

ge just how much a few left-overs will the woman is in- the use of the scraps. for instance, can be atil crisp, and rolled crumbs which can be r tins until required fish, etc.

milky puddings are of a healthy child's ter pudding is a use- an extra supply of it be stodgy and un- e recipe given here. nsed milk, spread on ent to sweeten the

BREAD AND BUTTER PUDDING.

1 lb butter spread with d condensed milk. nas, 1 egg, 1 pint. f

h and place a layer ie bottom. Sprinkle and a small pinch her the egg and the le of the liquid over oth layer of bread ore liquid. Repeat rly full. Pour in the bake in a low oven is set (30 to 40

reat waste-saver and place of honour in o this pot put all e, bones, raw veget- trimmings from cab- To keep the stock brought to the boil er for a few minutes ock-pot itself should d, and washed out not put potato or x-pot.

be made up into y soaking in fruit with custard, or they nixed with egg and to make "cabinet"

CONVICTIONS

no fixed abode, who mes, was sentenced isonment with hard of stealing from the lingar, a sovereign, irt, the property of

by the Government 1st May, 1940, to importation of sugar produced in Ireland,

Mr. Kirby goes further by stating that his team were the victims of a mistake on the part of the recording officials, and uses the name of Mr. Joseph McCarthy, Hon. Sec., Munster Council, N.A. and C.A., in support of this statement. For the information of all who are interested in this controversy, I wish to make it known that Mr. McCarthy was one of the recording officials who were responsible for the mistake which Mr. Kirby refers to, and who handed me over the record sheets showing the St. Nicholas Athletic Club winners of the County Championship by a margin of nine points.

At the special meeting of the County Board, which I have already referred to, it was almost unanimously decided that the recorders' decision be regarded as final, and consequently the championship was awarded to the St. Nicholas A.C. I may add that this decision was arrived at after a very long and close investigation.

I would now advise Mr. Kirby to abide by that decision and to discontinue his present attitude against the Board. If he is going to raise the matter with the Central Council I will be prepared to meet his allegations by a complete statement of facts.

In conclusion, Mr. Editor, I hope that you will find space for publication of this letter, and that it will not be necessary for me to trespass further on your valuable space with this controversy.—Yours sincerely,

MICHAEL SLATTERY, Hon. Sec., Limerick Co. Board, N.A. & C.A. 1st May, 1940.

LATE MR. J. O'DONOVAN

From the obituary notice of the late Mr. J. O'Donovan, Shanagolden, which appeared in last week-end issue the following names were inadvertently omitted—Richard Murnane, V.S., Newcastle West; Thomas Farrell and Mrs. O'Farrell, Carhueclough, and John Mangan, Tubrid.

Indigestion

By Dr. F. B. Scott, M.D., Paris

"Of all the aches and pains which patients come and tell me about, indigestion pains are probably the most common. "I get such stabbing, griping pains after meals," they say, or "my meals give me such a horrible full-up feeling."

Well, it doesn't take long to put these patients right. Their trouble is excess stomach acid—burning acid which ferments in the stomach and leads to all

had collected in earlier years, laborious work of taking accurate of the English State papers wa out by his own hand; it was wo he accomplished with most pa industry and with an absolute which adds to their value, so that he has been called the "C Ireland," which was meant to co praise for his impartiality.

LOVER OF IRELAND

He was an ardent lover of th his birth—like many other sons o parents who had settled in Irel he could not bear to hear it al laboured with untiring zeal for it welfare, and his labour was not.

He received a Knighthood from I in 1629, and, on the death of h he was appointed Auditor-Gen was made a Privy Councillor in which year two other works of h "Bishops of Ireland" and "W Ireland"—were published.

He was elected M.P. for University, and later on, on h from a visit to England, the which he was conveyed was seiz Parliamentary—or Cromwelliar ents of Charles and he spent 10 n a prisoner in the Tower of Londo ing which he was banished to F 1651 he was allowed to return to on special business, and in 1653 to Ireland again, to look after hi

An enlarged edition of his "A of Ireland" appeared in 1659, a "Bishops of Ireland" was issued plete form in 1665; after the Re of 1660 he had been reinstat former office, was again chosen sentative of Dublin University, appointed Commissioner for App Excise cases, having declined th Viscount offered to him by the Government.

Ware wrote in Latin, and h were translated, long after his o Walter Harris, who married the historian's grand daughter; the upon the result of his research gauged by the statement of D'Ar —whose History of Ireland largely on Ware's manuscripts— was "a great, persevering bo and sincere receiver and trans truth"—a well earned testimon one who had studied the biasse and untruthful works of some propagandist "historians."

BIG BELFAST FIRE

Damage estimated at £100,000 by a fire which broke out in t Dance Hall, Belfast, on Sunday The dance hall was destroyed ar only after four hours work that brigade had the blaze under con fire also involved the adinin