

Smokers' RECENT DEATHS & FUNERALS

'Fur'

How to detect it—
How to prevent it



Try this now. Run your tongue round your mouth—do you notice it... a rough woolly feeling. Smokers' fur has got a hold, and is staining your teeth. But don't worry, you can stop this fur from ruining the look of your teeth.

Dentists know smokers' fur is caused by excess acid in the mouth. Kill the acid and you shift the fur. What is the scientific way to destroy mouth acid? 12,000 dentists say 'Milk of Magnesia' brand antacid is the most effective antacid known. They recommend smokers to use the toothpaste containing 'Milk of Magnesia'—the only toothpaste containing it—Phillips' Dental Magnesia.

Commence fighting mouth acid tonight. Get a tube of Phillips' Dental Magnesia and clean your teeth with it each night and morning. Then you'll feel the difference, no more morning mouth, no more stale breath. Instead you'll have teeth which look clean, feel clean, are clean; a sweet mouth to give new zest to smoking. A mouth that will say Good morning! and mean it.

Ed. 10/d. and 1/6. Sold everywhere.

Phillips' Dental Magnesia

*Milk of Magnesia is the trade mark of Phillips' preparation of Magnesia.

Rheumatic Acids make you liable to SCIATICA

Here is how to deal with them!

That awful pain which shoots down the back of your leg—following the track of your great sciatic nerve—is caused by rheumatic acids which inflame the muscles and joints and irritate your nerves. Before you can count yourself free from risk of sciatica, or rheumatic pains spreading to other parts, YOU HAVE GOT TO DEAL WITH THESE RHEUMATIC ACIDS.

Therefore get a tin of Fynnion Salt today and get rid of your rheumatic acids just as Mr. Kemp did! Writing from Rochford, Essex, he says:

"I have suffered from sciatica and rheumatism since I was discharged from the army in 1919—21 years. Four months ago I started taking Fynnion Salt. At that time I was obliged to use a stick and almost drag my leg along. Now, at 50 I feel much better than I did at 30. I got relief after a very few doses of Fynnion and am glad to say I am free from any pain. Now I can do a day's work with the best. I give it the credit to Fynnion."

Fynnion can take the credit for Mr. Kemp's recovery for this reason: Fynnion contains the Salts of Lithium, Potassium, Sodium—and these are the salts, found in the waters of famous spas, which are known to get rheumatic acids right out of the system. That is why Fynnion so rapidly helps sufferers from almost any of the great family of rheumatic diseases: lumbago, neuritis, muscular rheumatism, fibrositis, pains of the joints. If you have the stiffness or pain which shows the presence of rheumatic acids in your system go to your chemist and get a 1/6 tin of Fynnion NOW.

ELLISON'S

FOR VALUE AND QUALITY.

Watches, Clocks, Engagement and Wedding Rings, Wedding Presents



Ladies' Expanding Bracelet Watch from 15/-

All Watches and Clocks Guaranteed.

HIGHEST PRICES GIVEN FOR OLD GOLD AND SOVEREIGNS.

WATCHES, CLOCKS AND

MISS NELLIE MALONE.

Fortified by the last rites of Holy Church, Miss Nellie Malone, youngest daughter of Mrs. Bridget Malone and the late John Malone, 1 O'Connell Street, Limerick, died peacefully on February 3rd after a protracted illness borne with every sign of Christian fortitude and resignation.

Deceased was educated at the Bridgeline Convent, Mountrath. Always of a cheery and genial disposition, she had in her short life made a wide circle of friends, especially in her native city. Unassuming and unselfish, her own troubles were forgotten in her solicitude for those of others. To her mother, sisters, brothers and other relatives we extend our sincere sympathy in their sad bereavement.

The remains were removed to St. Michael's Church on Tuesday evening, February 4th. Requiem Mass was celebrated next morning for the repose of the soul of the deceased by Rev. Father James Kenny, C.C., Templeberry (Cousin).

The funeral, which took place on Wednesday, February 5th, to Mount St. Lawrence Cemetery, was of very large proportions, and while testifying to the esteem in which deceased was held by all classes, expressed also the deep public sympathy felt for the mother, sisters, brothers and relatives.

