

enough to hold it without making creases. A mackintosh that is very dirty should be soaked for several hours in water to which two ounces of dissolved borax had been added.

The soaking will loosen the dirt, which may be removed by laying the coat flat on the table and brushing or sponging with soft soap and cold water. It will probably be necessary to use a brush for very soiled parts, collars and cuffs and so on, but the brush should be a soft one that will not scratch the rubber.

POINTS ABOUT PRUNES.

Prunes used to be the Cinderella of dried fruits. Nowadays we are learning to appreciate their true merits. A pound of prunes represents excellent value for money. When combined with stewed rhubarb or gooseberries, a few prunes help to save sugar and to improve flavour. They may be used, finely chopped, instead of other dried fruits, in cakes and puddings. One of their most useful and seasonable functions just now is to use them as a filling for a tart or flan. Here is the method:—

Soak and lightly cook in a very little water, eight to ten prunes. Allow them to cool in the juice. Line a flan case or a tart tin with pastry, fill it with crusts which you want to make into rusks and cook in a brisk oven for about twenty minutes. Take out the rusks and store for future use. Put the stoned chopped prunes in the pastry case. Mix the juice with a little cornflour, allowing a level teaspoonful to a teacupful of juice and cook until it thickens. Pour the thickened juice over the prunes. Put the tart in the oven for another three or four minutes. Eat it hot or cold.

Prunes are nice as an accompaniment to savoury as well as for sweet dishes. This is a way of adding a touch of novelty to any kind of a meat and vegetable stew.

And here is a suggestion for "Prune Doughboys" (two for each of four people):—

Eight firm good-sized cooked prunes, 1 dessertspoonful fat, 1 breakfastcupful flour, $\frac{1}{2}$ teaspoonful salt.

Stone the prunes. Rub the bacon fat into the flour and salt and roll the dough out. Cut into eight pieces, form into neat round balls with a prune inside each, cook in fast boiling salted water for ten minutes. Carefully remove the doughboys from the water and put them round the dish of stew when it is ready to serve. Serve a few cooked prunes, warmed through in the fat after the bacon has been grilled, with the breakfast bacon.

Prune juice is very useful for sweetening stewed fruit or for using with breakfast cereal.

CHEESE WITH SALAD.

Here is a good way to use cheese with salad. Make scones by mix-

No. 2. Final Edward St. No. 1 beat John St. No. 2.

Relay Race—John St. No. 1. (W. Kirwan, T. Cleary, P. Cleary, N. O'Halloran), 1; Edward St. No. 2, 2. 5 teams competed.

Slow Bicycle Race—P. Hehir (Edward St. No. 2), 1; C. Ingle (William St. No. 1.), 2.

100 yards (over 55)—J. O'Kelly-Lynch (William St. No. 2.), 1; M. H. Hanley (District Staff), 2; P. Doyle (Thomond), 3.

Long Jump—P. O'Callaghan (Mary St.), 1; M. Slattery (John St. No. 2), 2; E. Shanahan (Thomond), 3. 15 competed.

Composite Race (run, walk and cycle)—P. Cleary (John St. No. 1), 1; J. Casey (Edward St. No. 2) 2; P. Casey (Edward St. No. 2), 3.

Half Mile Cycle (over 55)—S. O'Callaghan (Edward St. No. 2), 1; J. O'Dwyer (do.), 2.

DEATH OF ABBEYFEALE GAEL.

The death of Mr. Jerry Healy, of Knocknasna, Abbeyfeale (writes our Abbeyfeale correspondent removes another outstanding Gael from one of the famous teams organised by "Father Casey," and some of whom were operating in the west of the county even prior to the dawn of the G.A.A. "Jerry" kept the "gap" before the "nets" were fashionable, and often made it very difficult for the late Albie Quillinan's forward line of the Commercials of Limerick to qualify in some of their county finals.

ing together two ounces of grated cheese, eight ounces of flour, a teaspoonful of baking powder, a pinch each of salt and pepper, and enough milk to form a dough. Sour milk, by the way, makes the scones light and fluffy. Knead the dough lightly, roll out and cut into scone shapes. Bake in a brisk oven for fifteen minutes.

When the scones are cold you can cut them open and fill them with whatever you happen to have in the salad line. Shredded raw spinach, flavoured liberally with chopped mint, is good. So is lettuce with chopped radishes, or grated carrot with watercress, or sliced beetroot with chopped dandelion leaves.

Another idea is to spread a little made mustard on fingers of stale bread, sprinkle fairly liberally with grated cheese and bake them in the oven when it is being used for other cookery. The cheese rusks are good for "elevenses" at home, and for an item in the carried meal menu.

Grate all odds and ends of cheese and keep them in a jar with a close-fitting lid. A spoonful sprinkled into vegetable soup makes all the difference in the flavour. It makes a good finish, too, for a vegetable pie or a plain green salad.

Swedish Lapps, which the Lapps themselves realise and they are full to be subjects of the Swedish Crown.

The Lapps are only a very remnant of a people, but form an interesting section of the population of our country.

No light has been thrown on the origin of the denomination "Lapps." They call themselves sameh and do not like being called Lapps, as they consider it a derogatory name. In Sweden they prefer to be called fjallfolk mountain-folk.

The Lapps differ from the Swedes in stature and appearance, and as at once seen they belong to a totally different race. They are generally of small stature. Their bodies are well proportioned, their limbs are slender, but their nature is firm and sinewy. They possess great powers of endurance and are capable of undergoing an incredible amount of hardship. Their gait is ambling, easy and elastic. On skis they move with agility and grace. Their complexion is as a rule dark and their hair black. The growth of beard in the men is scanty.

The women are usually pleasant-looking in early life but they age quickly. By the time they have reached the age of thirty they are already wrinkled and furrowed. In old age their faces are puckered, resembling a piece of soiled parchment.

The Lapps are a good-tempered and cheerful race. They are peaceful and do not do anyone harm. Their attitude towards strangers is one of respect and suspicion, but if one has the opportunity of becoming acquainted with them, they prove themselves to be affectionate, confidential and open-hearted. Their whole demeanour expresses a charming naivete. They are ungifted, but owing to their limited existence they have had the opportunity of gaining any amount of experience, with the result that in many ways they seem to be old. They are a primitive race, but peaceful-loving and kind-hearted. Anyone who places himself in the hands of the Lapps can be as safe as if he were in his own.

Originally the Lapps were nomads. At the present day, however, more than half of them live in permanent dwellings and are divided into "fisher-Lapps" and "mountain-Lapps" more or less exclusively devoted to agriculture. The proper name of the nomad or mountain-Lapps. They are often also called mountain-Lapps. The nomad living of the nomad Lapps is hated by the calling they are. The reindeer is a most important animal, and this is a dete-