

THE CATHOLIC JOURNAL

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ROCHESTER TELEPHONE 2303 BELL TELEPHONE MAIN 1507 Friday, September 6, 1918

Good Work.

There is great need for Knights of Columbus secretaries for work overseas. These men are of great assistance to General Pershing...

Under the new draft, undoubtedly, the K. of C. secretaries will necessarily be men above 46 years of age...

Unmarried Catholic men who possess these or most of these qualifications who wish to do their bit in this great world's crisis should volunteer for this secretarial work.

Fine, Mr. Gompers!

It is indeed fortunate that Labor in the United States had as its spokesman and leader when this country entered the war such a sterling American gentleman as Samuel Gompers.

It is fitting and expedient that Mr. Gompers should have been sent to England at the present time because not all of England's labor leaders have been so wholehearted in their patriotism as Mr. Gompers.

peared to favor any sort of a peace so long as the war was stopped. Mr. Gompers will assure them that the American labor unions are convinced that if ever labor is to enjoy in peace the reward of its toil, militarism must be crushed and equality of opportunity must be assured to every man and woman and child and individual initiative must not be strangled or circumscribed.

Lloyd George and Lord Reading and the other English leaders realize what a tower of strength Mr. Gompers is to the Government at Washington and hope he can instill a like degree of patriotic courage into all the English labor leaders.

"The war has ceased to be a war. It is a crusade for right, justice and liberty. America is with the Allies to the end of the victorious end. I am convinced we dare not lose. We cannot lose. We will win."

Colonel's Way.

One does not have to agree with Theodore Roosevelt's political views or any or all of his personal views to concede the breadth of the man's ideas, to admire his unswerving loyalty, his sterling Americanism or his wholehearted patriotism.

When Mr. Roosevelt was awarded the Nobel Peace Prize some years ago, he donated it to the United States Government to be used for a specific purpose which the great world war has frustrated.

Colonel Theodore Roosevelt made public a list of war charities to which he has donated the proceeds of the Nobel peace prize awarded him for his work in connection with the peace conference at Portsmouth, which ended the Russo-Japanese war.

Among the donations are the following: American Red Cross, \$6,900; Mrs. Theodore Roosevelt, Jr., for use in connection with her Y. M. C. A. work in France, \$5,000; national war work council of the Y. M. C. A., \$4,000; war activities committee of the Knights of Columbus, \$4,000; Jewish Welfare Board for war activities, \$4,000; Salvation Army war fund, \$4,000; Y. M. C. A. war work council, colored, \$4,000; Miss Emily Tyler Carow, at Porto Maurizio, Italy, for Italian Red Cross work, \$1,000, and Langdon Warner, acting American vice consul at Harbin and Vladivostok, for use among Czech-Slovaks, \$1,000.

Thank goodness the primaries of 1918 are over. Will there ever be another? Or will the next Governor be nominated by the old caucus and convention method?

Day by day the casualty lists prove that our Catholic soldier boys are in the thick of the fighting in France.

Curtailment of the free list in newspapers and compulsory payment in advance ought to enrich the editorial treasury.

Leaving Camp Shelby. Missouri, for overseas service recently were 1,400 Negro soldiers, mostly Catholics who heard Mass and received Holy Communion just before they left camp.

The KITCHEN CABINET

Not a truth has to art or to science been given. But brows have ached for it, and souls toiled and striven.

FISH WAYS FOR FISH DAYS.

One must learn how to judge a fish in the market and be able to tell a fresh one from the stale variety. The fish must be firm, eyes bright, as well as the gills. The man who likes fish must have taste, but it is all right if the sooner a fish is sealed after coming from the water the easier it is done.



When fish is to be boiled, lay it in a tin piece of cheesecloth, tie it well and put into a kettle of water. A bay leaf, pepper corns, onion or parsley can be used for seasoning. Simmer gently, allowing ten minutes to the pound for cooking. Lift out carefully, remove the cloth and garnish with lemon quarters and parsley.

To fry fish, dip it in seasoned crumet, then fry in any sweet fat, sautéing it well while cooking. Salt fish should be soaked in water and softened by slow cooking; if boiled rapidly the fiber will be toughened.

Fish Salad.—Cut the pieces of boiled fish in bits, or flake with two forks, season with lemon juice and arrange lightly on a bed of watercress. Peel and boil three large potatoes; drain, wash and heat until light, season with salt, two tablespoons of corn oil, the yolks of two eggs well beaten and a tablespoonful of vinegar, beating well while adding. Pour this over the fish and serve.

Salt codfish, served in a white sauce, using sour cream in place of the usual milk, is a most tasty dish.



Knowledge and wisdom, far from being one, have oft times no connection. Knowledge dwells in heads, complete with thoughts of other men. Wisdom in minds attentive to their own.

—William Cowper.

SUMMER DISHES.

When vegetables are so plentiful one need not fear monotony in the diet.

Green Peas Cooked With Lettuce.—Have ready a quart of fresh peas and a head of lettuce. Shred the leaves coarsely and place the peas over the fire in boiling water; add a small onion and a bunch of parsley, cover and cook for 25 minutes, or until the peas are tender. Remove the onion and parsley. Cream a fourth of a cupful of fat. Add a teaspoonful of salt, a fourth of a cupful of flour (corn flour) and pepper to taste; add a little hot liquor from the peas and when smooth add to the dish of peas and simmer six minutes. Just before serving add three tablespoonfuls of butter substitute and turn into a vegetable dish. Serve hot.