Chief mourners and relatives—Mrs. Bridget Malone (mother), Mrs. J. Neelan, Mrs. P. Crosse, Mrs. M. Ringrose (sisters), Mrs. D. F. Ryan (in absentia, sister), Rev. Brother Malone, Mr. James Malone (brothers), Messrs. J. Neelan, P. Crosse, M. Ringrose (brothers-in-law), Dr. D. F. Ryan (in absentia, brother-in-law); Mrs. M. Kenny, Ennis (aunt); Mr. Sean Crosse, Jackie Ringrose (niece); Messrs. D. Malone and A. Malone, Limerick (cousins); Rev. Father J. Kenny, C.C., Templeberry; Messrs. F. Kenny and G. Kenny, Ennis (cousins); Miss T. Malone, Messrs. J. F. Malone and M. Malone, Ennis (cousins); Mrs. J. McInerney (cousin); Mrs. F. McNulty, Limerick; Mrs. D. Kinnane, Bruff; Messrs. A. Hickey, Newport, and J. Hickey, Cappamore; Mr. Dick O'Donnell, Grange; Mr. and Mrs. J. Ringrose, Meelick; Mr. and Mrs. J. Lane, Limerick; Mr. and Mrs. Collopy, Limerick; Mr. and Mrs. J. McNamara, Limerick; Mr. and Mrs. A. A. Ryan, solicitor, Limerick; Miss Teresa Ryan, Mr. Michael Burke, Customs and Excise, Ballina; Mr. D. Hogan and Miss Hogan, Limerick.

The clergy present were—Rev. Father J. Kenny, C.C., Templeberry (cousin); Rev. Father Carroll, Adm.; Rev. Father O'Sullivan, C.C.; Rev. Father White, C.C.; Rev. Father Lyons, C.C.; Rev. Father Vignoles, O.S.A.; Rev. Father Doyle, O.S.A.; Rev. Father Adrian, O.F.M.

Among the Christian Brothers present were—Rev. Brother Cummins, Superior, Sexton Street; Rev. Brother Murray, do.; Rev. Brother Stack, do.; Rev. Brother Young, do.; Rev. Brother O'Keefe, do.; Rev. Brother G. Ryan, do.; Rev. Brother F. Ryan, do.; Rev. Brother Madden, do.; Rev. Brother Hallahan, do.; Rev. Brother Maguire, do.; Rev. Brother Ennis, do.; Rev. Brother McPhelim, do.

Telegrams and letters of sympathy were received from—Mr. Jack Cross, Derry; Mr. and Mrs. Joseph Murphy and family, Ballina and Dun Laoghaire; Messrs. W. and P. Thompson, Dublin; Mr. and Mrs. T. Colligan, Thurles; Mr. and Mrs. P. Molloy, Ballina; Mr. D. Hylward, National Bank, Dungarvan; Mr. and Mrs. W. Fitzgerald, Clarina; Rev. Bro. Ryan, Bray; Rev. Bro. McCloskey, Dublin; Sergeant and Mrs. D. Dragan, G.S. Lisdoonvarna; Rev. Bro. Linnane, Dublin; Rev. Bro. Mackin, do.; Miss Lena O'Donoghue, Templeberry; his Worship the Mayor (Ald. D. Bourke, T.D.); Rev. Mother Majella, Bridgeline Convent, Mountrath; Rev. Bro. O'Neill, Dublin; Mr. M. J. Scully, Munster and Leinster Bank, Limerick; Rev. Father Clune, C.C., Lorrha; Rev. Mother Xavier, Bridgeline Convent, Mountrath; Rev. Bro. O'Farrell, Dublin; Rev. Bro. Birmingham, do.; Rev. Bro. Hogan, Fermoy; Mr. R. Ryan, T.D.; Mrs. N. Maguire, Ballina; Mrs. T. Murphy, Cruise's Hotel, Limerick; Rev. Brother Dowling, Dublin; Rev. Bro. Murphy, Westport; Rev. Bro. Burke, Omagh; Rev. Bro. Tuathall, Dun Laoghaire; Miss Ciss Hanover, Limerick Junction; Mr. J. Hickey, Limerick; Miss Maura Murphy, Ballina; John Quin & Co., Ellen Street, Limerick; Mr. J. Kitchin, Dun Laoghaire; Rev. Bro. Donnan, Bray; Rev. Bro. Killeen, Dublin; Rev. Bro. Roche, do.; Rev. Bro. Lalor, Bray; Captain and Mrs. T. Ringrose, Dublin; L.D.F., William Street No. 1 Group.

