FRIDAY'S MENU Breakfast Apple Sauce Cereal and Cream Poached Eggs on Toas

Luncheon Clam Chowder Codfish.Cakes Cornbread

Dinner Baked Stuffed Haddock Baked Potatoes Buttered Peas Cole Slaw Caramel Bread Pudding Coñee

HOW AND WHAT TO SERVE: The stimulating property of coffee

The stimulating property of coffee add the flour and water, which have is due to the alkaloid caffeine. to been well mixed. Add the salt and gether, with an essential oil. A cup of coffee with breakfast serves as a mild stimulant for un each portion. adult, but should never be found in the diet of a child. Coffee taken in moderation quickens the action of the

heart, acts directly upon the nervous Fatigue of body and mind are much lessened by moderate use of coffee Coffee should be bought for family use in small quantities, freshly roasted and ground. If not bought in air

of housewives do not know how to get the best out of coffee they make. Either they do not measure the cof-fee and water for brewing in correct proportion or they do not have the coffee ground to the right consistency for the type of coffee pot they use.

The following pointers will, I am The following pointers will, I am sure, assist many of my readers in making pufect coffee: (1) Use fresh coffee, as tale coffee will not produce a perfect brow; (2) Buy only a weeks' suply at a time, for the coffee will hive lost half of its flavor by the endof the week, (3) Be uniform in your measurements, whether form in your measurements, whether one-half hour. Let it rise well to you use a sandard measuring cup or one-half hour. Let it rise well to some cup pispoon of your own; (4) the top of the fin. your system—that is the time of boiling, meauring and prompt serving: (6) Besure that your coffee of the fat. flour, milk and sait Place ously clean ad aired.

Quit Coffee Cake cups sifth flour

thps. sugrethps. butter or other fat cup citroror other candied fruit tsps. bakig powder tsp. salt cup milk

cup raisinichopped cup choppi nuts tsp. cinnaon mixed with thos. suir.

Sift together le flour, baking pow der sugar andvalt, saving out 2 tablespoons of ar to mix with the fruit. Cut in the fat with a biscuit cutter and add to milk and floured

> Wherequality MARTET 54

Andrewst.

ROCHESTRS GREATE GROCER EVERYBOY SAVES HAPS COUPON

PRICE

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hick and bake for 40 minutes, in noderate oven. When done, butter the top and sprinkle over it a mi ture of the chopped nuts, cinuamon and sugar Place the cake in the oven again and let it remain until the sugar begins to melt

Bean Soup

1 pt. dried navy or black beans lb salt pork celery stalks

2 tsps. water Cold water 1 onion 1 tbp. flour

Pepper Wash and soak the beans over light in 2 quarts of cold water. The next morning add 2 more quarts of water, the salt pork, onion and celery and cook until the beans are soft. Remove the sait pork, cut into small pieces, press the beans through a sieve and save all the liquid. Comoine all these ingredients, reheat and

Apple Taploca

½ cup quick-cooking tapioca cup sugar tsp. salt

2 cups boiling water 14 tsp. cinnamon Juice of 1 lemon 3 pints sliced tart apples

Add the boling water to the taploca tight cans, it should be emptied into and cook in a double boiler for fifteer canister as soon as it is brought from minutes, or until the tapioca is clear Add the sugar, cinnamon, salt and temon juice. Arrange the apples in a greased shallow baking dish and pour the taploca mixture over them. Bake in a moderate oven until the apples are tender and the top is light

s browned. Serve hot or cold with plain or whipped gream. Yorkshire Pudding

To one pound of flour add one tea

Scalloped Salmon

Break the salmon late pieces and remove the bones. Prenare a sauce making applines are kept scrupulia layer of the salmon in the bottom of a greased baking dish; add some of the sauce, then another layer of salmon, and so on until all the inwith the buttered bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs

> Stuffed Celery Take a bunch of celery and place in cold water for an hour. Remove and drain and stuff each stalk with

pimento cream cheese. Raisin Fruit Cake

4 cups flour cups sugar

teaspoon sait W yeast cake dissolved in one

half cup water cup wine cups seeded raisins

1 cup citron

fruit. Raise over night. In the hide. morning add eggs and fruit; cover Alv and raise again; pour into buttered and papered pans; let it rise one hour. Bake in a moderate oven and one and one-half to two hours.

