

for many years to adorn the Catholic Church in Scotland. He could not better sum up their estimate of Canon Stuart than by saying that they had found him by personal experience to be a model man and a model priest. Canon Stuart replied in appropriate terms, remarking that when he first came to the Edinburgh mission there were only three Catholic Churches in the city. Now there were eight, and the number of priests had doubled.

UNITED STATES—Cardinal Logue's Visit

Accompanied by several prelates, Cardinal Logue on May 7 visited Mount Vernon, where he placed a wreath on the tomb of George Washington. His Eminence had an enthusiastic greeting from Archbishop Begin and his people on proceeding to Quebec. With his party he paid a visit to the famous shrine of St. Anne de Beaupre. The Cardinal had a hearty reception from the Catholic Benevolent Legion and the Council of the United Irish League at Archbishop Farley's residence, New York. In returning thanks, he said Irishmen wanted a little of the freedom Americans enjoyed. The Irish party, he said, worked hard to that end, and well deserved support.

'Holystoning' the Deck

It may interest our nautical readers (says the 'Sacred Heart Review') to learn that 'holystoning' the deck of a ship only dates back as far as the time of the Reformation. No doubt decks were scrubbed and scoured with some sort of a stone long before that time, but it wasn't called a 'holystone.' Lest there be landlubbers among our readers who do not know what this term means, let us explain that to 'holystone' the deck is to rub it and scrub it with a piece of sandstone. Why a piece of sandstone should be called a 'holystone' must have puzzled many. Here is what the Protestant Episcopalian 'Living Church' says about it:—At the Reformation, when the Church of St. Nicholas, Yarmouth parish, was despoiled, the carved stones of many of the monuments, both in the church and outside in the graveyard, were chopped off and sent, some to Newcastle to be turned into grindstones, and some on board the ships of the Royal Navy of the day to be used in scouring the decks, whence, it is interesting to know, the seamen's term, "holystoning the deck," takes its origin.' This bit of information incidentally throws an interesting light on the ways and means taken to insure the preaching of the 'pure Gospel' in England.

A LUNG TONIC.

TUSSICURA IS A LUNG TONIC AS WELL AS A COUGH CURE.

Most cough mixtures are merely what they claim to be—that is, they merely relieve coughs, and let the delicate, strained, and inflamed membranes of the throat and lungs heal and strengthen themselves,—and probably catch cold again.

Not so with Tussicura. Tussicura is a good and prompt cough cure, that is true, but it is more. Tussicura is a lung tonic—a lung strengthener and lung builder as well. While Tussicura is removing the tickle in the throat and reducing the inflammation that leads to such serious ends as asthma, bronchitis, pleurisy, pneumonia, and consumption if not properly cured, it is also toning up, strengthening, and building the lungs into greater health than ever before.

After a course of Tussicura the general lung health is so vastly improved that the liability to again catch cold is very considerably reduced.

To get this fine result you must take the genuine Tussicura. It is sold by all good chemists and grocers in bottles at 2s 6d and 4s 6d each, or direct from the Tussicura Manufacturing Company, Dunedin, sole proprietors.

HOW TO PAINT A HOUSE CHEAP.

Carrara Paint In White and Colours. Mixed Ready for Inside and Outside Use. **CARRARA** retains its Gloss and Lustre for at least five years, and will look better in eight years than lead and oil paints do in two. **USE CARRARA**, the first cost of which is no greater than lead and oil paints, and your paint bills will be reduced by over 50 per cent. A beautifully-illustrated booklet, entitled 'How to Paint a House Cheap,' will be forwarded free on application.

K. RAMSAY & CO., 19 Vogel Street, Dunedin.

Domestic

By **MAUREEN**

Cotton Bandages.

In every household there should be kept ready a supply of bandages for emergencies. Cotton serves as a better bandage than does linen, for the reason that linen more readily absorbs the albuminous serum in burns and skin diseases of a moist character, thus keeping the surface dry and causing pain. It also absorbs the fatty substances used in dressings, and thus prevents their action on the skin. The cheese-cloth used by physicians and surgeons is so cheap that it is possible to burn all bandages after once using.

Value of Oatmeal.

According to a medical authority, a large measure of the food value of oatmeal is due to its capacity to stimulate the action of the thyroid gland. After feeding a number of young rats for four to eight weeks on a diet of uncooked oatmeal and water, an autopsy revealed in each instance considerable enlargement of the thyroid, together with evidences of increased glandular activity. He advises the use of oatmeal for breakfast in the form of porridge and milk, the meal to be completed by a glass of milk and some bread and butter, without bacon or any other form of meat.

Causes of Heart Disease.

Medical men are inquiring into the increase in the number of deaths from heart disease. The causes assigned are business pressure, quick lunches, haste on every side, running upstairs, and deprivation of sleep. Another cause, which has come in with late years, is the abuse of the coal-tar medical preparations, which relieve pain, but do so at the expense of the heart. It would be advisable for many people to take things a little more coolly and quietly, to eat their lunches more slowly, walk upstairs, let others do the worrying, and refrain from weakening the heart by means of pain-allaying medicine taken without a physician's prescription.

The Skin.

Pimples and tiny boils or sores on the skin are always due either to indigestion, weak health, or to the system being out of order. The only way to cure these is to find out what causes them, and remedy that, and your skin will soon be as good as ever. If they come from indigestion, go at once on a strict diet; leave off all kinds of sweets and fancy cakes, new bread, and sugar. Don't take wine, tea, soups, or rich food of any kind. Hot tea cakes and sweet puddings must not be touched. At night take aperient medicine, and when the spots are cured take some simple tonic for a time. Outdoor exercise must be taken daily; sleep and live in well-ventilated rooms, and keep your bedroom window open at night.

Fomentations.

Though fomentations are now so largely used, there are many people who have not the least idea how to apply one. To prepare a fomentation, lay a towel across a basin, allowing the ends to hang over. Place on this a double piece of flannel, and fold the sides of the towel over it. Over this pour boiling water till it is well soaked, then take hold of the two ends of the towel and wring. There should be, if possible, to do this one holding each end of the towel. The towel should be well wrung, as the object is to get the flannel inside as dry as possible. Take the flannel out of the towel, shake, and apply at once, letting it down on the skin very gently, to prevent danger of burning. A badly wrung flannel is more likely to burn than one that has been squeezed as dry as possible. After the fomentation is removed, cover the part affected with flannel or cotton wool to prevent danger from chill. If fomentations are to be constantly applied, two flannels should be provided, so that there may be no waiting about between the applications.

Maureen

Of all the silly proverbs one
Whose vogue should be diminished,
Is: 'Woman's work is never done.'
It should be: 'Never finished.'
She's always working, understand,
To keep the home together,
And has Woods' Peppermint Cure on hand
For colds in wintry weather.

LILY WASHING TABLETS

A BOON TO WOMEN! NO RUBBING REQUIRED. LARGE WASHING (including soap) COSTS TWOPENCE. Do the Washing in Less than Half the Usual Time—Will not injure the most delicate fabric—Brighten Faded Colours—Ask your Grocer—Wholesale, H. G. CLARKE, Crawford Street, Dunedin.