HOW and WHAT to SERVE

Pastry is somewhat difficult of digestion; but a crust that is brittle and easily crumbled is more readily digested than one that is moist and pasty. Pie crust should crumble as finely as a cracker. To prevent moist and pasty pie crust, it is advisable to bake "one crust" pie. If an under-crust only is used, it should be baked before adding the filling. The filling should be cooked and sweetened before adding it to the crust. The under crust should be baked on the outside of a pie pan; it should be pricked with a fork before baking.

It is advisable to make fresh fruit pie with an upper crust only especially for people who are troubled with indigestion. Such pie is sometimes called "deep dish" fruit pies. Such pie should be baked in an earthenware or granite pan. The fruit is placed in the pie pan; then a half-inch strip of pastry is placed over the rim of the pie pan; the strip is moistened and the crust placed over the top. The strip of pastry and the upper crust are pressed together, then the edges of the latter are trimmed. The upper crust should be cut in several places for the escape of steam.

Deep Dish Apple Pie

Cut apples into slices, and for each apple use 2 tablespoonful (or more) of sugar. If the apples are not juicy, add from ½ to 1 tablespoonful of water for each apple. Flavor with lemon juice, cinnamon or nutmeg. Turn into a deep earthenware or granite pan, add bits of butter, and cover with pastry as directed above. Bake until the apples are soft and the crust is brown.

Apple sauce may be used as a filling for a baked crust. Such a pie is sometimes covered with meringue or strips of pastry.

Potato Puff

2 cupfuls mashed potatoes
2 tablespoons milk
1 tablespoonful butter
1 teaspoonful salt
Pepper
1 egg

Mix all the ingredients except the egg. Separate the egg, and beat the white and the yolk. Beat the yolk into the potato mixture; then add the white by cutting and folding in. Turn into a buttered baking dish or drop by spoonfuls on a buttered baking sheet. Bake until the egg is cooked and the top brown. Serve at once.

The egg may also be added unbeaten to the potatoes, and the entire mixture beaten vigorously.

Lemon Meringue Pie

½ cupful flour
1 cupful sugar
2 cupfuls boiling water
Juice and rind of one lemon
1 tablespoon butter
2 egg yolks
¼ teaspoon salt

Mix the sugar and flour together, add the boiling water and cook on the back of the range, or over an asbestos mat for 15 minutes. Add the other ingredients and cook at simmering temperature, until the eggs thicken. Cool and place in a baked crust. Cover with a meringue. Bake until the meringue is a light brown.

Meringue

2 egg whites
2 tablespoons powdered sugar

Put into a deep glass dish or crock and beat until it is stiff.

Friday's Menu
Breakfast
Grapefruit
Poached Eggs on Buttered Toast
Orange Marmalade
Coffee
Luncheon
Codfish Cake
Chili Sauce
Bran Muffins
Chocolate Cake
Tea
Dinner
Shrimp Cocktail
Baked Salt Mackerel
Potato Puffs Buttered Beets
Jellied Tomato Salad
Apple Pie
Rolls
Coffee

Simplest Sandwich Known

What is our simplest sandwich? Ham and bread? Cheese and bread? Peanut butter and bread?

No! Sugar and bread—the sandwich that was eaten before the name sandwich was bestowed. Two thin slices of buttered bread with sugar between was enjoyed by grandfather's grandfather—and by his grandfather before him. Of course, a piece of bread and sugar is and always has been much more common, but the sugar sandwich is the ancient of ancients among sandwiches.

A little jam, or something sweet which can be spread on bread makes a pleasing variation. Children clamor for these simplest sandwiches, and as sugar and sweets are a quick energy fuel, they make wonderful mid-afternoon bites for the romping healthy kiddy.

Tea-Room Dishes at Home

By BETTY BARCLAY

[illegible] one of the tasteful dishes [illegible] at a favorite tea-room or restaurant. Here are two that you may serve at home this winter. The sugar is both a seasoner and a quick energy fuel. The vegetables furnish minerals, salts and vitamins. The [illegible] a whole are delicious:

Glazed Onions

[illegible]

Irish to Build Memorial to St. Patrick, at Saul, Where the Apostle Landed in Year 432

(Continued from Page Three)

and those equally famous schools on the Continent founded or ruled by Irish scholars and evangelists where the sacred torch of learning was held aloft during the darkest times of barbarism.

