

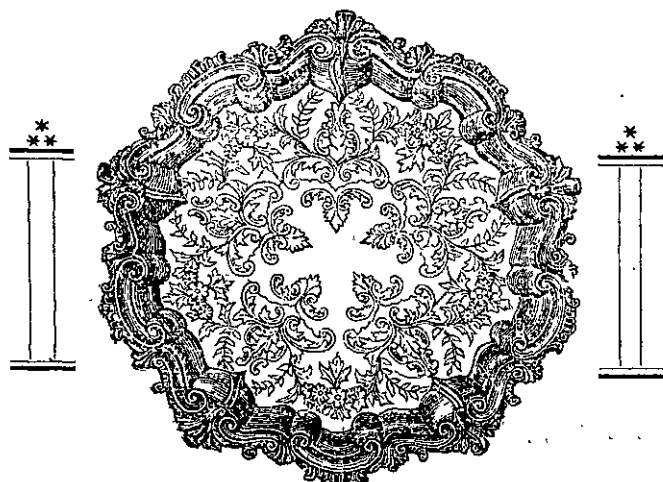
The Holy Father's Day

Pope Pius X. (says *Rome*) continues to be the first person afoot in the Vatican, summer and winter, and when his attendant, Cavaliere Sili, knocks at his door every morning at 5 o'clock he finds the Pontiff seated in an armchair reading his breviary and already well on with the 'hours.' There is a modest little chapel close to his bedroom, and here he begins Mass at 6 o'clock, assisted by one of his two secretaries, Mgr. Bressan or Mgr. Pescini, who with Mgr. Sanfermo, formerly Vicar-General of Venice and now a Canon of St Mary Major's, constitute the little Venetian court of his Holiness. At 7 o'clock Mass and thanksgiving are over, and the Pope goes to 'breakfast,' breakfast consisting of a cup of coffee and milk, into which the Pope dips a few thin slices of bread. After this, if the weather is fine, there is a walk in the garden, and if not in the loggie. Between the walk and the first of the daily receptions an interval is always left for a glance through the principal Italian papers; then comes the Cardinal Secretary with his daily budget of affairs which have to be submitted and explained to the Pontiff; then one or two or three, as the case may be, of the heads of the different Congregations, with their budgets, containing the report of the principal business transacted at the last meeting, and their requests for the Pope's signature to some important decrees or nominations; and then the long list of private and public audiences which occupy from two to three hours. The interval between the audiences and the dinner is usually so short that the Pope has not long finished Vespers and complins, when it is time for dinner, which is ready punctually at 1 o'clock. The etiquette that the Pope must eat alone belongs to the past. Pius X. tried it during those first few days of his pontificate, but the plan would not work, and ever since he has always had one or both of his secretaries to dine with him. Here, as in so many other respects, the Holy Father has hardly changed at all since he was a poor parish priest in the north of Italy. As a rule the dinner consists of soup, boiled beef, a vegetable, cheese, and fruit. The Friday fare usually consists of bean soup, an Italian meal flavored with fish. All the fasts are observed most rigorously by the Holy Father in spite of his seventy-three years, and if the doctors ever protested they have ceased to do so. The meal lasts less than three-quarters of an hour, and is enlivened by simple and familiar conversation. Afterwards the Pontiff retires to his room for about an hour when he either goes down to the garden accompanied by a prelate or two, or retires to his study, and recites matins and lauds before resuming his work. The 9 o'clock supper is not more varied or complicated than the 1 o'clock dinner. There is time after it for a glance at the evening papers, then come the rosary and night prayers, and it is a very rare occasion when the Pope is not in bed at half-past 10.

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Domestic

By MAUREEN

Hair that Splits.

Many girls are troubled with the splitting of the ends of the hair. This indicates a lack of vitality, and such hair is almost invariably dry. These ends should be clipped, but never singed. The old idea that the hair when cut 'bleeds' is a very foolish one, and deserves no attention. Some hairdressers will tell you that 'singeing closes up the "tube" of the hair, and thus prevents it bleeding.' Much harm has been done by such unscientific treatment, for the hair is not a hollow tube; neither does it 'bleed.' In clipping uneven and split ends of hair the most thorough method consists in taking a strand at a time, twisting it tightly, and then, while holding it at its tip with one hand, rough it up by running the finger tip and thumb quickly up toward the scalp. In this way nearly all of the hair ends will be made to stand up, and can then be clipped with the scissors. Many hairdressers clip the ends of new hairs all over the scalp. This greatly strengthens their growth after a few months.

Ironing.

Handkerchiefs are ironed all over on both sides till quite dry, exactly folded so as to bring the mark on the top fold and well pressed. Iron very straight by the hem or selvedge, not across from the corners, press out the corners carefully and square. Small things, such as table napkins or traycloths, must be ironed all over on both sides, beginning with the right. The pressure of the iron on the damp linen will polish it and raise a bright gloss which must be on the upper surface. If the wrong side is ironed first it will be glossy and the right side dull. To remove blisters from stiffened linen press with a clean wet rag, place the iron on the spot, remove it and the blister will have disappeared. Blisters arise generally from imperfect starching, so care should be taken that every portion of the fabric gets well starched.

Keeping the Teeth White.

The best of dentistry cannot make teeth pretty, or preserve them, without unremitting care at home, as for instance, the use of simple cleansing powders and mouth washes that are better in effect than the occasional application of strong bleaches, which cannot fail but injure the enamel. Once this happens the teeth crumble to ruin in spite of the best care. An excess of lime in the system is as bad as the lack of it. In both conditions the teeth are soft. An experienced dentist knows immediately what the tooth structure is, and his advice should be followed absolutely. Rinsing the mouth frequently with lime water, and even taking a little internally, is advised in the absence of that mineral in the system. The habit some women have of cleaning their teeth occasionally with pumice powder is more apt to do harm than good, for unless they are experienced in the proper way of using this the enamel will be scratched. The seriousness of this may be understood when it is known that the tooth itself is a frail and porous structure, depending for strength and existence upon the enamel, which is hard and non-porous.

Hints to Nervous Women.

There are so many things a nervous woman can do which will mitigate the severity of her symptoms, and perhaps, if the disease is slight, she may recover without the intervention of her physician. In the first place (says a writer in *Harper's Bazaar*), the original trouble, work or anxiety which was responsible for her nervous breakdown must be done away with, or, if this is impossible, she must school herself to new scenes and surroundings where her mind will not be harassed. Peace of mind will do more to restore shattered nerves than almost anything else. The next thing is to make the bodily health as good as it can be made under the existing circumstances and surroundings. Sleep and rest are absolutely essential to recovery, and the sufferer should do all she can to secure both. Narcotics, to produce sleep, are not to be thought of. They do not cure anything, and their continual use can only be productive of harm.

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