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### Sisters Feed 71,310 Persons in Two Months

**Amazing Work of the Sisters of Charity at Hospital in Philadelphia For Poor and Unemployed.**

Philadelphia, Feb. 20.—While Congressmen have been making golden speeches about feeding the poor and clothing the needy, the St. Eliazar Kitchen, operated under the direction of the Sisters of Charity of St. Joseph's Hospital, has fed a total of 71,310 persons, or an average of 1,080 a day, in the past two months that it has been open.

In addition to the food there have been supplied to the needy more than 1,000 pairs of shoes, more than 1,000 suits of underwear, more than 1,000 pairs of stockings, nearly 600 overcoats and suits of men's clothing, and 200 coats. The sister in charge has been authorized to issue orders entitling men to free "hair" soiling and washing of their shoes and some 300 such orders have been distributed thus far. Employment also has been secured for many.

Needless to say, there is widespread gratitude in the city over the splendid charity work that is being done at the hospital by the good sisters. The persons who have been helped will never forget the kindness and consideration shown them, at all times, and under the most trying conditions by the Sisters.

### Form-Fitting Skirt Is Feature of This Suit



A popular Hollywood film star wears this form-fitting version of an afternoon suit in her latest picture. The suit consists of a form-fitting skirt of the dull side of crepe satin with inverted pleats of the shiny satin, calling attention to the tuxedo collar, tie and cuffs of the short waistline jacket which is of powder blue velvet. A pale blue satin blouse with Peter Pan collar and tie is worn with the suit, with a velvet beret topping it.

### Rules For Lent Are Announced By The Bishop

**Pastoral Letter With Regulations Read In All Churches of the Diocese at Masses Sunday.**

The regulations for the holy season of Lent were given in a pastoral letter by Bishop O'Hern read at the Masses in all churches in the Diocese on Sunday. Announcement was also made that the annual collection for the Negro and Indian missions will be taken up in all churches in the Diocese next Sunday, February 22. The Lenten regulations are as follows:

**Rules For Lent**

The Holy Season of Lent and the Solemn Fast begin this year on Ash Wednesday, February 18th, the Lenten fast and abstinence end at noon on Holy Saturday. The weekdays of Lent are days of fasting on one meal with a moderate collation in the evening. The collation may, if so desired, be taken at noon and the full meal in the evening. Eggs, milk, butter and cheese are allowed at the full meal and at the collation. It is permitted to take a small piece of bread with a cup of tea, coffee, chocolate or the like in the morning. Fish is also allowed, without restriction on Sundays, and once a day on Monday, Tuesday, Thursday, and by special Indult also on Saturdays, except the Saturday of Ember Week. Flesh meat and fish may be taken at the same meal on days when meat is allowed.lard and drippings may be used in preparing food.

By special Indult of the Holy See, workingmen and their families are allowed flesh meat on all days in the year, except Fridays, Ash Wednesday, Holy Saturday morning and the eve of Christmas, this is a dispensation from the obligation of abstinence, not of fasting. Pastors have the power of dispensing from the general law of fast and abstinence for a just cause with individuals or families who are parishioners, and with transients within the parish. We exhort all who make use of the above dispensations to practise mortification in eating and drinking according to their ability, to attend daily Mass when possible, and to assist at the special Lenten devotions. Almsgiving should also form part of their practice during this season of penance.

**Exemption From Fasting**

The law of fasting binds from the twenty-first to the end of the fifty-ninth year, the law of abstinence after the seventh year. The sick, nursing women, those doing hard labor, are not bound to fast, also all who through weakness can not fast without prejudice to their health.

Prayer and the spirit of penance should accompany the above works. Live upon your people, a right observance of this holy season in accordance with the mind of the Church, exhort them to frequent reception of the sacraments and to assist at daily Mass. In churches having a resident pastor there will be a sermon and benediction of the Blessed Sacrament on each Wednesday evening, and Stations of the Cross on Fridays. Pastors in charge of two parishes will give one sermon in each church during the week.

The Paschal Canon of the munition may be fulfilled on any day between the first Sunday of Lent and Trinity Sunday inclusive according to an Indult of Holy See.

Please announce to your people the annual collection for the Negro and Indian missions to be taken on next Sunday, February 22nd, the first Sunday of Lent. We urge a generous response to the appeal for support in the accompanying letter from those who have in charge this important part of our home missionary work.

