

HOW and WHAT TO SERVE HINTS FOR THE HOUSEWIFE

- SUNDAY'S MENU Breakfast Sliced Pineapple Popovers Raspberry Jelly Coffee Dinner Fruit Cup Roast Duck Applesauce Baked Potatoes Boiled Onions Mashed Turnips Orange and Pimento Salad Wafers Baked Indian Pudding Coffee Supper Asparagus on Toast Lettuce and Tomato Salad Cheese Puffs Cake Tea

HOW AND WHAT TO SERVE: During the winter we use many vegetables which are grown beneath the ground. Some pointers regarding them will no doubt help many of the readers of this column.

All vegetables beneath the ground should be cleaned by scrubbing with a small brush. Unless a vegetable is dried or wilted, it should not be soaked in water for any length of time before cooking. In water it wish to retain the nutriment. There are some who contend, however, that a more delicate and pleasing flavor results when old and strong-flavored vegetables have their skins removed before cooking. In this case the flavor is more to be desired than a saving of all nutrients. If the outside skin of a vegetable is removed, it should be pared as thin as possible. Turnips are an exception to this rule, note the thick layer of cellular material covering them. The covering of the carrot and new potato is so thin that it can be removed by scraping, thereby saving the valuable nutritive substance just beneath the skin.

Most root vegetables may be baked steamed or cooked in boiling salted water, using one teaspoonful of salt for each quart of water. The water should be kept boiling gently during the entire cooking. Rapidly boiling water wears off the edges of vegetables and cook in a slow oven three hours and breaks them.

The water in which vegetables are cooked is called vegetable stock. When vegetables are pared or scraped before cooking in water, the stock should be utilized in making vegetable soups. Most satisfactory results may be obtained by steaming vegetables. By using this method, vegetables can be pared and cut into pieces and then cooked with little loss of nutrients.

- Vegetables en Casserole 6 medium-sized potatoes 1 small turnip 1 cup canned peas 1 cup canned tomatoes 1 onion 1/2 cup rice 1 teaspoon salt 1/2 teaspoon pepper 1/2 teaspoon allspice 4 cups brown stock

Wash, pare and thinly slice potatoes. Wash and pare turnips, cut in one-half inch slices and slice in cubes. Peel and slice onion. Pick over and wash rice. Put in ingredients except stock in alternate layers in casserole, pour over stock, cover. Steamed Winter Squash. Rapidly boiling water. Remove seeds and stringy portion, and pare. Place in a strainer and cook thirty minutes. Mash, and season with butter, salt and pepper. If lacking in sweetness, add a small quantity of sugar.

- Cheese Puffs Put two ounces grated syrup cheese into a bowl and mix it with one teaspoon grated horse-radish, a pinch of cayenne and the stiffly whipped white of one egg. Now add enough breadcrumbs to bind the mixture. Make into small balls and fry in deep

Psychology of Act Of Divine Faith

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blind folly if I refused to recognize them? When I discover that these precious documents have come out intact from the ruthless and violent attacks of nineteen challenging centuries, and have stood the acid test of bitter criticism; and that some of their most staunch opponents have retreated from their position, and have taken back most of their radical objections, what sensibly do I accept them as reliable and authoritative. My reason leads me to this with eyes open. Then when I read these documents and find the man Jesus Christ frequently and unmistakably referring to Himself as God, and working miracles to establish His claim to divinity, what can I sensibly do but recognize His authority, and say with Peter: "Lord, to whom shall we go? Thou hast the words of eternal life." (John, VI:69)

When I read further that God gave authority to Peter and the other Apostles, and established one Church to which alone all men must belong for the salvation of their souls, and which He guaranteed would last "until the consummation of the world," my intelligence will tell me it is impossible for my eternal welfare that I discover that Church and receive from it what Christ commands me to have for my salvation. Nor will my search be along a blind alley: I will read the history of the nineteen centuries of Christianity: I will trace which of the many churches, today calling themselves Christian, really existed for nineteen hundred years the placed upon it in the beginning. True history, not distorted by prejudice, will be my guide: I will read it with open eyes. My intelligence will lead me to one Church, whose authority will accept. I am led to the authority of the Church and of Jesus Christ with eyes open, using my intelligence. The teachings of this authority I accept on faith. Is this blind? Is this ridiculous? Is this childish? God's Grace Necessary

One final and crucial point remains to be considered in this analysis of the act of faith: it is part which God's grace plays in giving me supernatural faith by arguments alone. The Cardinal Newman, in the years before his conversion, reviewed the evidence for the Catholic Church better than most Catholics: yet he hesitated for a few years before his final submission. He had to wait upon the grace of God. Our intelligence can lead us to a certain point, and tell us it is reasonable to believe the mysteries of faith. But faith will not come, until it is sent to us as a gift from God. After all it is God in Whose word we believe: it must be God's grace of faith which will help us believe.

