

THE CATHOLIC CONGRESS

PROVISIONAL PROGRAMME

With the advice of the secretaries and treasurers, his Eminence Cardinal Moran has marked out the following provisional programme for Congress week in Sydney:—

Sunday, September 26.—The religious opening of Congress in St. Mary's Cathedral with Solemn High Mass, and discourse by the Archbishop of Hobart; foundation stone of the extension of St. Mary's Cathedral; luncheon by the Catholic laity of Sydney to the Hierarchy and visiting clergy and distinguished guests.

Monday, September 27.—Forenoon, 10.30.—The official opening of Congress by his Eminence in the Cardinal's Hall. Afternoon—Session on Education at St. John's College, to celebrate the jubilee of the foundation of the University College; president, the Archbishop of Melbourne. Evening, 8 o'clock—Conversazione at the Town Hall, to be organised by the Catholic ladies of Sydney.

Tuesday, September 28.—10.30 a.m.—Session on Education, continued, in the Cardinal's Hall; sectional meetings in the Chapter Hall and other halls at St. Mary's. Afternoon, 3 o'clock—Session at Riverview on Science. Evening, 8 o'clock—Session in St. Mary's Halls.

Wednesday, September 29.—10.30 a.m.—Sessions in St. Mary's Halls. Afternoon, 3 o'clock—Session at the Sacred Heart Convent, Rose Bay, on Art. Evening, 8 o'clock—Musical Festival at the Sydney Town Hall.

Thursday, September 30.—10.30 a.m.—Sessions in St. Mary's Halls. Afternoon, 3 o'clock—Session at St. Patrick's College, Manly, on Catholic Apologetics; laying of the foundation stone of the new College Church. Evening, 8 o'clock—Sessions in St. Mary's Halls.

Friday, October 1.—10.30 a.m.—Sessions in St. Mary's Halls. Afternoon, 3 o'clock—Divisional Sessions on 'Organisation of Catholic Charities,' at St. Vincent's Hospital and Hospice, Lewisham Hospital, and the Little Sisters of the Poor (Randwick). Evening, 8 o'clock—Sessions in St. Mary's Halls.

Saturday, October 2.—10 a.m.—Sessions in St. Mary's Halls. Afternoon, 3 o'clock—Session on 'Education,' continued, at St. Joseph's College, Hunter's Hill.

Rosary Sunday, October 3.—11 a.m.—High Mass at St. Mary's, and religious close of the Congress, with discourse by his Eminence the Cardinal.

Monday, October 4.—Excursion to the Blue Mountains for the blessing and official opening of St. Columba's Missionary College at Springwood.

This skeleton programme is only tentative. His Eminence the Cardinal and the secretaries are still in communication with the religious communities and with various Catholic institutions of education and charity. It has yet to be largely added to before it is finally completed.

A strong will, a patient temper, and sound common sense, when united in the same individual, are as good as a fortune to their possessor.

A contract for £9600 has been let by the Bishop of Sandhurst for additions to St. Aiden's Orphanage, Bendigo. This will make the outlay on this charity over £20,000. The funds have been provided out of Dean Backhaus' estate, whence also the £50,000 for the Sacred Heart Cathedral was obtained.

An astronomer great, he was sitting out late,
With his telescope turned to the stars,
When, to his surprise, there flashed down from the skies
A most palpable message from Mars.
He did not understand, but a code book at hand,
Which he hastened at once to procure,
Made the message quite plain—'Influenza again,
Can you send us Woods' Peppermint Cure?'

THE LATEST TABLET PUBLICATION.

'Secular versus Religious Education: A Discussion.' Edited (and, as to its greatest part, written) by Rev. H. W. Cleary, D.D. 212 pages, stiff paper wrapper: Price 1/-, posted 1s 3d. Cardinal Moran writes of it: 'I have received the brilliant pamphlet, *Secular versus Religious Education*. It is a most useful and instructive contribution to the educational controversy, and cannot fail to do a deal of good.'

Apply MANAGER, TABLET, Dunedin.

Domestic

By MAUREEN

Advice About Eggs.

A writer in an exchange gives some advice about eggs. There is a general impression that eggs, acknowledged to be a complete food, may be safely eaten on all occasions. On the contrary, as the writer alluded to points out, invalids and young children should never be given eggs unless they are very fresh. Persons suffering from biliousness, gastritis, and several other troubles have difficulty in digesting even fresh eggs. Some physicians declare that the slightest tendency towards rheumatism makes eggs undesirable. The white of eggs whipped to a froth with a little water is a good thing to give fever patients, as a rule, but the physician should be consulted before even this is given to a sick person.

Cause of Grey Hairs.

Hair generally begins to turn grey first upon the temples. In most people grey hairs show themselves at about 40 years of age. But there are wide variations in time. The immediate cause of grey hairs is in the failure of the cells at the growing point to manufacture the pigment necessary to give the color to the hair. When this change takes place at mid-life it marks a gradual lowering of the vitality of the skin, and, to some extent, of course, a decadence of general vitality. In estimating, however, the immediate cause of baldness and of grey hair, a very important factor must always be taken into account—namely, heredity.

Don'ts for Business Girls.

Don't be late to your work, and then expect consideration because you are a young lady. Don't expect to be treated as if you were in society. You are probably doing the work that was done formerly by a man, and if in small ways you are not considered as much as you are at home, remember that you are in business. Don't have your friends come in to see you during business hours. Don't let your friends ring you up at the office, even in the lunch hour. Don't complain constantly about your work. If your work is not congenial to you, make up your mind to get some other employment, but don't whine. That never helped anyone.

To Sweeten Butter.

Butter, either fresh or salt, possessing a disagreeable flavor may be rendered perfectly sweet by the addition of a little carbonate of soda. The proportion is 2½ drachms of carbonate of soda to 3lb of butter. In making fresh butter the soda is to be added after all the milk is worked out and ready for making up. The unpleasant smell is produced by an acid which is generated by peculiarities in the constitution of some cows, by the condition of certain foders, or by the length of time the cream is kept before being churned; but too often by the dairy utensils not being kept thoroughly clean.

Household Hints.

The difficulty in cleaning gas globes is largely due to the ornamental roughness of the glass, and it is often hard to clean them with soap and water, even with the addition of soda. A little salts of lemon added to the soapsuds will make the task easy.

It is not generally known that eggs covered with boiling water and allowed to stand for five minutes are more nourishing and more easily digested than eggs placed in boiling water and allowed to boil furiously for three and a half minutes.

Linoleum may be washed over with milk and water, or kept clean by rubbing with paraffin on a cloth. For polishing linoleum there is nothing better than beeswax and turpentine; but polished floors are better avoided in houses where there are little children or infirm people.

Maureen

I've hunted tigers in Bengal,
And lions at Zambezi's fall,
The elephant and hippo, too,
The rhino, and the kangaroo;
But though I am a hunter bold,
I must confess I funk a cold,
So when I'm hunting, I make sure
Against such risks by Woods' Peppermint Cure.

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