

D.C. The religious thus honored made up the first class to graduate from the Teachers' College of the University, an affiliated institution which last year began its work under the auspices of the Catholic University faculty. The high character of the work done by these first candidates from the College for literary honors, is vouched for by the Right Rev. Rector of the university, who, in conferring the diplomas, declared that the Sisters had made a record for scholastic attainments surpassing any yet achieved by men thus far admitted to the B.A. degree in the university.

Go, little verse, upon thy way,
 And proud the joyful tidings tell :
 'There is no cold nor cough to-day
 That cannot be made well.'
 Go, tell the name, the magic name,
 The perfect balm, the secret sure;
 Inscribe upon the heights of fame,
 But if you'd bought Woods' Peppermint,

CURED AT ROTORUA.

A speculator who was recently in the North Island inspecting a large tract of land, tells how he was permanently cured of a chest trouble at Rotorua. 'I was riding over rough North Island lands for several weeks,' he said, 'and it is indeed fatiguing work. I was in the saddle from sunrise to sunset—continually mounting and dismounting to inspect the soil, dragging an unwilling pack-horse behind me, slushing through swamplands and sleeping in the open. I made a thorough investigation of the land, but it was work that taxed my physical strength and endurance to the utmost. Sleeping one night on pretty damp land, I picked up a severe cold, and every night after that I was kept awake with incessant coughing. By the time I got in to Rotorua I was pretty bad—my chest seemed inflamed, my throat tickled, and my coughing hurt me. It was impossible for me to proceed further. I felt ill all day, and coughed all night, till one night I thought of Baxter's Lung Preserver. Next morning I got a bottle—and just one, for it cured me. I was surprised at its quick action. I was instantly relieved, and from that on I was not troubled in the slightest with a cough. I have reckoned that the 1/10 I spend on Baxter's saved me pounds, for I should certainly have been a case for the doctor in a little while.' Baxter's Lung Preserver is sold at all chemists and stores—you try it for your cold. 1/10 the large-sized bottle.

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W. MELVILLE

56 GEORGE STREET, DUNEDIN

Domestic

BY MAUREEN.

To Fry Fish Crisp and Brown.

The secret of frying fish crisp and brown, without either egg or breadcrumbs, is to dry it well, dredge sides with plenty of flour, and plunge it into boiling fat. Be sure the fat is boiling, and plenty of it, as upon that depends the crispness and brownness of the fish.

To Soften Mackintosh Coats.

Mackintosh coats which have become hard and rigid may be easily cleaned with lime and water, and made to look as good as new. A handful of the best lime should be dissolved in half a bucketful of water and the mixture applied to the stiffened parts by means of a small sponge. This should be repeated at the end of three or four hours.

Home Shampoo.

When shampooing the hair at home there are a few rules which apply to nearly all cases, and the most important of these rules is thoroughness—that is, a thorough washing and a thorough rinsing and drying. For the good of the hair the shampoo mixture must be mild, and in order to make a mild mixture a perfect cleanser, it should be applied at least three times, and well rubbed through the hair and scalp at each occasion. This will necessitate three rinsings. Care must be taken with the third rinsing, so that all traces of dirt and suds are removed. The main thing is to use plenty of water, and to take particular pains to see that it reaches every part of the scalp. Under all circumstances the water should be sprayed or poured over the head. It is impossible to rinse the hair properly by dipping it into a basin of water. A good way to begin the shampoo is to put part of the preparation to be used in a convenient bottle. Then apply the mixture in small quantities to the scalp and hair. Do this three times, rinsing well after each application. Perfectly clean hair dries in about one-tenth of the time required for hair imperfectly cleansed and rinsed. There are many shampoo mixtures which are good, but a preparation which leaves the hair dull looking should never be used. Neither should salts of tartar, borax, bicarbonate of soda, nor other softening agents be used in any greater quantity than is necessary to reduce the hardness of the water. Generally speaking, warm water is best for two rinsings, finishing with a cold spray after the third cleansing. This closes the pores, stimulates the circulation, and at the same time prevents any danger of chill. Nothing can equal sunshine for the drying process, and all artificial heat should be avoided. Drying the hair by heat is a mistake that sooner or later will show itself in brittleness and dandruff, caused by extracting the natural oil from the roots. The frequency of the shampoo must be decided according to individual needs. In some cases once a week is not too often, providing the shampoo is properly given and the hair requires it.

Household Hints.

Saucepans should be as broad and flat as possible, so that no heat be wasted.

Potatoes that are peeled an hour in advance and then allowed to stand in cold water will never turn dark after being boiled.

Cream 24 hours old and very cold whips best. Have both bowl and beater cold before beginning. A teaspoonful of gelatine dissolved in water will assist in the stiffening if the cream is not very thick to start with.

To prevent the skin from becoming discolored after a blow, place a paste of finely powdered starch over the spot at once.

Maureen

For the Workman

whose work necessitates his lurching away from home Symington's Coffee Essence is especially convenient as it can be re-heated without depreciating its wholesomeness and invigorating qualities.