

Minors used by the General of those of the Leonine Union brings with it no jurisdiction whatever over the other bodies. Among the Francis an sanctuaries the first and most illustrious is the church in which the body of St. Francis lies, and which bears the title of Patriarchal Basilica and Papal Chapel. Next in dignity comes the sanctuary of Porziuncola, to which Pope Pius X. now gives a similar title.

**UNITED STATES Proposed Catholic Colonies**

Bishop McGolrick, of Duluth, has taken up a tract of 170,000 acres of land in Minnesota on which he will place Catholic colonies.

**Polish Students**

So many Polish students are attending Notre Dame University, Indiana, that a chair of Polish literature and language has been inaugurated at that institution.

**An Extensive Diocese**

In view of the reports of the alarming illness of Bishop Hendricks, of the diocese of Cebu, Philippine Islands, it is interesting to recall a statement made by Rev. Joseph Casey, United States army chaplain, at the Chicago missionary Congress. Bishop Hendricks's diocese, said Casey, is probably the largest and most scattered of all the dioceses in the Philippines. He has undoubtedly five or six hundred different islands to look after, principally the islands of Cebu, Bohol, Leyete, Samar, Surigao, and a large portion of the island of Mindanao. Furthermore, the island of Guam, about six days' journey from the Philippine Islands, is under the jurisdiction of the Bishop of Cebu, and in order that he may visit it, it is necessary for him to go from Cebu to Manila, to Japan, to the United States, to Honolulu, and finally to Guam, a journey of about sixty days. As you can easily understand, the poor Bishop of Cebu is generally on the go, and very little of his time can be spent in the episcopal residence in the city of Cebu. In fact, he told me that he makes a biennial visitation to the different parishes of his diocese, and that even to do this it is necessary for him to travel every year by boats, which are unfit for any white man to travel upon, the distance equal to the distance from Honolulu to New York city.

**GENERAL**

**Another Martyr**

Father Conrardy, who was with Father Damien at Molokai serving the lepers, has been seriously ill in Hong Kong. The latest report is that he is growing weaker every day.

**Religion in the Schools**

The Catholics of the Argentine Republic have formed committees of defence in all the towns of that country to safeguard religious teaching in the schools, and to counteract the audacious efforts that are being made to banish religion from them. The Republic possesses 4250 primary schools, attended by about 220,000 pupils. The pupils have always had the advantage of the tenets of whatever religion their parents belonged to. Argentine owes all its intellectual culture to the Jesuit Fathers, who founded there three centuries ago the University of Cordoba, which is still at the present day the first University of the country. A large proportion of the population is Irish or of Irish parentage.

**Domestic**  
By MAUREEN

Never put your piano top near the fire, as the heat draws the wood out. Do not leave the window open close to it on a rainy day, as the damp will rust the wires and mould the instrument's delicate interior. Numerous ornaments should not be placed on the top of the piano, as the stone is spoiled in this way. Do not put much furniture and drapery in the room, as it spoils the sound.

**Useful Hints.**

Sunshine should never be shut out of the nursery. Sleep at night will be more refreshing for the flood of sunshine let into the room during the day.

Two ounces of boric acid crystals dropped in a glass quart jar and the jar filled with water makes a saturated solution. It is useful in cases of burns, and is an effectual antiseptic. A splendid mouth-wash for use in case of sickness is a teaspoonful of this antiseptic solution in a wine-glassful of water. An invalid's mouth should be washed quite frequently during the day.

If troubled with pleurisy apply Yannel cloths wrung out of hot water, to which a small quantity of mustard has been added. Change the cloth often.

Add a little powdered borax to the toilet water to keep the skin soft and prevent excessive perspiration.

**Hair and Scalp.**

A dermatologist says that the skin of the head requires daily treatment, but not a daily bath. A rotary movement of the fingers over the scalp helps to keep the pores in working order. Brushing with the brush both the scalp and hair, the latter with long, careful strokes, removes dust and keeps the head in a healthy condition. The massage increases the circulation and prevents the hair from turning grey. The hair should be left loose at night, and a silk handkerchief worn over the head improves the gloss. The hair should be clipped two or three times a year, to remove split ends and promote growth. If the hair is braided loosely in two braids and the hand drawn up over each braid, the loose ends will stand out in a way which makes them easy to clip. The hair need be washed only once in two or three months. Too frequent bathing exhausts the nutrient elements of the sebaceous glands. Care should be taken in taking the head bath, and in thoroughly drying the hair, or colds, headaches, and serious ill-health may be the result. An oil made of three parts vaseline to one part lanoline is good to prevent the hair from falling out. Vaseline is a valuable stimulant for eyelashes and eyebrows.

**Sponging Cloth.**

After a thorough brushing, sponging and pressing are recommended to restore cloth to its pristine beauty, especially if the garment has been worn in the rain. After sponging allow the garment to become nearly dry before pressing. Never put a hot iron on woollen cloth, always have a white cotton cloth that will not deposit lint, to place between the garment and the iron. Wet this cloth and lay it smoothly over the right side of the garment to be pressed. With a hot iron pass quickly over the white cloth, removing it instantly and allowing the garment to steam. Do not put the iron directly on the garment until it is dry, otherwise the print of the iron will be visible, and the seams will have a shiny appearance. To press sleeves use a sleeve-board. This can be made at home by curving the corners of a piece of wood about two feet long. Make about the same shape as the larger ironing-board; use the smaller end for the cuffs. Press sleeves on the right side also. It is wonderful how pressing will freshen even a wash dress; these, however, should be pressed on the wrong side, using a damp cloth to rub over the creases and then applying the iron directly to the gown.

**Some Cookery Don'ts.**

- Don't cook by guesswork. Weigh all your ingredients and test your oven before you try to bake.
- Don't slam the oven door. It will spoil the cake and it won't improve the pudding.
- Don't be wasteful. Bread crusts may be browned and ground. Bits of meat may help to improve the soup pot.
- Don't be in a hurry. If you skimp in the matter of time you are certain to leave some important thing undone.
- Don't try to improve upon a recipe until you have mastered its every detail. If you deviate from it, save trouble, you will probably make trouble for yourself.
- Don't be discouraged by one failure. If the dish does not succeed try again, and keep on trying until you find out what is the matter.
- Don't fail to keep a clock in the kitchen for time is a necessary ingredient in successful cooking.
- Don't try to economise in the matter of fruits and vegetables. Your greengrocer's bill may be larger, but you will more than save it in the doctor's bill.

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*Maureen*