Mass cards were received from the following—Rev. James Kenny, C.C., Templeberry; the Kenny family, Ennis; the Malone family, Clonkerry; No. 4 McMahon, Ennis; Margaret and Terry Duggan, Ennis; Susie and Joe; Molly and Paddy; Mick and Birdie; Moira and Ita; Dannie Malone; Frank Kenny (Cannock and Co.); J. F. Malone (Cannock and Co.); P. White and family, Limerick; Daisy McNulty; Maurice Kirby; Michael and Anna Cooney; the Donworth family, Luddensmore; J. and B. Lane; Sarah and John McNamara; May and John Ringrose; Alban and Hilda Ryan; Mr. and Mrs. P. Ryan, Caherdavin; Mrs. W. Fitzgerald, Clarina; May Kirby, Clarina; Peggy and Bridie Collins, Cecil Street; Ita and Rose Locke; Nora Keane; Frances and Tommy Ryan; Jim Joyce; Rev. Mother Superior and Community, Bridgeline Convent, Mountrath; Rev. Mother Majella, Bridgeline Convent, Mountrath; Mrs. John Griffin and family; Mrs. Byrne; Mrs. W. Frost and family; the McCartan family, Ardacrusha; Mrs. A. Morrison; John and Nora O'Ryan; Mr. and Mrs. A. Kivelehan; M. and J. Mahon; Presentation R.F.C.; Eileen Weekes.

MRS. NORA T. MCCARTHY, CAHERLANE.

The death of Mrs. T. McCarthy, relict of the late Timothy McCarthy, of Caherlane, Co. Wick, occurred on the 27th inst.

MRS. KEANE, KILMALLOCK.

The death, which took place on 27th January, of Mrs. Catherine Keane, Sheares' Street, Kilmallock, marks the passing of an old and esteemed resident of Kilmallock. Her family was actively connected with the Independence Movement since the very early days. Her husband, the late John Keane, who died twenty years ago, was for a time captain of the Kilmallock Coy., Irish Volunteers. Her sons, Neil and Michael (deceased), and John, were members of the Kilmallock Coy., I.R.A. throughout the pre-Truce and post-Truce struggle, and suffered long terms of imprisonment. Her daughter, Mrs. A. H. Prossor, a member of Cumann na mBan, was also imprisoned in Kilmallock Jail for her activities. The funeral, which took place on Wednesday, 29th January, from St. Peter's and Paul's Church to the local cemetery, was of very large dimensions and testified to the esteem in which the deceased lady was held by all sections of the community. The prayers at the graveside were said by Rev. Father T. Power, Ennis, assisted by Right Rev. Dean Mulcahy, P.P.; Rev. Father Condon, C.C., and Rev. Father Moriarty, C.C.

The chief mourners were:—Neil (son), Mrs. A. H. Prossor and Jose Keane (daughters), the Misses Bettie and Mary M. Keane, Masters John Prossor and John Keane (grand-children), Messrs. J. Mulvey, J. Sheehan, C. Sheehan (nephews), Mrs. J. Salt, Miss A. Keane (nieces), Mrs. Neil Keane and Mrs. M. Keane (daughters-in-law), Mr. A. H. Prossor (son-in-law), Limerick.

The 4th Batt. Committee of East Limerick Brigade, Old I.R.A., was represented by Messrs. Sean Morrissey, P.C., chairman; John Lynch, Daniel McCarthy, L. Dineen, J. Casey, and M. Ward, Kilmallock Coy., Old I.R.A., was represented by R. Walsh, M. Moynihan, P. Winters, W. Cusack, J. Walsh, J. Crotty, D. O'Brien, M. Moroney, M. Conners, C. Dalton, M. Kelly, J. Murphy, W. Naughton, E. Mulqueen, Ballygaddy Coy. Old I.R.A., was represented by E. Casey, M. Clifford, M. Dennehy, J. Donegan, W. Casey, Cumann na mBan; Messrs. M. Lynch, M. Fin, K. Gaffney, M. Hogan, Mrs. Malone, Mrs. J. Hayes, Miss M. and B. Raleigh.