As a people who are outside the faith in Christ, we must all beware of rash judgments. In the fine words of the English Reformer, Father Vassall-Phillips, himself a convert: "Each man stands or falls in the tribunal of his own conscience to his own master and to Him alone. God will never reap where He has not sown. We can, then, commit all men confidently to His infinite Mercy and Goodness, always hoping for the best and praying for all living and dead. But for ourselves Eternity will not be long enough to express our gratitude to God that by His great mercy we possess the divine faith."

The Junior Cook

By MOLLY GAVIN

I know a great many of my Junior Cooks have made Marshmallows Sweet Potatoes, but for those who haven't made them I am giving the recipe today. They are delicious served with a roast dinner and are so very easily made that it is surprising that people do not serve them often. Here is the recipe and I know you will be delighted with the results.

Marshmallows Sweet Potatoes Peel off as many sweet potatoes as needed. When cool peel and slice in one inch slices. Place in a baking pan with just enough water to cover bottom of pan and a tablespoon of bacon or sausage grease. On the top of each potato place 1-3 marshmallows. When all of the potatoes are covered with marshmallows place the pan in a hot oven until the marshmallows are melted. This is delicious also when served with pork, chicken or turkey dinner.

DO YOU KNOW THAT:

Now is the ideal time to plan your Christmas gifts? Leaving everything to be done on the last minute often causes many disappointments.

A Large Molly Gavin Cookbook would make an ideal present for a person who enjoys cooking. It contains over 3,000 recipes both economical and appetizing. Each book ordered from now until Christmas will be attractively wrapped and will contain free of charge the pamphlets Choice Puddings and Salads For All Occasions. The book will be autographed by Molly Gavin and will contain the Season's Greetings. The Molly Gavin Cookbook will be sent to any address for \$1.00 postpaid. The free circular this week is entitled "Christmas Candles For Gifts" and is yours for a stamped, self-addressed envelope. Address: Molly Gavin, 1312 Massachusetts Ave., N.W., Washington, D. C.

HOUSEHOLD HINTS

Apples may be stewed, strained and then used exactly as you would use pumpkin for pumpkin pie, allowing rather more flour for thickening. When baking cookies, if you stop adding flour to the dough when it is still thin enough to drop off a spoon, the cookies will be more tender, as dropped cookies are more tender than rolled ones. Shredded cabbage, celery and nuts make a tasty dinner salad. Never place meringue upon a hot pudding or pie, as it will shrink and flatten when browned. Allow the pudding or pie to get cold first. If new shoes pinch, wring out a cloth from very hot water and lay it across the tight spot, while the shoes are on the foot, changing it as soon as it cools; this will make the leather shape to the foot. (Copyright, 1932, N. C. W. C.)

Nazareth Academy

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The school was formally opened in the present commodious, well planned and well equipped building, with a registration of about four hundred. The number has steadily continued to grow until it reached a maximum of over one thousand pupils. The school has a faculty accredited by the State of New York for departmental work, the heads of the several departments and the other instructors for the most part holding the degree, Master of Arts and Bachelor of Arts. Every opportunity is given the Religious for graduate studies and each succeeding summer a number of them engaged in extension work in various colleges.

Win Scholarships The school offers four courses: the Academic, the Classical, the Commercial-Academic, and the Music courses. The high character of the work of the schools yearly attested by the results of the State Examinations and the creditable proportion of State Scholarships secured by the pupils of Nazareth. Since these scholarships were first offered by the State in 1913, of the total number awarded to Monroe County, Nazareth has received 120, the largest number received by any single school in the county. The business men of our city know the quality of the work done in the Commercial Department.