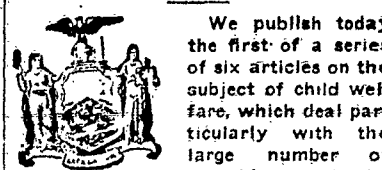
Rochester Soup.—This is a rich dinner soup. Blanch two-thirds of a cupful of almonds, chop and pound in a mortar. Add gradually while pounding four tablespoonfuls of milk and a half teaspoonful of salt; then add three cupfuls of chicken stock, one sliced onion and three stalks of celery broken in bits. Simmer an hour then rub through a sieve and bind with three tablespoonfuls of butter substitute and three of flour well blended. Cook until the starch is well done and serve hot.

Asparagus Salad.—Tie a bunch of asparagus tips together and steam until tender. Cut rings of tomato or red pepper, slip the stalks into the rings, lay on a lettuce leaf and serve with salad dressing.

Creamed Onions.—Take two bunches of young green onions, cook and serve in a butter or white sauce as one does asparagus, making a most tasty dish; serve on toast. A few young onions with asparagus will help out when there is not enough of the asparagus to serve, and the combination is especially good.

Most men are willing to serve their country in an official capacity.

SAVING BABIES IN WAR TIME.



We publish today the first of a series of six articles on the subject of child welfare, which deal particularly with the large number of needless deaths among infants and young children and with methods for decreasing the number of such deaths.

The year beginning April 6 (the anniversary of our entrance into the world war) has been designated by the Children's Bureau of the United States Department of Labor as the Children's Year.

The articles represent a part of the campaign which the State Department of Health is undertaking in co-operation with the Federal Government for the conservation of child life.

The Division of Child Hygiene of the State Department of Health, Albany, is ready to answer any questions on the subject of Child Welfare which may occur to our readers.

THE EDITOR.

The Nation's call for men to arms has emphasized the importance of protecting and preserving the babies in arms. The appalling wastage and untimely death of life among both soldiers and civilians in the war-torn countries in Europe places a greater emphasis upon the conservation of our own children.

Two problems are confronting the countries involved in the world war—a declining birth rate and an unnecessarily high death rate among young infants. The future of every country depends on the babies of today and of tomorrow.

We are urged on all sides to conserve our national resources, not alone to win the war but to insure future prosperity. This is true and absolutely necessary, but let us not forget that our most valuable and most important natural resource is the baby.

Food conservation is imperative at this time but infant conservation is just as necessary if we are going to retain a leading position among the Nations of the world.

A declining birth rate is a national calamity. In Europe the fall in the rate has reached alarming proportions. In France, for example, the birth rate and death rate were about equal before the war, or 188 per thousand of the population. Last year the birth rate in Paris fell to 86 per thousand.

Can we afford to neglect our future citizens, the babies of today? Undoubtedly not. The Federal Children's Bureau in Washington has inaugurated a nation-wide campaign of education to save babies and hopes that it will result in conserving 100,000 lives this year.

The New York State Department of Health has been actively engaged for the past four years in the work of saving babies and keeping them well. In this period the annual death rate among infants has been reduced from 120 per thousand births to 94 per thousand.

"Frillery" Must Be Ornamented With Hand Painting, Is a Coming Edict of Fashion.

Well, girls, you will soon be wearing your own art galleries. Painted frillery is coming, and who knows but what you will have a bird's-eye view of the Steel City with its mills in full blast, running round the horizon of your skirt? For it is said that lingerie that once screamed will make its painted approach much more noiselessly and without ostentation, but with force.

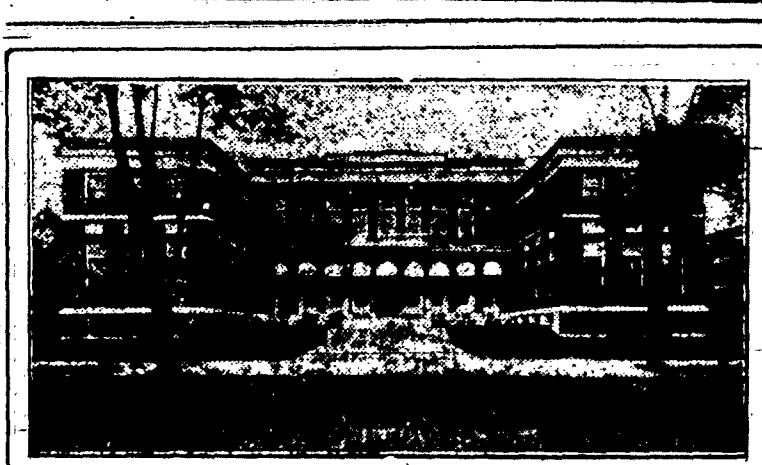
Individual taste on the lingerie are among the fall announcements. Each place is to follow a master design, and sets will have their day in court. Thus, a mosquito-net dress will put a spider web stocking most eminently in the shade, if not entirely out of business, and a whole flock of vultures opens up before those of us who have eyes with limitless possibilities as to scenic effects, with startling backgrounds and atmospheric tonalities.

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