

Kerrytown Convent School

The break-up of the Convent School, Kerrytown, for the Christmas vacation and the giving of prizes, took place on December 20. Rev. Father Fay, S.M., after addressing a few appropriate and encouraging words to the children, distributed the prizes. The following is the prize-list:—

Standard VI.—V. O'Connell, arithmetic; H. Lyons, recitation; M. Foley, composition; E. Tozer, drawing.

Standard V.—E. Brosnahan, Christian doctrine; A. Breen, grammar; J. Norton, arithmetic; T. O'Connell, composition.

Standard IV.—L. Lyons, general proficiency; A. Brosnahan, reading; L. Coughlan, Christian doctrine; L. Brosnahan, composition; K. Brosnahan, geography; J. O'Connor, arithmetic; G. Fitzgerald, writing; N. Brosnahan, spelling.

Standard III.—M. O'Connor, Christian doctrine; C. Brosnahan, general proficiency; R. Day, geography; J. Keane, general improvement; J. Brosnahan, arithmetic; J. Foley, diligence; J. Scannell, reading; E. Brosnahan, writing; J. Brian, spelling; J. Breen, composition.

Standard II.—E. Smith, J. Kyne, general proficiency; M. Sullivan, Christian doctrine; A. Fitzgerald, attendance; F. Kyne, writing; A. Scannell, drawing; L. Brosnahan, composition; T. Keane, spelling; J. Keane, recitation; M. Breen, arithmetic.

Standard I.—M. Brosnahan, Christian doctrine; C. Fitzgerald, general proficiency; E. Foley, spelling; A. Sullivan, diligence.

Prizes were also distributed to the preparatory classes.

Of the 72,000 people inhabiting the vast snow fields of Alaska's 500,000 miles, 16,000 are Catholics. Of these Catholics about 5000 are native Eskimos. These Catholics, whites and Eskimos, are scattered over about 25 missions and stations attended by about 18 or 20 Jesuit priests.

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Domestic

By MAUREEN.

Polish for Furniture.

The ends of candles dissolved in turpentine make an excellent polish for furniture, which must be used sparingly. Furniture requires very little polish if it is rubbed frequently with a soft dry cloth.

Browned Bread Pudding.

One pound stale bread (baked a golden brown and crushed to powder), $\frac{1}{2}$ lb chopped suet, 4oz each of sugar, candied peel, suitanas, currants, two eggs, half a teaspoonful of spice. Prepare all dry ingredients, and mix together, moisten with eggs well beaten, press into a buttered mould, and steam three hours. This is a very wholesome pudding and much liked by children.

Open Lace Insertion.

To apply open lace insertion, which is so popular at the present time, it should be laid flat on the uncut material, and stitched on both sides, the stuff being then slit up the middle, and turned back close to the stitching. If necessary, it may be basted back, but as a rule, pressing with a hot iron will be sufficient. Stitch again right over the first stitching, and then cut away the material close to the edge.

Unbreakable Buttons.

As a rule after every washing a supply of buttons has to be sewn on, owing to the wear and tear of these necessary articles in the process. The following save much annoyance and loss if used upon articles constantly in the laundry. Procure some scraps of linen or calico, and with the aid of a button pencil cut several rounds the required size. Put one on top of the other till the right thickness is obtained. Six are usually sufficient. Fasten these together with a firm row of buttonholing round the edge when serviceable buttons will be the result.

Brain Fag.

There is a very close connection between the mind and body. Good bodily health does much to keep the brain in good working order. To keep the brain in good working order special attention must be given to the condition and quality of the blood. The blood is rich or poor according to the quality of food taken, and it must not be overlooked that the quality of food is not so much a question of cost as of wise choice. A glass of milk does more for the blood than a glass of champagne, oatmeal porridge than rich pastry, and fresh herrings than crabs or lobsters. The first thing is to learn what is nourishing food, and to choose that instead of what is indigestible and unwholesome. The blood must be pure as well as good. Pure blood depends to a great extent on pure air. Open air is part of the cure for nervous breakdown, and it is certainly one of the preventatives. Brain fag cannot be prevented by idleness, for idle people are more liable to nerve trouble than busy ones. Work with a will to keep nerve trouble away. Take interest and pleasure in work, which always lighten the labor. The brain is brightened by use, but becomes dull and rusted with neglect, but care must always be taken not to exceed one's powers. As soon as there is trace of exhaustion change the occupation, so that another part of the body is set to work. Let the hours of sleep be fairly long, and avoid brain work at night; always remember to spend every available moment in the air and sunshine when possible.

Maureen

Those unfortunates who suffer such torture and misery with Blind, Bleeding, or External Piles, should use Baxter's Pile Ointment, which is an invaluable remedy for the speedy and effectual cure of this distressing complaint. One application gives relief. Price, 2/6, post free, from Baxter's Pharmacy, Stafford street, Timaru.