Apostles of Other Lands

"What Colmille — the greatest missionary that ever went out from Ireland—and his monks from Iona and Lindisfarne, did for the Picts, Scots, and Britons, what Columbanus and his missionaries from Luxeuil and Bobbio did for the Franks and the Northern Italians, and what St. Gall and his brethern did for the Swiss and for the Germans of the Upper Rhine, the annals of those nations tell.

What shall we say of the rest of their fellow-labourers who poured out from Ireland for six hundred years without a break, one passing away and another succeeding him, to give their lives to the Christianising of other lands in Europe? What of those who set up the Standard of the Cross in the Netherlands, Saxony, Bavaria and Austria" What of those others who bore that Ensign across the Alps? Time would fail one to recount the names of renown in that far-flung array of Celtic pilgrims and preachers who "by Faith conquered kingdoms."

A Glorious Growth

"Looking still farther down the centuries to these later times he must have rejoiced at the glorious growth of the Catholic Church in the United States, Canada, Australia, Africa, and Latin America, where millions of our race are spreading far and wide the Faith and where so many illustrious Archbishops and Bishops, ruling great Dioceses, and so many apostolic Priests, bear Irish names, and spring from Irish soil. Our Saint must have rejoiced too at the Second Spring of Catholicity in the neighboring Island of Great Britain, where zealous Bishops and Priests and faithful congregations, largely of Irish birth or extraction are working for the restoration of the ancient Catholic glories of England, Scotland and Wales.

A Precious Memory

"And of a certainty his eyes must have lit with special joy as they gazed on those heroic Irish soldiers of the Cross who are today facing danger and death while winning souls among black peoples and in the Far East.

"Patrick sowed in Saul a seed which has grown into a great tree, like that grain of mustard-seed spoken of in the parable which was the least indeed of all seeds, but when it was grown up was greater than all herbs and became a tree so that the birds of the air came and dwell in the branches thereof.

"The memory of no saint or hero in our Island story is so precious to our people as the memory of Patrick. He is the spiritual chief of all the tribes of Erin—of the sea-divided Gael. His Faith is our Faith. The Faith is the most sacred heritage, the central glory, of our race. To keep the Faith, the Irish have endured trials and persecutions such as no other nation has endured—confiscation and exile, imprisonment and martyrdom, and the proscription of a most cruel Penal Code. To keep the Faith they have risked the loss of all else. Through all the vicissitudes of their nation's affairs they have kept the Faith. Sustained by Patrick's prayers before the throne of Christ his King and their King, the Irish are Catholic to-day as they were Catholic in his day. So sustained, through the days that are to come, that Faith will be the Faith of the Irish so long as the race endures."

Move to Change Anti-Trust Laws Is Being Made

Washington, D. C., Feb. 26—The move is growing stronger to break down the anti-trust laws and it is being backed by certain groups of employers, by certain of the labor unions and by a number of economists and publicists.

Competition is now the legal rule except in so far as exceptions have been permitted by law or court decision and except as combination is carried on unknown to government or by its tacit permission. The exceptions are so many that the anti-trust law has become almost unoperative although it still remains a fear and prevents considerable frothright combination.

A number of employers are asking that the law be wiped out and they are proposing a greater or lesser degree of government regulation. The result would be a series of national trusts made up often of a large number of closely combined single plants and acting under a degree of governmental control. Labor elements in favor of a change in the anti trust law do so partly because the law has been used to penalize labor unions and partly because they contemplate more successful bargaining with government regulated [illegible] now.

One joker in it is whether any government could successfully regulate all economic life for the common good if control of each industry were in the hands of a relatively few men who wanted to get as high profit as possible. Price fixing, limiting production and distributing territories for sales would result and if controlled by the present motive could not work to the common good.