### Winter Jams and Jellies

By BETTY BARCLAY

Is your family crying out hunger for the taste of fruit in a new way? Give them a change from the canned and dried fruit you have been serving during these Winter weeks. Make jams and jellies for them. Let liquid pectin work for you and make fruit juices jell. It's infallible. Try these brand new tested recipes.

**Apple-Ginger Jam**

4 cups well cooked apple sauce, (without sugar)  
1/2 to 1 cup final sliced candied ginger  
6 level cups of sugar  
1 cup of commercial liquid pectin

Prepare a well cooked apple sauce in the usual way, but without sugar, and use sour apples. Measure apple sauce, ginger and sugar into preserving kettle, bring to a boil and boil hard for 1 minute. Remove from fire, stir in pectin, and pour quickly. Cover hot jam at once with a film of hot paraffin. When jam is cold cover with 1/4-inch of hot paraffin. Roll glass to spread paraffin on sides. Requires about two lbs. apples. Makes 9 to 10 8-ounce glasses.

**Orange and Lemon Jelly**

2 1/2 cups (1 1/2 lbs.) juice and water  
6 cups (2 1/2 lbs.) sugar  
1 bottle commercial liquid pectin

Add juice of 3 oranges and 2 lemons to grated rinds and let stand 10 minutes. Press juice through cloth. Measure juice and water and sugar into large saucepan, stir and bring to a boil. At once add pectin, stirring constantly, and bring again to a full rolling boil and boil 1/2 minute. Remove from fire, let stand 1 minute, skim, pour quickly. Cover hot jelly with film of hot paraffin; when jelly is cold, cover with 1/4-inch of hot paraffin. Roll glass to spread paraffin on sides. Makes about 8 eight-ounce glasses.

### 57 Missioners Give Program In Nine Languages

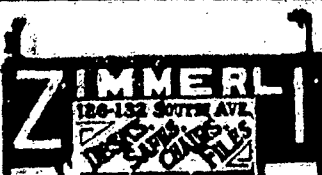
Rome, Feb. 20.—Passengers on board the German steamer S. S. Trier, on her latest voyage from Europe, had a rare opportunity of witnessing the Catholicity of the Church as well as her universal missionary effort. The vessel carried 57 missionaries of various nations and tongues.

An interesting feature of the trip was an "Academia" presented by the missionaries, at which nine languages were used in entertaining the passengers, many of them non-Catholics. The addresses were in English, German, Spanish, Italian, French, Irish, Dutch and Filipino, and the hymns in Latin.

### Chris. Flannagan Assistant Coach For The Navy Team

Annapolis, Md., Feb. 20.—Christy Flannagan, former star halfback at Notre Dame University, has accepted the offer of the Navy Athletic Association to coach Middle backfield candidates next season.

Flannagan's choice was upon the recommendation of Edear E. (Rip) Miller, one of Rockne's famous four Horsemen, who recently was named head football coach of the Middle.



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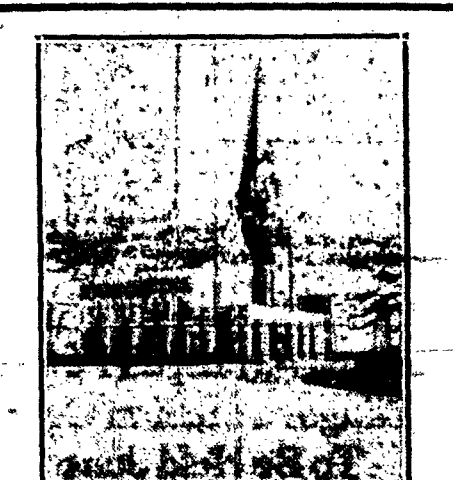
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### ON REARING CHILDREN FROM CRIB TO COLLEGE

Condensed by LENA THE PARENTS' MAGAZINE

### Magic Soups

By BETTY BARCLAY

Turn your soups into magic soups by using a touch of sugar—not enough to sweeten, but merely a bit to accentuate the flavor of the other soup ingredients. Try the following and see how "different" they taste.

**Carrot Soup**

Wash, scrape and slice thin, twelve medium-size carrots. Place in a saucepan with two tablespoons butter. Season with salt and one teaspoon sugar. Cook slowly, turning constantly until the carrots begin to color. Add two cups stock and let carrots boil slowly to a glaze. Remove carrots and press through a strainer. Return to the broth in the saucepan, simmer until very hot, and serve.

