THE CATHOLIC JOURNAL

Unwomanly.

Whether one be a suffragist or

not, he can heartily coincide with

these vigorous sentiments of the

limit of endurance giving their

lives to nursing shattered heroes

longer and give better service the reimbursement of Belgium

about the necessity of food econ. "There is no doubt that these

Therefore, in these days when time and strength and money to

After all, homespun and not silks for devastation.

Much is written these days Post Express:

and satins, is the proper clothing

for the child who must work for

Food Economy.

his daily bread."

PUBLISHED EVERY FRIDAY AT

Morth Street, Rochester, N.Y. BY THE

**MATHOLIC JOURNAL PUBLISHING** COMPANY

If paper is not received Saturday notify the

omy and people are urged not to women of the congressional union Report without any delay change of address yiving both old and nev

waste food. This advice is good - militants, banner-flaunters. Communications solicited from all Catholics the author. Name of contributor withheld if and should be heeded. There is White House picketers, and spot no doubt that the very poor peo-light seekers who made up the Smired, .

Pay no money to agents unless they there ple conserve their food supply be workhouse squad-have hur predential signed by us up to date. cause they have to go so in order themselves in the eyes of the Remittances may be made at our own risk to make ends meet, but the mid. country and brought their cause aither by draft, express money order, post offimeney order or registered letter, addressed R

J. Byan, Business Manager. Money sent in any dle and rich classes waste every into lessened esteem. The most day what would supply a family terrible calamity in history is ather way is at the risk of the person sending it. Discontinuances - The JOURNAL will be sent severy subscriber until ordered stopped and not so finicky in their tastes. And bringing incalcuable suffering on yet even in the poorer homes, mankind. The noblest women of MI arrearages are paid up. The only legal od of stopping a saper is by paying up al there is doubtless waste that every land are working to the parages.

could be avoided. SUBSCRIPTION RATES Per Year, In Advance.. we are bound to feed our soldiers assuage the anguish of the world. in the field, when we are bound Millions of women are knitting, Matered at second class mail matter. to help feed our allies and when sewing, making bandages, pil BOOMMETER TRLEPHONE 2251 we are bound to feed ourselves lows, compresses and scores of MALL TELEPHONE MAIN 1867 that our nation's physical well-other things the wounded need being as a whole be conserved, and tens of thousands of other Friday, Aug. 3, 1917. we must clean our plates and not women are giving up all their

waste a scrap of food. Failure?

Much advice is given these days back to health or to soothing the Joseph V. McKee, A. M., has a not to eat too much. Undoubted-pain of their last hours on earth. pertinent, timely and well writ-ly, most Americans of the seden-The highest-type women of all ten\_article in the "Catholic tary, non-laboring class eat more the nations are thus engaged, but World" on "the Failure of Mod-than they need but it is difficult these suffragists have left their to lay down a hard and fast rule homes and families and given up ern Education."

Mr. McKee starts off with the as to eating. One man may thrive all useful work, all womanly acproposition that "To-day modern on the diet which would starve tivities, to go to the national capeducation does everything for the another. No two persons are con- ital and hound and harass a govchild except to educate him." Hestituted exactly alike. A safe enment burdened as no other in develops his subject by citing the rule to follow is to eat what our land has been since the darktremendous "side line activities" agrees with one and torise from est hours of our Revolution and

carried on in the New York city the table before reaching the our Civil war. schools, like shops, gymnasuims, point of satiety. In hot weather, Every Knight of Columbus swimming pools, speech clinics, such as has prevailed the last few dental dispensaries, lunch kit-days, those who can stand it should bend his best efforts to chens and what not, at a cost to would do well to confine them- raising that million dollar war

the taxpayers of New York of selves to two meals a day - in the relief fund. over \$42,000.000. And yet, he morning and evening. If this is

Well, was it hot enough for charges, boys and girls are not too strenuous, a very light lunchlyou? able to read, spell or figure cor leon should be the rule in the mid-

rectly when they leave the New dle of the day.

The Loyal Order of Moose pick-York city high schools. 'And it Over eating claims more viced a good man when it elected must be kept in mind, too, while tims every year than does under Willard A. Marakle of Rochester, considering these facts-because eating. as a member of its Supreme

Mr. McKee cites expert testimony and statistics to prove his claimthat this training represents four

Forming Lines. years of intensive study; that Now that the Federal author-

Rochester will furnish many of these pupils represent the cream ities have completed the selec-lits finest young men to fight with of the high school today; that they tive draft and the state authori-Pershing's Sammies.

have been taught-by-instructors ties have begun the work of physsupposedly specialists in their re-lical examination of those select- We are glad to learn that there apective studies."

ed for war service, the people of will be a due quota of Catholic the United States in general and chaplains in the United States

Council.



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