The present concentration of wealth would tend to become permanent. One permanent class of owners would be the recognized plutocrats of the country. A few could edge their way in as executives of other people's fortunes. The masses of the people would remain propertyless salary and wage workers. An aristocratic society built on ownership of industry and trade by the few would be erected and the country would be in their grip. It would be a form of [illegible] regulated economic dictatorship.

Four Conditions of Change

Some maintain that competition is already dead and anyway did not and could not result in the common good. They do not want capitalist dictatorship to be legally fixed upon the country.

They ask in general for four conditions of any change in the anti-trust laws. One change is that all or most of the business houses in any line of industry will be formed into a legal association. They ask that the labor unions in the industry have ex-officio right to sit on the directorate of the association.

They ask also that the people at work in each industry be guaranteed the right of bargaining, be extended a system of social insurance and that they share in the profits of the industry to be used for growth in ownership. They ask that the government have at least the right to sit in all meetings of the trade associations and a right of veto over any of its acts that relate to the general public.

REV. MICHAEL J. GLEASON

Miami, Fla., Feb. 26—The Rev. Michael J. Gleason, aged 81, retired Catholic priest from Buffalo, N. Y., died suddenly in a hotel here last night. Physicians said he apparently died of heart disease while preparing to retire.

Children Prefer Orange Juice

QUITE a battle is raging in the food world today with an army of tomato juice cocktails endeavoring to capture a portion of the territory long ruled by King Orange.

Both tomatoes and oranges are rich in vitamins and minerals. Both are excellent foods for young and old. Dr. Milton T. Hanke, of the Otho S. A. Sprague Memorial Institute and the Department of Pathology, University of Chicago, advocates from a half pint to a pint of orange juice, to which the juice of one-half to one lemon has been added, as being sufficient to furnish the daily requirement of the much-needed vitamin C.

This recommendation is for a larger amount of vitamin C rich foods than has been ordinarily advocated. Dr. Hanke has found that this larger amount of orange juice prevented and corrected serious tooth troubles, apparently because it furnished more of the needed vitamin C.

To secure a corresponding vitamin C protection, according to another prominent food authority, Dr. Walter H. Eddy, Professor of Physiological Chemistry, Teachers College, Columbia, who has tested the foods carefully in his own laboratory, approximately twice as much tomato as orange juice is required. And so the battle rages.

But will children prefer tomato juice to orange juice? King Orange smiles as he thinks of this. As a matter of fact, how many adults can be induced to forego their morning orange juice for tomato juice, spinach, cabbage or any other food rich in vitamin C?

Many foods contain valuable vitamins and minerals, but not all are relished so universally as the golden orange. One does not have to be a prophet to tell how this particular battle of foods will [illegible] nate.

Methodists Give Generous Praise, Catholic Organ

New York, Feb. 26—In its current number, the Christian Advocate, a national Methodist publication, praises what it terms the "new and challenging title" of Catholic Action, official organ of the National Catholic Welfare Conference, commenting that it can never be "offset or outdone by Protestant inaction."

"Catholic Action," the Methodist publication says editorially, "is the new and challenging title of the periodical which for thirteen years has carried the cumbersome name N.C. W.C. Bulletins and has represented the National Catholic Welfare Conference."

The editorial concludes.

"It does represent the powerful organization at its work, and does it with much intelligence and skill. Let this Methodist exchange compliment its esteemed contemporary upon the admirable way in which it fulfills its purpose, and let us praise also the new title. Catholic Action has a sound as of advancing hosts. In it is the tatto of riveting machines on the steel skeletons of skyscrapers. It is a challenging name —Catholic Action. It can never be offset or outdone by Protestant Inaction."

C. D. A. Officers Come to New York For Conference

New York, Feb. 26—The supreme officers and members of the Board of Directors of the Catholic Daughters of America came to this city today from all parts of America to take part in the annual winter conference of the supreme board of supreme officers and national directors of the Catholic Daughters of America, to be held here Feb. 27 and 28. Supreme Regent Miss Mary C. Duffy, of Newark, N. J., will preside at the two-days' sessions.

