

which is highly satisfactory. The profit and loss account for the year, after deducting £2 10s for overdue subscriptions, and writing off £10 15s for depreciation, has a credit balance of £17. This result has been achieved by the united efforts of the officers and committee in organising various concerts, socials, etc. Your committee have also gone to considerable expense in providing necessary furnishings in the room, which have materially added to the general appearance and enhanced its comfort. Under these circumstances the credit balance must be considered very satisfactory. The financial membership, which now stands at 110, has more than doubled itself during the past year. This increase is due in a large degree to a campaign organised by the committee, and to a certain extent to the introduction of junior members. Your committee desire to place on record its appreciation of the socials given by our president, Mr. Hoban. A number of entertainments were held during the year, and proved highly successful both from a social and financial standpoint. The thanks of the club are due to the numerous ladies who have from time to time rendered valuable assistance. A billiard tournament held during the year for the president's trophy was well contested, and was won by Mr. Moran. A tennis tournament was also held, and Mr. P. McNamara proved the successful contestant. A cricket match was played and resulted in favor of the club. A boxing class has been formed and is being enthusiastically entered into by many of the members. Two lectures were given during the year, one by the Hon. L. F. Heydon, M.L.C., President of the St. Vincent de Paul Societies of Australasia, and the other by Dr. Devenport, both of which proved highly instructive and interesting. In addition to these his Lordship Bishop Grimes delivered a lecture under the auspices of the club in the Caledonian Hall, the proceeds of which were handed over to charity. Several debates have been held during the course of the year. The attendances were large and highly encouraging to the speakers, who handled their subjects in a skillful and interesting manner. Two debates worthy of special mention, and of which the club may feel justly proud, were taken part in. The first was held on the occasion of the camp of the Federated Catholic Clubs, when your representatives defeated the Wellington Club; the second being against a team from the H.A.C.B. Society, the club again proving victorious. The camp of the Federated Catholic Clubs was held in this city at Christmas time, a large number of delegates being present from various parts of the Dominion. Advantage was taken of this opportunity to present diplomas of merit to Messrs. G. Dobbs, J. R. Hayward, and M. O'Rielly. The annual Conference of the Federated Catholic Clubs took place during Easter Week, and was largely attended. Your committee made arrangements for the entertainment of the visitors, and also for a Communion breakfast, presided over by Sir George Clifford, patron of our club. Great praise is due to members for their untiring efforts to make the Spanish Columbian Festival the success it was. The side shows, which were under the sole control of the club, realised a net sum of £50. The committee have added to the attractions of the club by the purchase of a handsome bookcase, and the thanks of the club are due to his Lordship Bishop Grimes for his generous donation of books. Your committee desire to express their appreciation of the services of our late president, Mr. C. Lafferty, Mr. T. F. O'Shea, and Mr. D. H. Bourke, who left for other parts. We wish to tender our sincere thanks to our spiritual director, the Rev. Father Peoples, for the interest he has displayed in the welfare of the club. Our thanks are also due to his Lordship the Bishop and the clergy for the many ways in which they have assisted the club. We also desire to convey our thanks to the 'N.Z. Tablet' for the splendid notices it has given of the club's affairs, and also to the 'Times' and 'Press' of this city for their published reports of our doings. We are indebted to the 'Catholic Magazine' for placing on record in its columns the doings of the club for the past year, and we would strongly urge members to become subscribers to this excellent journal. The committee in conclusion desire to thank all the members of the club for the keen interest they have taken and the assistance they have given in all works that have been undertaken for the improvement of the club during the past year.

'The publication of an advertisement in a Catholic paper shows that the advertiser not only desires the patronage of Catholics, but pays them the compliment of seeking it through the medium of their own religious journal.' So says an esteemed and wide-awake American contemporary. A word to the wise is sufficient....

**YOUR RAZOR.**

You want your Razor to glide smoothly over your face—to cut clean and keep right on going it. The Razor that does it best is **THE CLUB**—every time.

**The Club Razor.** } **SOLE AGENTS—ILES & POOLE,**  
 PRICE 9/6 } **Vice-Regal Hairdressers, DUNEDIN**  
 Post Free Anywhere. } **N.B.—A solid leather match-box given with every Razor.**

**Domestic**

By 'Maureen'

**Fish Diet.**

For the sedentary man, whatever his calling in life, whose engagements permit him to take only just what moderate amount of muscular exercise which is in all circumstances essential to health; and for women whose habits are not active, the nutritive elements afforded by fish admirably supply an important part of the wants of the body. The moderate amount of flesh forming material present in fish, and in a form which entails little labour on the digestive organs, and the facility with which fish may be associated with other elements—some fatty matters, with cereals and vegetables, as well as fruits—place it in the first rank of foods in that mixed dietary which is so suitable to those who lead more or less the kind of life referred to. It need not supersede the use of meat altogether, although it may do so sometimes with advantage—a point only to be determined in each individual instance after some observation and experiment. For in all cases it is to be remembered that no one who has habitually eaten meat two or three times daily, can at once exchange it for fish and cereals, or vegetables without some discomfort. All radical changes in diet, even in the right direction, require to be gradually made.

**To Remove Pictures Pasted on the Wall.**

Steam seems the most efficacious agent for removing pictures which have been, in an evil moment, pasted to a wall. A little tea kettle may be used for the purpose. Hot water dabbed on the paper usually only brings it away in spots.

**A good Salad Dressing.**

A delicious salad dressing for those who do not like the taste of oil is:—One beaten egg, and one teaspoonful each of sugar, salt and mustard, rubbed smooth. Add eight teaspoonfuls of vinegar, and cook to a custard. After taking from the fire, thin to the proper consistency with cream.

**Sulphur to take.**

As sulphur is considered one of the best blood purifiers, and is very disagreeable to take in molasses, if a teaspoonful is put into a glass of rich milk, stirred thoroughly through the milk, the taste is not perceptible. It should be taken for three mornings, then one half teaspoonful of cream of tartar for three mornings, until both mixtures have been taken for twelve days.

**How to Revive a Brussels Carpet.**

If you have a Brussels carpet which has become soiled sweep it thoroughly, then take a basin of well damped sawdust to which two spoonfuls of ammonia have been added. Remove furniture, and with a clean scrubbing brush, scrub your carpet. Begin as you would a floor, taking a generous quantity of the sawdust, sprinkling on the carpet, and scrubbing till clean. Leave on the carpet until the whole is finished, then sweep up and you will be surprised at the result. After the scrubbing process, turn the carpet over, face down, and go over with a light rattan beater which will readily shake out the sawdust. This process is also excellent for cleaning rugs, or plush covered furniture. Care should be taken not to leave any of the sawdust, and not to use the articles cleaned until thoroughly dried in the sun.

**Oil as an Antidote.**

It is well to remember that oil is an effective antidote in almost all cases of poison when taken internally. Olive oil or sweet oil is best.

**Things worth Knowing.**

To avert a sneeze press the upper lip, against the teeth with the forefinger.

Turpentine will remove paint stains from clothing and window glass, as well as rust marks from woollen goods. It is also a good disinfectant.

The mouth being the gateway to the entire system, as a prominent physician puts it, the matter of absolute cleanliness here cannot be made too important. Teach the small child this, and its health will be established accordingly.

*Maureen*