**Squash Soup**

Mix together one cup cold boiled squash that has been passed through a colander, two tablespoons minced celery, one teaspoon each salt and sugar, one tablespoon onion juice, and a pinch of mace. Melt two table-spoons butter. Add one-fourth of the squash with this one quart of milk, adding the first cup very slowly to insure smoothness. Heat to a full light, the squash and other ingredients that have been mixed with it. Heat rapidly in a saucepan, stirring constantly. When very hot, add slowly the thickened milk, heat thoroughly and serve.

**Fifteen-Dollar Pie**

2 cup sugar  
2 table-spoons flour  
1 1/2 table-spoons melted butter  
1/2 Juice 1 lemon  
1 egg yolk  
1/2 cup milk  
1 egg white  
1-2 Few grains salt

Mix sugar and flour, add melted butter, lemon juice, egg yolk, slightly beaten, milk, egg white stiffly beaten, and salt. Bake in one crust, and cover with meringue or not, as desired.

Associate with men of good quality. If you esteem your own reputation, it is better to be alone than in bad company.—George Washington.

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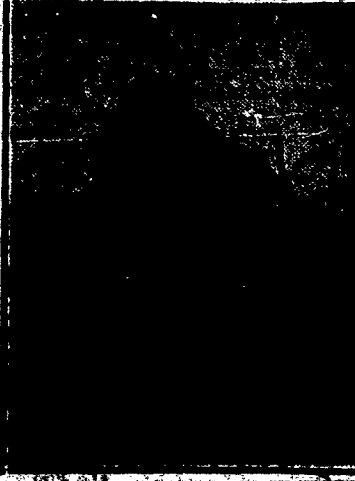
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### Betty Crocker Relates the Story of Marmalade

Betty Crocker tells the following story of the origin of marmalade:

"An old Scotch sea captain once brought several cases of oranges home to his wife in Aberdeen. The people of the town never had seen oranges before, so you can imagine how proud the captain's wife was to serve them. But sailing vessels in those days had no cold storage facilities, and so the oranges soon began to spoil. The wife did then what every thrifty housewife does today with fruit that she feels will not keep—she made the oranges up into jam.

"When the captain started off again on a long journey, his wife insisted that some of her delicious orange jam be taken along with the ship's supplies. Many months later when the captain returned he reported that it was the first voyage he ever had taken in which none of his men had suffered from scurvy. In those days scurvy was the curse of the sailors' life. They had to live on dried foods devoid of vitamin C which protects from scurvy. Oranges and lemons are especially rich in this vitamin, so you can see why the sailors appreciated the jam—which was not unlike the marmalade we have today.

"In the meantime all the ladies in Aberdeen had been entertained by Mrs. Sea Captain, and she was the envy of the town with her orange jam. The result was that next time the captain went to Spain he brought back a whole cargo of oranges. Every woman in the town then began making orange jam, and before very long the first orange marmalade factory was established there in Aberdeen."

### "Jerry" F. O'Brien Dies at His Home

Monday morning the funeral of Jeremiah F. O'Brien, president and treasurer of the F. J. Fox Co. shoe manufacturers, was held in St. Mary's church at 9 o'clock. There was a large attendance of relatives and friends, expressive of the high esteem in which Mr. O'Brien was held by those who knew him well in life.

Mr. O'Brien had been ill since September. He died on Thursday at his home, 39 Manhattan Street, aged 63 years. He was born near Canandaigua, came to Rochester at an early age, and after working at the shoe business for some years became superintendent of the plant operated by S. K. Newcomb. Later he became superintendent of the Fox plant, then its president and treasurer. He was an industrious and dependable man, of likable personality, and he had many friends who held him in high regard. His death removed a good citizen, and kind husband and father, and he will be sincerely mourned.

Mr. O'Brien was an active member for many years of the Rochester Knights of Columbus, and of the Fourth Degree Assembly, and was popular with the members of this order. He is survived by his wife, Mrs. Margaret O'Brien; a daughter, Ada; a son, Francis; two brothers, Sister M. Elizabeth of Washington and Mrs. George Haas; three brothers, Michael W., Fred W. of Canandaigua, and John G. O'Brien. He was a member of the Holy Name Society of St. Mary's Church, and the United Commercial Travelers. He was a member of St. Mary's Church for 40 years.

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