Among the order's projects to be discussed will be the organization's opposition to the Federalized Education and Maternity Act bills pending in Congress; extension of the C. D. of A. Converts' League; plans for the C. D. of A. pilgrimage to the International Eucharistic Congress in Dublin this summer; community welfare and relief measures; co-operation with the President's Unemployment Relief Commission; the formation of new branches of Junior Circles; summer camp extension programs.

Jesuits Find Warm Welcome In Belgium

Brussels, Feb. 26—The members of the Jesuit Order in Spain began negotiating with the Belgian Government for hospitality as early as May, 1931, and the government appears to have extended the widest hospitality to the order, for the very good reason that Belgium is in need of intellectuals and it wants more secondary schools.

The Jesuits have already acquired mansions at Meerbeek, near Brussels; at Marneffe, near Huy, and at Kain and Marquain, near Tournai, and a large number have come to this country.

Questions about the wholesale settlement of Jesuits in Belgium are being asked in Parliament. The Socialist publication, People, demands that they be forced to pay for coming into the country, but the government is very glad to get experienced and capable teachers, and the Jesuits are very welcome here.

Retrospection

The years that o'er my head have passed,
Full many a tale could tell
Of childhood's joys, too sweet to last,
That deep in memory dwell.

Of hopes and fears, the dreams and tears,
Alternately that came,
Some glad, some sad, adorn the years,
I fain would live again.

I'd live them o'er again! Ah, no!
With memory I'll be
Content to dream, at sunset's glow,
My spirit fancy-free.

I'll see again my mother's face,
And hear her lullaby;
The magic tones have left their trace
Indelibly for aye.

Her tresses, too, of auburn hue
That framed her dear sweet face
With billowy waves and brown eyes too,
Her mien of ease and grace.

These are the visions, these and more,
I dream at twilight time,
Of mother, home, and days of yore.
The days of "Auld Lang Syne."

—Amelia C. Devlin

True confidence does not consist in the sentiment, but in the will. Do you wish to trust in God? Then have confidence.

There is no means by which a creature can so taste and be illuminated by truth as that of humble and continual prayer, founded on the knowledge of God and of self.

Father Coughlin Sues Publishers Of His Addresses

Popular Radio Orator Charges That His Sermons Are Being Published without Authority Appeals to Court

Philadelphia, Feb. 26 — Rev. Charles E. Coughlin brought an action in United States District Court here last week for an injunction against the unauthorized publication and sale of his addresses.

Representative Benjamin M. Golder counsel for the priest of the Shrine of the Little Flower at Royal Oak, Mich., said the suit was for the purpose of protecting the charity which receives the proceeds of all Father Coughlin's lectures.

The defendants are German Glassman and Nathan Solotoff, trading as Glassman & Solotoff, and James O'Neill, trading as the Educational Guild. O'Neill, it is alleged, prints Father Coughlin's sermons in pamphlet form, and the distribution and sale of the pamphlets at 25 cents each is in charge of Glass & Solotoff. A stenographer employed by the defendants takes down the lectures as they are delivered by the priest over the radio, according to the bill in equity or complaint, and later they are published and told

One of Founders of the K. of C.

Baltimore, Feb. 26—Brother Victor McCurry, one of the oldest members of the Xaverian Brothers and one of the eight founders of the Knights of Columbus, died here recently at the age of 88.

Brother McCurry was associated with St. Mary's Industrial School here for a quarter of a century.

Brother Victor was a native of Ireland, and came to this country in 1868, settling in New Haven. He was one of the friends invited by the Rev. Michael McGivney in 1882 to join him in founding the Knights of Columbus.

"Know thyself," was the motto of the pagans. "Conquer thyself" is the motto of Christians. Only the saints succeeded in doing this, but every Christian is bound to make efforts.

For Time and for Eternity Invest

Contributors under the Conditional Gift Plan of the Society for the Propagation of the Faith are given a legally-executed contract guaranteeing payment of interest—from four to six per cent.—as long as they may live.

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