The general public included—Messrs. Ed. Jackson and Ed. Jackson, junr.; Misses A. K. and N. Jackson, Mrs. Meade, Misses K. and M. Burke, Mrs. and Miss Cussens; Miss P. Searson, Miss C. O'Brien, Miss A. Keane, Miss A. Sheehy, Miss M. O'Flynn, Miss M. O'Donnell, Mrs. J. Ryan, Mrs. J. Culhane, Mrs. P. Hayes, Miss M. Leahy, Mrs. T. Fitzgerald, Mrs. J. Fitzgerald, Mrs. McNamara, Mr. J. J. Power, State Solicitor; Robert Geary, solicitor; J. Reardon, J. Goffrey, P.C.; M. Houlihan, P. Woods, Richard Ryan, J. Ryan, Wm. Ryan, M. Ryan, Mrs. R. Ryan, Mrs. Cronin, Tankardstown; Mrs. Hennessy, Ballinacra, Kiltinane; Mr. and Mrs. T. Keane, Kilmallock; Dominic O'Grady, James O'Rourke, senr.; J. O'Rourke, junr.; J. O'Donnell, Tankardstown; John and P. Conway, Thomastown; J. Forde, Thomastown; J. Ryan, J. Lynch, Milmount; Sean Scanlan, Galbally; J. Hayes, Group Leader, L.D.F.; Mrs. P. O'Sullivan and Mrs. O'Mara, Sergeant F. O'Mahony and P. O'Donnell, Limerick; T. O'Sullivan, Mrs. J. Dineen, Mrs. McGrath, Mr. and Mrs. W. Hannan, Mrs. M. O'Sullivan, Mrs. P. Mulvey, and Daisy Costello, Messrs. J. Nally, M. Keogh, J. Keogh, J. Hegarty, R. Casey, Cork; Power brothers, Knocklong; M. Hanley, do.; T. Power, Emly; M. O'Leary, E. Fitzgerald, J. Carroll, Mount Fox; J. P. Cahill, R. Joyce, C. O'Sullivan; J. Dowling, W. O'Byrne, J. Clery, P. V. Lyons, L. Lyons, J. O'Sullivan, Bill Carroll, Sergeant Kennedy, Gardaí McNamara, Dwyer, Kennedy and Phelan.

Telegrams were received from—J. King, Foynes; Senator M. O'Dwyer, T. Crowley, T.D.; Nurse Dunbar Hennessy, Limerick; O'Shea family, Dublin; J. Moloney, Croom; Miss B. O'Connell and A. Cunniff, Board of Health, Limerick.

Mass cards were received from—Sergeant Alice and Kathleen; Mrs. Vaughan, Limerick; R. Ryan and family; Mrs. Malone, Guard and Mrs. Wheelan, Limerick; Mrs. P. O'Sullivan, Maria Anne, Farranahone.

MR. PATRICK SULLIVAN, CLANSFORD TERRACE, LIMERICK.

On the 29th January the funeral of Mr. Patrick Sullivan (Gate Stationmaster, Bruree) 6 Clansford Terrace, Janesboro' Avenue, Limerick, took place to Mount St. Lawrence Cemetery after 10 o'clock Mass and was very largely attended.

Chief mourners were—Mrs. C. O'Sullivan (widow), Patrick (son), Tessie, Frances, Mrs. N. O'Loughlin (daughters), Mrs. P. O'Sullivan (daughter-in-law), Michael O'Loughlin (son-in-law), Kitty and Peggy O'Loughlin (grandchildren), Joe Sullivan (grandson), Mary Sullivan (grand-daughter).

Mass cards were received from the following—His loving wife; his loving daughter Tess; his loving daughter Bob; Paddy, Biddy and children; his loving children, Mick and Nora; Maisie and Joe, New Ross; grand-daughter Peggy; grandchildren, the O'Loughlins, Ennistymon; J. and N. Coleman; C. and M. McGill; K. O'Loughlin, Ennistymon; David and Nora Sheehan; W. Ready; C. Gamble; May Riordan; the Ryan family, Croom; Pappy and Nellie; Bee and Maisie; Joe Murray; Joan Fitzgerald; John Hehir; Judy; Gretta and Eily; R. P. Coll; the Gamble family, Bandon; Mrs. Wallace and family, Bruree; Hugh O'Neill; Mr. and Mrs. I. Fawc; Michael O'Neill; Mary, Jim and Dillie Woods, Ennistymon; Mr. and Mrs. Hourihan; Mr. and Mrs. Hersey; Kerin family, Ennistymon; the Leahy family; Anne and John Clancy; Jack and Katie Crowe; John and Queenie O'Connor, Roslyn; Mr. and Mrs. Fitzgibbon; Delia Champion; Novena of Masses, Post Office staff, Limerick; Pat and Anna, Millownmalbay, James, Feely, Dublin; J. O'Malley, Dublin; booking office, etc. Kingsbridge, Dublin parcels

BRINGING BACK THE PRACTICAL HINT

PAST

Happenings Of 20 Years Ago

Ago

LOCAL EVENTS AND INCIDENTS RECALLED

COURTMARTIAL TRIAL.

