In the Kitchen With Molly Gavin

A LENTEN MENU
Breakfast
Sliced Bananas
Cereal and Cream
Toast
Coffee
Luncheon
Sardine Sandwiches
Lettuce Salad
Russian Dressing
Chocolate Cake
Tea
Dinner
Fish Loaf
Baked Potatoes
Buttered Carrots
Beet Salad
Fruit Gelatin
Rolls
Coffee

HOW and WHAT to SERVE

Desserts often add the touch that gives zest to a Lenten dinner.

During the winter, pies, particularly apple, squash, mince and pumpkin, and puddings, such as rice, bread and tapioca hold sway.

Spring days call for lighter and more colorful desserts, such a as gelatin, chilled or frozen dishes.

The thoughtful housewife who keeps several packages of gelatin on her pantry shelf can always make with it delicious desserts by adding oranges, grapefruit, tangerines, bananas, or other fruits.

In making gelatin desserts, always dip the mold in cold water before filling. In removing the dessert from the mold place in pan of warm water for a few moments. The dessert will slide from mold easily when treated thus, but care must be taken not to have the water too warm or to hold the mold in it too long. When removed from mold place in ice-box for ten or fifteen minutes more before serving. If a gelatin dessert tastes flat add a little lemon juice; this particularly applies to fruit gelatines. Care must be taken not to add more gelatin than called for, as the dessert will be tough and the delicate flavoring destroyed.

One-half of the gelatin can be whipped, especially if two flavors of gelatin are used for the dessert. To whip gelatin begin while it is still liquid—cold but not yet congealing—and whip till it is of the consistency of thick whipped cream. Use egg beater and keep the gelatin cold while whipping by setting the dish in cracked ice, ice water or very cold water. A tin or aluminum quart measure is an ideal utensil for the purpose. Its depth prevents spattering, and tin and aluminum admit quickly the chill of the ice or cold water. Before whipping the gelatin, add cream or whatever else goes in to the dessert. The whipping process more than doubles the quantity of plain gelatin, so when whipped, one package of gelatin serves 12 persons instead of six. And the whipped gelatin is always placed on the top of plain gelatin.

Pineapple Dessert

To 2 cups of finely chopped pineapple add 2 cups of chopped marshmallows. Allow to stand until the marshmallows are completely softened by the pineapple juice. Just before serving whip 1-2 pt. of heavy cream; add the pineapple mixture and 1-2 cup of chopped nuts. Serve well chilled and decorated with candied cherries.

Lemon Dessert

Soak 2 tbps. of granulated gelatin in one cup of cold water. Allow to stand for a few minutes, then dissolve in a pint of boiling water, in which the rind of a lemon, cut in tiny pieces, has been cooked. Cool slightly, add four well beaten eggs, the strained juice of one large lemon, a pint of grape juice or sweet cider, and half a cup of sugar.

Beat the mixture with a dover beater while it is standing in a double boiler over hot water until it is as thick as thick cream. Pour at once into mold and chill overnight or for several hours. Serve with whipped cream. This serves eight to ten.

Gelatin Plum Pudding

Soak 2 tbps. of gelatin in 1 cup of cold water, and dissolve in 2 cups of boiling water. Add 3-4 cup sugar, 1-3 cup each of chopped dates, raisins and figs, 1-3 cup finely chopped nuts, and 1-2 cup lemon juice. Pour into a mold to harden, and serve with sweetened whipped cream to which a few chopped cherries have been added.

Coffee Sponge

Soak 2 tbps. granulated gelatin in 1-4 cup cold water, and add to 2 cups of strong black coffee, boiling hot; then add 2-3 cup sugar. Strain into a pan, set in larger pan of ice water, cool until it begins to thicken, then beat, using a wire whisk, until quite stiff. Add the whites of 3 eggs, beaten until stiff, or 1 1-2 cups cream whipped stiff, and continue the beating until mixture will keep its shape. Turn into a mold, chill thoroughly, remove and serve with thin cream.

Smoked Herring Canapes

Bread Smoked Herring
Cheese

Toast fingers of bread on one side only. Put together in pairs with a strip of smoked herring. Grate cheese over the top of each and heat in hot oven until cheese is creamy.

Fish Loaf

Use salmon or tuna-fish preferably, but cod, haddock, etc., may be used if well seasoned, with a little mustard added to give them more taste. Use a can of salmon, or the same amount of cold boiled or steamed fish. Pick over the fish, drain if canned, and mix with 1-2 cup bread crumbs, a spoonful of salt, a pinch of pepper, and 1 egg beaten lightly. Mix together, add a little milk if too dry, and press down in a buttered mold. Set in pan of boiling water and bake one hour. Keep pan filled with water as it boils away.

