat in them for a considerable time. In every process of fomenting, there should be two flannels, each three yards long, with the ends sewed together, to admit of the boiling water being wrung out of them; and the one flannel should be got ready whilst the other is applied. The fineness or the coarseness of the flannel is not a matter of indifference; the coarser it is the less readily does it conduct heat; thence it retains its warmth longer, and becomes a more efficient fomentation.

Home Curing of Bacon.

Mr. W. Smith, the pig expert of the Victorian Department of Agriculture, gives some useful hints on the home curing of bacon. The cutting up should be as follows:—If into sides, chop the pig down the back-bone while hanging, then place each side on its back on a table, and remove the head. Take the breastbone off with one rib, then saw the backbone off towards the ham, take the blade out, and trim off all loose fat. Place the sides in a cool place, shake a little salt and saltpetre over them. Let them remain for three or four hours in order to drain, and then place the pork on a board or table slightly tilted, so that the drip will run into a dish. For every 100lb of pork, 10lb of coarse salt, 3oz saltpetre, 2lb brown sugar, and 3oz allspice are used. Rub the ingredients well on the flesh side, placing one side on top of the other for 24 hours; then turn sides upside down, rub well on skin side, using liquor in dish, and leave them lying flesh downwards, the top side on the bottom. Repeat this treatment every morning for eight days, carefully saving the liquor, and pouring it over the pork as the salt is rubbed in. Then leave it for three days. Continue this process every third day for 21 days, and then brush the salt off and soak in cold water for 16 hours. After this wash out in hot water, clean well, and hang up and dry with clean cloth. When thoroughly dry rub some olive oil on the outside skin, and smoke with kauri pine sawdust (dry) for 24 hours. If it is necessary to keep the bacon for any length of time, hang it up inside a freshly-emptied flour sack, securely tied at the neck. This will allow the bacon to mature, and keep it from the flies. The hams and shoulders can be cut off after curing is complete.

Maureen

DEAR ME

Forgotten that SYMINGTON'S COFFEE ESSENCE! Whatever shall I do? Call at the nearest store and ask. They all keep it.