

Domestic

BY MAUREEN

Uses of Borax.

This is one of the most useful and inexpensive articles a housekeeper can be supplied with, and one should always have a large can of it in the house. When used in the bath it will improve and whiten the skin. Borax water will remove all stains from the hands and heal all scratches. For this purpose prepare in this way: Put some borax into a bottle and fill with hot water; when this dissolves, add more borax until the water will dissolve no more. When wanted for use, pour enough from the bottle to soften the water in the wash bowl. If the ants bother you, sprinkle borax in their haunts, and they will soon leave. Borax is much better than soap for washing windows. Nothing whitens the clothes or softens hard water like borax. Use a handful to ten gallons of water. It will not injure anything and will remove the yellow cast on garments which have been laid away. It is fine for washing flannels, keeping them soft as new, if they are not rubbed on the board; simply rub them with the hands. Even cashmere may be washed in this way, and look nearly as good as new. Coat collars, silks, etc., may be sponged with borax water, when soiled, without injury.

Overeating and Undereating.

It is undoubtedly true that overheating is distinctly harmful to health. Some hold that more persons are injured by overfeeding than by over-indulgence in alcoholic stimulants. Further, the statement is incontrovertible that a certain class of the population of the world eat in a manner which is decidedly prejudicial to their physical and mental well-being. In the higher or richer classes such an individual is termed a gourmand, while in the more vulgar language of the working-classes the gross feeder is styled a glutton. The ordinarily healthy person may also eat in excess of his real need and would be equally well if he curbed his appetite for food within more stringently narrow limits. Such instances, however, occur mainly among those who can afford to eat whatever they may desire. Their number, however, is not so large as some would have us believe, even in these days of vaunted prosperity. Overeating is mostly prevalent among that class who have the money to spend on self-indulgence, and who frequently fall into the habit of literally gorging themselves. The majority of the inhabitants of the world who earn their bread by the sweat of their brow cannot spare out of their wages sufficient to enable them to gratify their eating propensities, but are compelled to live frugally. Many of these do not consume enough nourishing food, and it would be to their physical and mental advantage if they partook of a more generous diet. Again, good cooking, suitable food, and avoidance of monotony in diet are just as important factors in the preservation of 'the sound mind in the sound body' as is the quantity of food consumed. Variety is the spice of life, and without the savor of change food does not work the good expected of it. At the same time the diet should be wholesome and plain, and the tinned and preserved foods, which are so prominent features in the cuisine of modern civilisation, should be avoided as far as possible.

Household Hints.

A little salt added to the water when scrubbing willow furniture will give it a fresh appearance.

A small bag of unslaked lime placed inside the piano will keep the springs from rusting. Rust may be removed from steel by rubbing well with sweet oil, allowing it to stand for forty-eight hours. After this it should be sprinkled with finely powdered unslaked lime, and rubbed.

Wheat bran placed in coarse flannel bags is excellent for cleaning dust from delicate wall papers.

When putting away crochet work, much trouble will be saved and danger averted if the end of the crochet hook be inserted in a small piece of cork.

Save your left-over coffee and tea and mix them with your stove blacking. It will give a bright and lasting polish to your stove or range.

If you should scorch a garment while ironing it, rub a lump of dry starch on the mark, then sponge it off. Repeat it until the yellow disappears.

To cure hiccoughs mix some granulated sugar in a little good vinegar. A teaspoonful of the mixture will stop the hiccough at once. In a rebellious case a second spoonful can be given, but it is rarely necessary.

Boil a piece of glue about three inches square in a little water; add this to about a quart of warm water, and wash linoleum. When dry it will have a polish like new, and will keep bright for weeks if occasionally rubbed with a dry cloth.

Maureen

For Chronic Chest Complaints,
Woods' Great Peppermint Cure, 1s 6d, 2s 6d.

THE LOYALTY OF CATHOLICS

The recitation of the late Thomas Bracken's poem 'Not Understood' at a Catholic function in Melbourne reminded Dean Phelan, who presided in the absence of his Grace the Archbishop, of speeches recently delivered in Melbourne and Sydney. Catholics, he said, were charged with want of loyalty to the throne, flag, and sovereign. No accusation could be more ridiculous. Of course, Rome must be the football to be kicked, and the occasion was the asserted want of loyalty. The sins of Portugal, of Spain, and of Timbuctoo, were brought forward. Nothing could be said against the Catholics of Victoria with the elaborate preparations being made to celebrate the Coronation at the Cathedral, and by the great national concert, so other people's sins must be credited to them. He wished to protest now that there was no body in the community more loyal, more faithful than the Catholic body. During the year of his travels he had touched on many shores, and gone over many seas protected by many flags, but one flag under the folds of which it occurred to him he would be safest was the British flag. The passport as a British subject took him to the remotest part of the Turkish dominions. A Bank of England £5 note would be bought at a premium in any part of the world, because it represented England and England's power. With the freedom they enjoyed under the British flag as Catholics in Australia, they would be foolish, almost as foolish as the people of whom he was speaking, if they were anything but loyal, and as a Catholic body and as descendants most of them from Irish stock their loyalty had been put to tests that few other sections had been put to. They had stood the tests which, he thanked God, would not remain much longer. Part of those tests had gone; others he hoped would soon go. Catholics were loyal, and were particularly interested in giving manifestation of their loyalty on the occasion of the Coronation of the King this month, for King George V. would be the first sovereign who had ascended the British Throne since William and Mary who was not to be called upon at his Coronation to insult millions of his Catholic subjects. Might George V. live to sign a declaration giving Ireland the right to govern herself. Catholics would manifest on the occasion of the Coronation of the King loyalty never equalled, certainly never excelled, and would show these people that they would not need Orange sword and Bible to instruct Catholics in what was due from them as subjects of their sovereign.

Brisbane is already making arrangements for the visit of the Irish envoys. A committee, of which the Hon. T. O'Sullivan, K.C., Attorney-General, is chairman, has been set up for the purpose.

The uses of ammonia in the household are many. In cleaning of any kind it should be used in the proportion of one tablespoonful to a quart of water. It makes the water softer than rain water. Smoky lamp chimneys, window panes and mirrors, all respond quickly to ammonia. When a stain is produced by lemon juice or any other acid, nothing is so effectual as ammonia in neutralising and thus removing it. A few drops to a pint of water sprinkled on the roots of house plants will produce an abundant growth. Stains on marble can be removed by rubbing them well with a toothbrush dipped in powdered chalk and ammonia.

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