A New Way with Macaroni

Cook 1-2 cup macaroni in salted water until tender. Drain and blanch. Add 1 small onion which has been chopped and simmered in a little butter and water until syrupy. Add 1 or 2 green peppers cut in small pieces, 1 cup soft bread crumbs, 1 cup milk, 1-2 cup grated cheese, salt to taste, 3 egg yolks. After this is mixed, add the beaten egg whites, folding them in. Put in a baking dish. Sprinkle with crumbs and butter. Bake slowly. Serves six.

Formal Table Manners

When a person drops a fork, a knife or a napkin in a restaurant, she asks the waiter to supply her with another. At a private dinner she can make no such request, but if her napkin falls, for instance, the waitress or butler picks it up, takes it away and substitutes a fresh napkin. If there is no attendant, the host does this office for her.

Only when there is no host does a guest pick up her fallen dinner napkin, since it would not be proper for the hostess or a fellow-guest to perform this service.

A table napkin is neither apron nor towel. It should not be opened completely, but left in a lengthwise fold placed on the lap and used only by touching it to the lips after drinking a liquid or eating a soft food, and applied to the fingertips after using a finger bowl. Only for a very young child is a napkin tied round the neck, and even then a bib would be better. A guest does not refold a napkin after dinner; she places it, still half unfolded, beside her plate.

HOUSEHOLD HINTS

The cold meat fork is not merely smart and fashionable, but the necessary implement that accompanies the platter of cold cuts at luncheon, dinner or supper. It is laid next to the platter.

Mustard and baking powder settle in the can and should be stirred lightly before measuring.

One tablespoon cornstarch thickens as one egg.

Do not put hot, steaming or even warm foods into the refrigerator. This not only wastes ice or electricity but increases the dampness or humidity of the box and causes food to spoil more quickly. In an electric refrigerator this moisture collects on the coils and freezes, hampering their efficiency and making "defrosting" necessary more frequently.

Add a beaten egg to your beef broth. It gives added nutrition.

Always leave your oven door open after baking so the interior can dry out. This is the only preventive of rust.

Bishop Shahan Leaves Estate To Nat'l Shrine

Washington, April 1—The National Shrine of the Immaculate Conception at the Catholic University of America is the principal beneficiary of the will of Most Rev. Thomas J. Shahan, rector emeritus of the university. The will, executed May 26, last, names the Rt. Rev. Monsignor Bernard McKenna, director of the construction work being done on the shrine, as executor and leaves him $500 for Masses.

The value of the estate was estimated to be in excess of $60,000, the late Bishop's library being valued at $30,000.

Attached to the will was a statement in the writing of Bishop Shahan revealing that between May, 1909, and December, 1925, he gave $21,500 to the Catholic University.

"Don't Quit"

If by chance you are a quitter, if you do not like to work,
In the game of life you never will succeed,
You will fail if you are thinking as men think, who daily shirk—
For the thought is always father to the deed.

If your thoughts are most ambitious and if you're ambitious, too,
You, no doubt, will be a winner in life's game.
If with smiling face you tackle every task you have to do—
You, perhaps, on some day will be known to fame.

There's a prize in life most surely for the willing man who tries,
So with much determination do your bit,
There's no prize on earth for quitters, there's no crown [illegible]
[illegible]
So be plucky son, resolve to never quit.

—John A. Twamley.

Knorr Sisters Have Sanitarium Of Finest Kind

The Knorr Sanitarium on Troup Street, conducted by the Knorr sisters, graduate nurses, is one of the best institutions of its kind in this part of the state. It provides a convalescent home for all classes of patients, for those who are confined to their beds, or nervous and run down persons, for elderly people who need rest and thoughtful care, for persons who have just been operated upon, and for all other classes of patients. The rates are unusually reasonable, and patients are under the care of graduate nurses all of the time, day and night, and they receive the most thoughtful and helpful attention.

The Knorr Sanatarium is not a permanent home, its purpose being to give those who come the required attention, enabling them to return to their respective activity. The gratifying benefit it has brought to many has resulted in a steady increasing demand for accommodations. For this reason it was deemed necessary to move into larger quarters where larger rooms and baths can be given our patrons.

Although the new home permits more guests being accommodated, this in no way departs from the original plan to retain always an atmosphere of privacy and homelikeness.