The most outstanding student activities of the school are those undertaken by the Students' Spiritual Council or Sodality. The Council is divided into several units, each with its chairman, committees, and sub-committees. At the beginning of the year officers are elected for the various units. It might be interesting to know something of the work, sponsored by the Sodality. The Literary Committee has been very successful in bringing its primary object, the spreading of Catholic literature. Five hundred copies of the "Queen's Work," the official organ of the Sodality, are distributed every month at Nazareth by the members of this Committee. Under the leadership of the Apostolic Committee, the Nazareth girls are carrying out most effectively the ideals of our present Pope, Pius XI, in regard to Catholic Action. Through the efforts of this Committee, hundreds of little children attending public schools are being instructed in the essentials of our holy faith. No fewer than 50 Nazareth girls have this year volunteered to pledge ourselves.

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Aquinas Activities

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The activities of the Mission Unit are many. Through the efforts of its members clothing, medicine, provisions, and other needy articles are sent to home and foreign missions. Just to present this Unit has a very laudable project at hand. In answer to an appeal from the Jesuit mission at Manila, whose college buildings were recently destroyed by fire, with the total loss of an invaluable library, over two thousand volumes have been collected by the activity of the Mission Unit.

For the past three years, through the initiative of the Eucharistic Committee of 1930, Nazareth Academy has had the privilege of Holy Mass and Benediction on each First Friday Adoration of the Blessed Sacrament of the month. On that day, a beautiful stillness reigns throughout the Academy, broken only by the soft sweet strains of the organ, or the fresh young voices of the girls singing hymns of praise to their Eucharistic Lord. Long after other scenes enacted at Nazareth are forgotten, the memory of these hallowed days will linger as beautiful reminders of the spiritual life of our school.

We must pass over the work of several of the committees of the Student Spiritual Council in order to give you an idea of some of the other activities of the Academy. Among the musical organizations are the orchestra and the Glee Club. The Orchestra, an organization of symphonic proportions, plays at school functions, besides giving an annual concert. The Glee Club on various occasions delights its audience with its repertoire of classical and popular choruses. The Dramatic activities are under the auspices of the Theatrical Club and the vocal expression classes. Every year several programs are given, the high light among them being the Senior Play. The equipment of her students. Having not before her pupils the embodiment of beautiful girlhood, she would send them forth touched with her imagination to realize in themselves the later glory of womanhood; to bless the world with fine high-hearted service, kindly fellowship, with lives attuned to Heaven's harmonious. To these goals her daughters would carry out the ideals of his founder, Bishop McQuaid and of those Religious, the Sisters of St. Joseph, who have presided over its destinies. This center of play and culture, an open ideal is to make Nazareth Academy a sesame to that broad learning and activity which forms the highest purpose during the past sixty years to pledge ourselves.

C. D. A. of Clyde Officers Installed

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The football team closed its season with a banquet last Thursday night. The speakers for the evening were: Father Joseph E. Gray, Principal; Father Joseph E. Warner, Vice-Principal; Mortimer J. Leary, Director of Athletics; and Matty Gallahan, Trainer.

The school paper, "The Harbor and White" came out with a great improvement over last month's. In addition to the news-items, it contains several interesting poems.

At the Mathematics Club meeting last Monday the Constitution was formed and George Keizer gave a talk on "The History of Mathematics."

Friday, the members of "The Angelo Secchi Science Club" visited the WHAM transmitting station at Victor. The boys were shown the equipment of the station and how the radio programs are sent over the air.

At the Debating Club meeting held recently the negative of the 1936 Revised Constitution should substitute intra-mural sports for intercollegiate, was won by Donald Dally and Walter Knapp. The affirmative was argued by George Keizer and Francis Hohls. The Club hopes to hold many debates of this kind during the year.

The French Club has re-formed this year and the members selected:

Patrick Maloney Railroad Man Dies

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Canon Maloney, former St. Vincent's Railroad employee, died November 11, 1932, aged 70 years. He was a native of Ireland, having been born in the town of Carrigrohilly, near Dublin. He was a member of the St. Vincent's Church in this city.

Very interesting readings were given in French by Emma Treacy, Tully Ripley and Thomas Cappon.

The Catholic Courier & Journal

Classified AUTOMOBILES FOR SALE BUICK—1928 sedan, first class condition, \$1450. 1931 Buick, \$1450. CHEVROLET—1931 roadster, 4 wire wheels, nearly new, special job with plenty of extras. Only \$1250. Also 1930 sedan; 1928 coach at special price \$325 East Ave. FORD—1931 40 June sedan, like new, 1932; terms, 18 Windsor St. DRUGMAKING AND REPAIRING DRUGMAKING—Alterations, soap, perfumery. Mea-6888-W.

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