Old Fashioned Chicken Pie Cut a chicken in pieces for serv-Melt four tablespoons of butter or use the same quantity of pork fat. Add one-fourth cup chopped

Put in chicken and cover with are to be made, boiling water; cook until tender. Arcover with strained and thickened paramn paper.

stock. Cover entire dish with mashed paramn paper.

stock of partry crust. Bake until potatoes or pastry crust. Bake until potatoes are brown or crust is done.

HOUSEHOLD HINTS

To separate postage stamps that have stuck together do not soak them. Instead lay a thin paper over them, and run a moderately hot iron over the paper. They will come apart easily and the muchage can be used the same as new.

To sugar doughnuts, put three or four into a clean paper bag with two tablespoons of pulverized sugar and a little cinnamon. Close the top of the bag tightly with the hand and shake it a few times. Try grating a little orange rind into the cinnamon

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Visits World Missions



Rev. John J. Considine. M.M. the Archdiocese of New York, who Director of Fides Service, Rome. is shown here traveling in Hako date, Japan. Father Considing left Rome in November, 1931, for a difteen-month tour of the mission fields of the world. He will return to Rome in January, 1933.

Install Msgr. Lane Fushun, Manchuria, Prefect Apostolic

Fushun, Manchuria.-The Rt. Rev Magr. Raymond A. Lane, M.M., re-cently named Prefect Apostolic of the new Fushun, Manchuria, Profecture has been installed amid a great concourse of the faithful.

Returning to Manchuria after serv ing three years as Rector of the Catholic Foreign Mission Seminary at Maryknoll. N. Y., Monsignor Lane arrived in Dairen where he was greeted by a delegation of Japanese and Chinese Catholics. A Solemn Mass followed, during which the new Prefect addressed his flock both in Ja-

stead of peeling the pumpkin wash it and cut it up as usual, leaving the rind on: it takes less eggs and pumpkin. To improve the flavor, drop in a few seeds while cooking, afterward

For a rich brown gloss on pies etc., beat up an egg well with a tiny bit of sugar, add a little milk, beat it up well again and go over the ples with a pastry brush when they are ready for the oven.

When cutting fur to fit another arment, turn it and cut along pencilled lines with a safety razor blade. Never use scis-sors on fur as that will cut the fur Mix all ingredients except eggs and at the same time you are cutting the

Always examine cereals and flours when they come from the grocer to be sure that they contain no weevils.

The Junior Cook By MOLLY GAVIN

onion a sprig of paralar, bay leaf, Cooks to start thinking of the four cloves and one tablespoon salt. Christmas season and the gifts that

There is nothing nicer for young noting water; cook until tender, Argung chicken in baking dish and folks to give them than good home-cover with strained and thickened made candies attractively wrapped in

mas Candles For Gifts." With your request enclose a stamped, selfaddressed envelope. The following recipe is delicious

as well as very easily made: Creamed Walnuts White of one egg

½ tsp. cold water ¾ tsp. vanilla 1 lb. confectioners' sugar English Walnuts White of one egg

tsp. cold water tsp. vanilla I lb. confectioners' sugar English walnuts

and sugar.

For mince pies a good substitute bowl, and beat until well blended, for the usual meat is two bouillon Add sugar gradually until atiff cubes.

Put egg, water and vanilla in a bowl, and beat until well blended, and sugar gradually until atiff cubes. When cooking pumpkin for pie, in-, flatten and place halves of walnuts opposite each other in each piece. Sometimes all the sugar will not be required.

DO YOU KNOW THAT:

I have received many requests for the free circular "Christmas Candies For Gifts"? May I ask that readers wishing this circular send in their request as soon as possible. It may be had for a stamped, self-addressed

The large Molly Gavin Cookbook would make an ideal gift for a person who enjoys cooking because this book contains over 3,000 recipes both 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 Carrin and will contein the Saladon. Gavin and will contain the Season's Greetings. It will be sent to any address for \$1.00 postpaid.