The appointments are complete and attractive, each room being artistically furnished, suggestive of cheerfulness. The general character of the place denotes harmony and refinement and particularly appeals to those who appreciate such an environment.

The Knorr sisters are graduate nurses and have the distinction of starting the first Sanitarium and Convalescent Home in Rochester.

The Sanatarium is located opposite Livingston Park, a most attractive location. Special diets are provided for patients, and the spirit of the institution is to give the best service, the most thoughtful care and the kindest and most helpful treatment to every patient. A telephone call to the Sanatarium, Main 5355, will bring any information desired, and will be appreciated.

Bishops' Program is Applicable To Matter of Proposed Sales Tax

Washington, D. C., April 1—The tax conflict in Congress over whether the sales tax or much higher taxes on large incomes should be used to pay current government deficits was dealt with in a partially different set of circumstances in the Bishops' Program of Social Reconstruction issued immediately after the war.

The passage of the Bishops' program reads as follows: "Our immense war debt constitutes a particular reason why incomes and excess profits should continue to be heavily taxed. In this way two important ends will be attained. The poor will be relieved of injurious tax burdens, and the small class of specially privileged capitalists will be compelled to return a part of their unearned gains to society."

The sales tax or manufacturers' tax is a tax on the consumers. Under the sales tax those who have to spend most of their income to live pay out a larger part of their salary and wages in taxes than the rich who spend month by month a smaller part of their income.

The Poor Not Relieved

The poor are not "relieved of injurious tax burdens" and the "specially privileged capitalists" are not "compelled to return a part of their unearned gains to society."

Following the war the rate on larger incomes was lowered and the excess profits tax abolished. In the present Congress an increase in taxes on high incomes is projected but still far below the war-time rate.

In the Bishops' program high income and excess profits taxes are brought forward as one remedy for what the Bishops' program says are two of the main defects of the present system—"insufficient incomes for the majority of wage earners and unnecessarily large incomes for a small minority of privileged capitalists." It traces the large incomes to monopoly power and the refusal of exceptional business houses in competitive industries to share with the consumers through lower prices.

Tax Income and Profits

The Bishops' program does not consider that the use of taxes is the sole means to overcome the trouble, but it does lay considerable stress upon high income taxes and excess profits taxes as one means of overcoming a bad distribution of income and wealth.

Elsewhere in the Bishops' program it speaks in connection with high wages of the good which "high purchasing power by the masses" brings to general and continuous prosperity. It calls this "the surest guarantee of a continuous and general operation of industrial establishments." The sales tax reduces the purchasing power of the masses by adding to the cost of the goods they buy.

Plus XI's Encyclical on Reconstructing the Social Order also advocates a far better distribution of income and wealth than now exists.

New Catalogue Will Be Issued By The Vatican

Vatican City, April 1—Owing to the losses of the Vatican library through the collapse of one of the wings of the building in December, changes had to be made in the catalogue of books then being assembled—the missing tomes had to be indicated or omitted.

So much re-editing had to be done, according to Il Tevere of Rome, that the Pope, who had been custodian of the library under Pius X, and so was following the cataloguing with great interest, gave orders to have the work expanded. Thus a new project has been initiated for the compilation of a world-wide modern bibliography on the present and past contents of the library and all that concerns the institution itself.

The aim of the enterprise is the compilation in every civilized country of a national bibliography of every publication from the year of the Vienna Congress — 1815 — onward concerning the Vatican Library and archives, their history and contents.

The work has been entrusted to the International Commitee of Historical Science, which has held a meeting on the subject attended by the directors of all the national and foreign learned institutes with headquarters in Rome.

Paraguay Stamp Has Photograph Of Archbishop

Asuncion, Paraguay, April 1—The Government of Paraguay issued a special postage stamp in honor of the Most Rev. Sinforiano Bogarin, Archbishop of Asuncion and the first Archbishop of Paraguay.

The stamp, which is in the shape of a diamond, bears two images of the prelate. Two inscriptions—one on each of the two bottom sides of the stamp—read "Religion is the foundation of morality" and "Love your neighbor as yourself." The stamp is worth one and a half pesos.

Archbishop Bogarin was born August 21, 1863, and was elevated to the episcopate September 21, 1894. He was named Archbishop of Asuncion March 1, 1929.

The prelate has just issued an important pastoral in which he urges the inclusion of religious instruction in the curricula of the public schools of the nation and asks Catholic parents to send their children to catechetical schools.