At a British Courtmartial held in the New Barracks, Limerick, on Wednesday, 9th February, 1921, Mr. James Sheehy, then a popular member of the Rathkelleigh Board of Guardians, was charged with having in his possession 13 rounds of revolver ammunition. Evidence was given by a police witness to the effect that during a search with military he found on top of a press in accused's house a box containing the ammunition. **GOLD WATCH TAKEN.**

Mr. Sheehy said that on the night of the search a gold watch belonging to his deceased brother was taken. Other things, he said, were also taken, even a hair-cutting machine. The President of the Court told him make a report and he would institute inquiries. The Court then announced that the decision would be promulgated and Mr. Sheehy was removed in custody.

LIMERICK PRICES.

The following were current prices in Limerick this week (twenty years ago): Retail patent flour, 72s. per sack; butter, 3s. to 3s. 4d. per lb.; turnips, 50s. to 60s. per ton; hen eggs, 3s. to 3s. 6d. per doz.; chickens, 6s. to 10s. per pair; white oats, 2s. 2d. to 2s. 3d. per stone; upland hay, 4 to 4 5s. per ton; oat straw, 4 to 4 40s. per ton; wheat straw, 112 to 10s. to 114 per ton; suitable pigs, 155s. per cwt.

PLANE DESTROYED.

A sensational occurrence took place near Kiltinane on Thursday, February 10th, 1921. A British aeroplane, in which were a pilot and an observer, was forced to descend in a field near the town owing to engine trouble. The pilot went to the local R.I.C. Barracks for assistance, and while he was away the plane was surrounded by a body of I.R.A. men, who set it on fire and destroyed it.

HELD AS HOSTAGE.

The remaining airman was taken away by the I.R.A. men and was held by them as a hostage in the event of reprisals. This was the first British plane destroyed by the I.R.A. in the Anglo-Irish fight of the time, and portions of it were carried away as souvenirs. Portions of the aluminium in the machine were carefully preserved to this day as mementoes of a very sensational event in a very memorable struggle.

TRADERS WARNED.

Following the burning of the plane the traders of Kiltinane and Kilmallock were officially warned that if the missing airman was not returned within 36 hours they would be held responsible. Aeroplanes circled over the districts and notices were dropped warning the people to give information as to the whereabouts of the missing officer. Clanchy's house at Ballinavreana was bombed and destroyed one evening by British military.

PRESENTATION FUNCTION.

An interesting function took place at Prospect House, Clonlara, this week twenty years ago, when a number of past pupils of Mr. P. Crowe made him a presentation on his retirement from the Principalship of the local National School after 44 years continuous and very successful service in the cause of education. The presentation took the form of a massive gold watch, suitably engraved, and a solid silver sovereign case filled with sovereigns.

GLORIOUS TRIBUTES.

Mr. J. J. Mulqueen made the presentation, and before doing so read an interesting letter from Rev. M. Hamilton, St. Flannan's College, Ennis, who enclosed a contribution towards the presentation, which, he said, would be "a token of appreciation of all we owe him." Mr. Mulqueen, in the course of an interesting speech, then paid glowing tributes to Mr. Crowe, remarking that "their indebtedness to their kindly and genial master was immense and could not be repaid by any gift, whatever its intrinsic value." Mr. Edward Murphy followed and also expressed high eulogiums of Mr. Crowe and his many good qualities.

MR. CROWE'S REPLY.

Mr. Crowe, in the course of a very interesting reply, said he had always tried to inspire his pupils with high ideals and to get them to strive onward and upward through life, not omitting to point out to them the patriotic duty that every young Irishman owed to his motherland. "Much as I value the presentation and the accompaniments," he added, "let me say in conclusion that I value far more highly the warm spirit of friendship and gratitude that brought them forth."

THE COMMITTEE.

The committee in charge of the presentation were:—Messrs. William Stutch, Edward Murphy, Thomas Campbell, Thomas O'Shea, John Morrissey, hon. treasurer; J. J. Mulqueen, hon. secretary; and a number of other friends of Mr. and Mrs. Crowe. A most enjoyable social evening followed the presentation. Several toasts were honoured and songs sung, and at the close Mr. T. Campbell returned thanks on behalf of the company for the cordial and hospitable manner in which they had been entertained by Mr. and Mrs. Crowe.

SERIOUS FLOOD.

