

water, salt and pepper. Cut up the carrot, turnip, celery and onion. Fry gently for five minutes in the fat. Add the spinach and salt. Simmer in the water until tender. Pass all through a sieve and return to the saucepan. Add the milk and stir until it boils. Season. Serve hot with diced fried bread or toast.

### SPINACH AND POACHED EGGS.

Spinach. Eggs. Salt and pepper. Cook the spinach as for a plain vegetable. Turn on to a dish and flatten the top. Poach as many eggs as are required, and place them on the spinach. Garnish with croutons of bread fried to a golden brown. Serve very hot.

### SPINACH CREAM.

Two lb. spinach, 1 oz. margarine, 2 tablespoonfuls creamy milk. Salt and pepper. Prepare the spinach and cook until tender. Strain and wring in a clean cloth, so as to extract all the water. Pass through a wire sieve. Melt the margarine and add to the spinach puree. Season and heat thoroughly. Add the milk and pile on a hot dish. Garnish with small pieces of bread cut into crescents and fried, or small croutons of pastry. If cream is not available, use more margarine or a little white sauce.

### ECONOMY RECIPES.

(By Clarissa Lowe).

#### SALMON PIE.

To make the contents of a small tin of salmon serve for a family meal beat the fish well with the liquid from the tin, add two teacupfuls of breadcrumbs, or a little more if a larger pie is required, season, and pour in as much milk or milk and water as the crumbs will absorb. Put the mixture into a greased dish; sprinkle with chopped parsley, dot with a few pieces of margarine and bake in a fairly hot oven until set. Serve with boiled potatoes and parsley sauce.

#### OATMEAL IN THE SOUP.

Cold chopped vegetables of all kinds may be used for this soup; or fresh ones can be fried for a few minutes first. Put them into a pan, using as many vegetables as you can spare, add a quart of water, some chopped parsley and seasonings of pepper and salt. Boil until tender. Blend a tablespoonful of oatmeal with a little milk, add this to the soup, stir well and continue to boil gently until the oatmeal is cooked. If very thick soup is required, allow more oatmeal. Odds and ends of all kinds of vegetables, and even scraps of meat, may be added to oatmeal soup, and, if liked, a little sauce for extra flavouring.

ing that you or the other defendant knew nothing about this sword?—No.

Don't you think you should keep order in your circus without iron bars?—No reply.

### ONE DEFENDANT FINED.

Justice—This in an unfortunate occurrence. Valentine McCormack is fined £4 and 6/- expenses, or in default two months, and the case against Frederick is dismissed. If I had evidence against the man who struck Martin Collins I would have sent him to prison for four months.

## BRUREE NOTES

(From Our Correspondent).

### Obituary.

The death occurred at her residence, Ballyfookeen, Bruree, on Monday, September 1st, of Miss Mary Cremen. Deceased was in poor health for some time, so that her passing away at an early age was not unexpected. The late Miss Cremen was a member of an old and respected family in the parish, and the large numbers who accompanied the remains to Rockhill Church on Tuesday evening and to Shannavogha Cemetery on Wednesday bore evidence of this.

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### Athletic Club.

Congratulations are offered to Bruree Athletic Club for retaining for another year the Christy Cup at the recent inter-club sports held at Rathkeale. The teams competing were Bruree, Limerick, Askeaton and Rathkeale and the final score read—Bruree, 32½ points; Limerick, 18½ points; Askeaton, 5 points; Rathkeale, 3 points.

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### A Good Team.

These figures are an index that the Bruree Club will play a prominent part in events of a like nature for a long time to come, being fortunate in having a good young team all equally good at their own sphere, whether running, jumping or weight-throwing.

### Water Supply.

I regret to state that for months back the village of Rockhill is waterless, owing to the pump being out of order. I may also add that the pump which was being sunk adjacent to the schools is as yet in a half finished state, so that young and old have to travel for any spring water. I hope that there will not be any further need to refer to these vital matters again.

ing on 28th July at Fear forcibly taken possession the property of Irene Harty.

Supt. Cooney said that went to the house where lived and on finding the he got into a room upst he locked himself in. It wards found that he ha secured with a chair knob. He remained the fused to come out. His for the Guards. The Ser and it was actually ne break down the door. claimed that he had a there. He (Supt.) did if there was anything in but in any case defendan the wrong way about it.

Mr. M. F. Noonan, s defendant, said that Mr. instructed him that he ha claim there as his siste sisters, or anyone from t fied him that he had no —and there was a way that—he would make oth ments. Defendant had.

Justice—The onus is prove his claim as betw and his sisters.

Mr. Noonan—There wi of doing that and I ask journ this case for six

Supt. Cooney—This is occasion on which some lar happened. If the ca journed defendant woul go back again.

Mr. Noonan—There going back. The matt decided in another court

Supt. Cooney—If the m undertaking to keep awa place.

Justice—Yes, until th decided. It would be d October.

Mr. Noonan—Will you stand until then?

Justice—If I get the from the defendant.

Defendant—I certainly the undertaking.

Defendant added tha possible means of supp

### JUSTICE'S REMA

Justice—If you go t the next three months you arrested and brou me and remanded in you go there all the S have to do is to swea mation and have you a I won't let you out of the meantime you can case you have to the C I will adjourn it to D that very distinct und