Phi Kappa Will Meet in August

Dover, Ohio, April 1—Phi Kappa, National Catholic College Fraternity, will hold its Eighteenth National Convention in Clevanld, on August 4, 25 and 26, it was announced here today by H. W. Seikel, supreme secretary and treasurer of the fraternity.

William J. Bergen, Jr., of Cleveland, has been appointed General Chairman of the Convention. Thomas F. Patton, of Lakewood, Ohio, is President of the Cleveland Alumni Chapter.

Catholic Hospitals Care For Million Patients In 1930

(Continued from Page One)

reals the fact that only one out of every 250 non-Catholic patients admitted into our institutions was received into the Church. This relatively small number should certainly be an effective answer to the charge that our Catholic institutions are conducted largely as proselytizing centers. Moreover, the average number of non-Catholics in our institutions which we have given here unquestionably shows that non-Catholic fear of a Catholic institution is being rapidly dispelled."

Two hundred and thirty-two hospitals reported that a total of 8,070 Catholics were brought back to the practice of their religion during the year in question. If this average can be considered a fair one for all the Catholic hospitals, the report adds, "approximately 22,750 Catholics are brought back to the practice of their religion during their stay in one of our institutions."

The 223 hospitals which answered the question reported a total of 1,151 marriages validated during the year, or an average of five for each institution. This, the report states, means "that in all our hospitals probably more than 3,000 marriages are validated each year."

Confessions Total 246,000

From 316 hospitals it was reported that 246,000 confessions of patients were heard during 1930. "It is felt that this total is unquestionably far below the real number," the report states.

From 214 hospitals was reported a total of 838,633 Holy Communions during the year 1930. "In effect," the report states, "it tells us that in each hospital reporting under this head each Catholic patient received Holy Communion on an average of three times during the stay in the hospital."

Two hundred and fifty-eight hospitals reported that 18,124 patients received the Last Sacraments during 1930, an average of 69 for each hospital. Two hundred and seventy four hospitals reported 7,050 infant baptisms.

The committee making the study was composed of the Rev. Patrick J. Mahan, S.J., Regent of the School of Medicine, Creighton University, Omaha; the Rev. Joseph P. Higgins of St. Patrick's Church, Pueblo; Sister Mary, of Good Samaritan Hospital, Cincinnati, and Sister Giles, St. Joseph's Hospital, Kansas City.

Belloc Cancels U. S. Lecture Tour

Convent Station, April 1. — Because of ill health, the lecture which Hilaire Belloc, prominent English lecturer, novelist and poet, was to have given at the College of Saint Elizabeth, Convent Station, N. J., on March 18, has been indefinitely postponed.

In a cable just received from Mr. Belloc, it is said that he has not sufficiently recovered from his long illness to make the trip and upon his doctor's orders has cancelled all arrangements made for lectures throughout the United States.

Lincoln's Cabin To Appear at Fair In Chicago, 1933

Wigwam, Where Abe Was Nominated for Presidency, and Store in Which He Clerked, Planned as Exhibits.

Chicago, April 1.—The log cabin in which Abraham Lincoln was born, the Wigwam in which he was nominated for the presidency and other buildings intimately associated with the life of the martyred president will appear in replica on Chicago's lakeshore as part of the Century of Progress exposition.

Application to erect, equip and operate the Lincoln Group on a site adjacent to the replica of Fort Dearborn has been accepted by the exposition from the Congress Construction Company, of Chicago.

According to the concessionaire the group will be ready to open by June 1, a full year before the exposition's official opening on June 1, 1933.

For Lincoln's birthplace, the concessionaire proposes to erect a reproduction of the rude cabin at Hodgenville, Ky., which has stood as a shrine for Lincoln worshippers for a century and a quarter. Nearby would stand a replica of Lincoln's boyhood home in what is now Lincoln City, Ind. A few paces away would be a duplicate of the grocery store at Salem, Ill., where the youthful rail-splitter clerked, studied Blackstone, wrestled with backwoods opponents, demonstrated his ability to raise a barrel of whiskey to his lips and did the hundred-odd things that are part of the Lincoln tradition.

One of the most interesting buildings of the Lincoln Group would be a replica of the Wigwam—the large frame building in which Lincoln was nominated for the presidency in 1860 and which stood at the corner of Lake and Market streets in Chicago. In the Wigwam replica would be reproductions of rooms in the Springfield, Ill., home, which Lincoln left for Washington, and one or two rooms of the White House of Civil War days.

I rejoice to hear that the world is against me. I feel unworthy of so great mercy since what else are they giving me that the vestment which was worn by Our Lord?—St. Catherine of Siena.

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