The pamphlets "Choice Puddings."
"Salads For All Occasions" and "Foods For Children" will be sent to

my address for five cents aplece (handling charges). Address: Molly Gavin, 1312 Massachusetts Ave., Gavin, 1312 Massachusetts Avi N.W., Washington, D. C. (Copyright, 1932, N. C. W. C.)

It is not presumption to entertain great desire to acquire heroic virtues in imitation of the saints, no even to desire martyrdom.

Forsees Strife For Christians With Paganism

be entangled in party politics, adding friends.
that she left her some free to choose france that she left her sons free to choose their party allegiance so long as they were not required to transgress certain fundamental principles which the Church asserted were not in the lawful province of the State at all.

Sir Reginald said Catholics could Sir Reginald said Catholics could not be indifferent to the great indus-

not be indifferent to the great industrial and economic conflicts of the day, for they raised great moral questions.

Cites Position of Church
In the great issue between capitalian and labor it is erropeous, he said to suppose that the Church is bound to defend the capitalist. He continued:

"The Church said to the capitalist:
"If you deliberately use your power to impose conditions of life upon the workers which make it impossible for them to lead Christian lives, which make it impossible for them to lead Christian lives, which make it impossible for them to lead Christian lives, which make it impossible for them to lead Christian lives, which make it impossible for them to lead Christian lives, which make it impossible for them to lead Christian lives, which make it impossible for them to lead Christian lives, which make it impossible for them to lead Christian lives, which make it impossible for them to lead Christian lives, which make it impossible in decendency and purity, you are not only committing a sin—yeu are committing one of the sins which the Church classifies as murder.' If the capitalist eatid i am only obeying the law of supply and demand, the Church classified. The church classified in an only obeying the law of supply and demand, the Church classified. The church classified in an only obeying the law of supply and demand, the Church classified. The church classified and only the defence of the poor and the unemployed.

There might wall be times when an employed he pointed the church replied. That law is not on my Statute-book."

"There might wall be times when an employed he pointed the church replied. That law is not on my Statute-book."

"There might wall be times when an employed he pointed the church replied. The church replied and the saw to his min:

"There might wall be times when an end of the saw to his min:

"There might wall be times when an expect of the church replied."

"The Archbishop of Birmingham replied the church replied and the church replied and the church replied and the

an employer had to say to his men: 'If you won't take a lower wage or work a longer day I cannot centinue my business, and it may be better my business, and it may be better for you to make a sacrifice than seem my factory close down." In certain orises and in certain cases they might allow that plea. But a deliberance policy deculated to lower the workers' standard of life simply to onrich a comparatively small class Buick....'26 sedam, first class conditions are management to that which the orrich a comparatively small class HUICK—39 sedam, first shame considerable was repugnant to that which the hurch decisred to be the law of Christ. They need not hesitate to be loyal to their trade unions. The right of working men, or of any men, to combine for purposes, of collective leaves, seeing some of collective leaves of collective leave bargaining with the view to securing better wages or shorter hours of isbor or improved conditions of life FORD—1931 do luxe medan, like KINDLING—Dry, hard, place was fully recognized by the highest new, \$295; terms. 18 Windsor Rt. new, he malls, 10 blic. \$21 median the Church insisted that the DRESSMAKING AND MILLINGERY delivery. Gen. 114. capitalist could not use his capital just as he pleased, she yet insisted DRESSMAKING — Alterations, coats 10 increds, 31. Oct. 7000 on his right to use it."

Somerville Gets Albambra Life Membership And Resolutions at Surprise Luncheon Here

Coming to Rochaster mexpectedly errille with a set of resolutions of on a business trip, Monday, Harry P. Somerville, managing director of The Somerville, managing director of The His new appointment and a life members.

Les.

It is because religion does not enter enough into politics that politics is falling into contempt, he said.

The Church, he said, could never be entangled in party politics, adding the same of Mr. Somerville's personal engraved thereon. Willard Hotel, Washington, D. C., and receiver of the Hotel Sagamore, this city, was honored at a special surprise luncheon, Monday noon in the Sagamore by officers of Musa Caravan, Order of the Athambra and some of Mr. Somerville's personal friends.

Grand Commander Daniel I O'Mara of Musa Caravan, presiding at the luncheon presented Mr. Some Mr. Some

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