













WATCH YOUR FEET AND USE TINORI (Corn Cure and Foot Powder) COMMENCE TREATMENT TO-DAY AND YOUR SUFFERING WILL END TO-MORROW. SOLD EVERYWHERE. E. MAC SWEENEY, M.P.S. Lond. M.P.S.I. MANUFACTURER, CHEMIST, CORK.

COOKERY NOTES Useful Hints and Recipes Pear Marmalade Apple Ginger Chicken Salad With Nuts Crab Apple Jelly American Tart Egg Balls

FEMIN MEMORIES REFLECTIONS AT WARWICK TRIAL OF JOHN DALY Limerick Author's Interesting Article Under the title "Young Irishman's Dream," there appears in the "Oathold Times" the following interesting contribution from the pen of Mr. Michael MacDonagh, the gifted Limerick author:

IMPORTANT BUSINESS People are apt to forget that health management is the most important business in which they can be engaged. It requires only a few moments' reflection, however, to realise that, if through neglect or ignorance one's health is injured all one's efficiency and enjoyment of life is impaired. You simply cannot afford to let yourself get run down or to ignore any symptom of impending ill-health. Whenever you have any reason to believe that your stomach is out of order or that you are inclined to be bilious or constipated, you will be wise to take a dose of Beecham's Pills and thus taking them according to directions until you feel quite all right again.

LIMERICK NO. 2 COUNCIL RESIGNATION OF MEMBER

Question of Cottage Rents Big. Com. A. Brennan, Chairman, presided at the meeting of the Limerick No. 2 District Council held on Thursday. Also present: Mr. J. O'Brien, Mr. Naughton, Messrs Joseph Keane, E. O'Brien, P. O'Leary, John V. Naughton, and J. Donnell.

John Daly of Limerick

Close to St. Mary's Church is a long, imposing stone building—the County Courthouse. One day, when I was a boy, the doors were open, and going in, I had a look at the interior. Here it was that John Daly of Limerick was held in 1844, for treason felony in connection with the dynamite conspiracy.

IRISH PRODUCE Wholesale Prices

The following is the Department of Agriculture and Technical Instruction for Ireland's return of the average wholesale prices of agricultural produce at certain Irish markets during the week ended 8th October, 1931, as compared with the previous week.

Job Printing

Balance Sheets, Catalogues, Receipt Books, Billheads, Memos, Invoices, Note Headings, Circulars, Programmes, Business Cards, Admission Tickets, Badges, Handbills, Sweep Tickets (any design), Raffle Tickets, Mortuary Cards, etc., etc.

WONDERS OF RADIUM

Waters saturated with radium rays are the fountain of youth, declared Dr. S. Williams of Chicago, when addressing the Thermo-Radiation Convention here, a "New York Herald" telegram.

MONSIGNOR O'RiORDAN'S WILL

The Right Rev. Monsignor M. O'Riordan, late Rector of the Irish College, Rome, whose estate died on August 27, 1919, left personal estate of £200,000. By his will, dated May 14, 1928, he left his fortune to the Holy Family, a Society of the Sisters of the Holy Family, for the benefit of his children.

DUELS AT LIMERICK In the Olden Days

Mr. John Stevenson's translation of De Laet's "Walk Through Ireland—1795-7" says that during his travels De Laetoguy reached Limerick just as horse races were on there, and gives the following description of the race meeting and its incidents.

THE £4 18s 6d GRAMOPHONE

Now stocked by Cole, Nelson and Co., the famous Gramophone, Limerick, will be found the lowest value offered since its introduction.

Scalloped Eggs

Boil five eggs three and a half minutes, and when cold chop them up. Mix together one teaspoonful each of mashed potatoes and boiled rice, a little fresh egg, half a teaspoonful of vinegar and 1/2 t. butter (melted).

Joint Roasted in Oven

Meat roasted in the oven to the tender and juicy, should, if very lean, be put in a tin of hot water, and well basted, the oven, after the first half hour, cooled down.

Corried Fish

Five or six pounds of cooked fish from skin and bones, and cut into small neat pieces. Put the skin and bones into a saucepan, cover with cold water, bring to the boil, and add a bunch of parsley, one bay leaf and a small bunch of onion.

Chocolate Meringues

Mix 2 ounces of chocolate; then add one half pint of whipped cream. Beat the whites of three eggs stiff, grate the rind of an orange and add both into the whipped cream.

Mince Meat

Three pounds mutton, 3 pounds raisins (seeded), 3 pounds suet (chopped), one-half pound beef suet (chopped), one-quarter pound brown sugar, one-half pound mixed peel, 1/2 lb. black pepper, one-half lb. white mustard seed.

Snow Cakes

Ingredients:—Four ounces of cornmeal, four ounces of flour, four ounces of butter, two ounces of ground rice, four ounces of caster sugar, two eggs, and a few drops of essence of lemon.

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Death of O'Neill Crowley

"I forgot what happened to O'Neill, but I remember he was taken prisoner alive. I was with him when he was taken to the river where Crowley jumped in. On my way back I saw upon O'Neill to come back and surrender, but he went on wading across the river, and the other taking up a gun and firing at him. He fell in the back. Crowley was knocked off his feet, and he was taken to the river bank, where he was held on a raft and beyond in his hand.

OVER 50 PER CENT PROFIT

The Sligo Trades Council, in conjunction with the Town Tenants' Association, has been successful in their efforts to reduce the profit on the sale of potatoes.

BEQUESTS FOR ANIMALS

The Hon. Gertrude Mary Nugent, of Fowling Hill, Ballinacorney, Galway, who died on August 28, 1928, left personal property of the value of £18,708 12s 5d.

LIVED TO 152

Instances of extraordinary longevity are not always above suspicion (says the "Oathold Times"), but Thomas Parr, who was buried in Westminster Abbey, seems to have lived to 152. That is the inscription on his tombstone.

FUNERAL OF MR JAMES CAREW

The funeral of the late Mr. James Carew, leather merchant, William street, Limerick, was very large and representative, and bore strong testimony to the high esteem in which he was deservedly held in the community.

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DUBLIN AGENTS

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