What was described at the time as the greatest flood experienced there in fifty years occurred along the Feale valley in Abbeyfeale district just twenty years ago. Several residents along the Railway Road, Abbeyfeale, were compelled to abandon their homes. On the

PRACTICAL HINT

For The Home

BY MARY HARDING

FOOD NEWS.

We are now asked to return to a simple diet, and to make a great variety of foods which are not only produced but lavish in supply. The vital foods which have been so neglected by the public, and which we are now asked to eat are potatoes, carrots and oatmeal. Potatoes are the best vegetables grown in the country and a food both energising and restorative. Scientific authority has shown that carrots, too, are an excellent food, and invaluable in winter ailments. Women will be especially interested to learn that carrots are good for the complexion.

The housewife's best food is oatmeal, which is one of the best foods, containing a very high proportion of vitamin B1 and iron. People not eating wholemeal bread can get the same result by eating oatmeal.

WHEN ENAMEL BATHS FAIL.

A very annoying accident that only too frequently is for some reason or other, a heavy article into the bath, and a piece of the enamel. This is that the iron beneath soon gets out and the appearance is ugly.

Here is one of the best ways of coming the difficulty. Buy a tin of cellulose lacquer and paint over it. Do not go on to the bath enamel, apply thinly. Allow the lacquer to dry, and then paint on another coat, the lacquer in this way by several more coatings until the surrounding enamel has been protected.

USES OF WASH LEATHER.

Chamois or wash leather is most useful in the home. It is splendid for cleaning and polishing glass and silver articles. It will remove grease and stains from cloth with a velvet effect. It is also useful for cleaning suede articles, and soft leather which have become greasy can be cleaned by rubbing vigorously with a piece of wash leather.

Wash leather should not be used in hot water, as this will make it brittle. When wash leather is used on damp, employ cold or tepid water. After it has been used wet it should be dried gradually, not in front of a fire, and rubbed between the hands as it dries, so as to soften it.

CARE OF FURS.

A good blow in the wind is a good thing for furs, for it makes them look fluffy, so every now and then have your fur out on a windy day. If it is in good condition, when fur has got wet it should be shaken well and the surface wiped with a cloth. Should it be really wet, drying, hang it in a warm place, beside a hot fire. Excessive heat will shrink and harden the fur. Waxes makes furs damp and smutty, and then rub gently with a sponge. Has been wrung out in cold water, time a fur is taken off it should be smoothed before being put away.

BRASS ARTICLES.

Brass articles such as curtain knockers and so on demand regular polishing, and housewives grudge the amount of work involved. Here is a good hint, however, that will keep from needing polishing so frequently. After cleaning in the usual way, rub them over with a little furniture polish, and then polish with a soft cloth.

CELERY SOUP.

Well wash three heads of celery, cut it rather small. Melt a generous amount of margarine in a saucepan; put in the celery, and just cover it with water. Peel three onions (if obtained) cut them in slices, and put in the celery, adding a sprig of lemongrass, marjoram, parsley and a bacon rind will do as well). Cook and cook until tender. This is three-quarters of an hour. Heap a tablespoonful of flour in a little cold water, stir in with the celery, let it boil sharp, stirring well, for seven minutes; then strain through a sieve or strainer; this is a little milk if necessary, return to the saucepan to get hot, and serve bread cut in dice and fried in a little dripping in the fryer.

DUTCH HARIOT MUTT.

For this excellent family dinner you need one to one and a half of breast mutton. Trim off some fat and cut the meat into neat cubes. Melt the fat trimmings in a fryer, fry the meat brown, and then in an ounce of flour, with seasonings, salt and pepper, and stir in a quarter of a pint of stock or water. Remove any scum or fat that rises to the liquid, boil, add a sliced leek, a clove and a bouquet of herbs, and cut up a carrot and a turnip into the casserole, and add a few ounces of well-soaked haricot beans, cook gently in a moderate oven for one and a half hours.

POTATO RISsoles.

Put six large potatoes into water with a little salt; when you remove the skins, mash with a season well with pepper, salt, and grated nutmeg, and bind with an egg. Mix lightly, flour the paste slightly, and put a tablespoonful of potato mixture on the flour spread out the potato paste with a rolling pin to the size of the top of a tumbler. Ready some finely minced mutton, beef, pork or rabbit, with a little finely chopped onion mixed with a little bread in milk. Put a teaspoonful of oil on the potato paste, roll it on to the mutton, and roll it up.