

# Our Lady of Perpetual Help Devotions



## THE MEANING OF THE PICTURE

By THE MOST REVEREND GERALD MURRAY, D.D.

This article in the series appearing exclusively in the Catholic Courier is a special feature. It is the "Novena of Wednesdays in honor of Our Lady of Perpetual Help at St. Joseph's Church, Rochester, New York, under the leadership of His Excellency, Bishop Murray of Victoria, B. C. Canada, author of several works, former professor of theology at St. Vincent's College, and at one time president of the Canadian province of the Redemptorists. The importance of the Novena being realized by His Excellency, he kindly consented to contribute to the series.

The picture of Our Lady of Perpetual Help is to be found in so many Churches and private homes that its details have become familiar to millions of Catholics. The painting—the original is done on wood—is a good example of Byzantine art.

Our Lady holds her Divine Son, while the Archangels Michael and Gabriel appear to Him, bearing the instruments of His Passion. The Greek names of the Mother, of her Child and of the ministering spirits appear, in abbreviated form, over the head of each. The Child, terrified at the prospect of the suffering that await Him, grasps His Mother's hand and clings to her. Mary shelters Him protectively.

Again, though Mary bends her head—as a protecting shield—over her Child, She looks out compassionately on us. There is no anger, no reproach in her eyes. But we cannot fail to read there tender concern.

All grace will be won for the world by the Passion of her Child. She consents to have her Dear One suffer for the good of her other Children. She consents to have her Dear One die that her other Children may have life. Taking a real, though secondary part in the work of redemption, she will be privileged to act as the Dispenser of the graces that came to men through the agony of Jesus.

We are always in need. God's Grace is necessary to us at every moment. Mary, through her intimate association with Christ, the Redeemer, imparts that Grace to our souls. Consequently, she is our unfailing help.

To sum up. Never freed, for an instant, from the dangers that encircle us, never capable of the slightest supernatural act without the grace of God—We have Mary to shield us. We have Mary to transmit to us God's light and strength. We have Our Lady of Perpetual Help.

Christ is our Model. Mary is our Mother. We, her children, are always in spiritual peril. St. Peter warns us that the devil goes about as a roaring lion, seeking whom he may devour. The false principles of a world, opposed to God, are even being repeated aloud in our ears. Need we be told that our own evil inclinations require but little urging, at any hour, to sweep away the resistance of our will?

If we are ever in danger—and we are—we seek an ever-present guardian, powerful and kindly. The Mother

## The Catholic World Over

(Continued from Page 1)

he had intended to make this year. The unprecedented influx of conversions, which began after the defeat of the communists last summer, is still taxing the personnel and resources of the Hanyang missions to the utmost. The Vicariate is staffed by priests and Sisters of St. Columban and Sisters of Loretto at the Foot of the Cross.

**Patna, India—(NCWC—FIDES)—**A Hindu, Sri Ram Nath Suman, has translated the first three books of the "Imitation of Christ." The work is published by a Hindu firm at Ajmer under the title "Jivan Satra" ("A Rule of Life). The Hindu press has received it favorably.

**Dublin—(NCWC)—**The State radio station here is arranging with the Vatican City radio station to have relayed broadcasts of ceremonies held in connection with the visit to Rome of the Irish National Pilgrimage in celebration of the Extraordinary Holy Year of Jubilee.

**Jena, Thuringia—(NCWC)—**The latest step taken in optical instrument construction will be demonstrated by the world-famous firm of Carl Zeiss here when it outfits the new Vatican Astronomical Observatory in Castel Gandolfo, near Rome. The contract provides for two cupolas, one mirror telescope with astrophot, one instrument for measuring co-ordinates, one spectrograph, several prisms for objectives, one blink comparator, and one astro-photometer. The telescopes will be moved by electrical power from the observer's seat. When completed the Holy Father will have at his disposal one of the most modern astronomical observatories in the world.

**Rio de Janeiro—(NCWC)—**Now that revision of the Constitution is under consideration in Brazil, a group of 700 teachers and outstanding Brazilian intellectuals, headed by Dr. Fernando de Magalhães, are urging that the Constitutional Commission include in the proposed draft that "religious instruction is declared obligatory in the official schools." Religious instruction in the official schools, the petition declares, "forms part of the school regimen of almost all the great civilized nations. It is one of the most expressive forms of respect for the freedom of conscience. The modern tendency is to restrict not only permitting religious instruction in the public schools, but even offering it according to the family confessions of the pupils, whether Catholic, Protestant or Jewish, in harmony with the needs of their religious convictions. This is the most obvious application of the principle of social justice."

**Ottawa—(NCWC)—**The Customs Division, Department of National Revenue, has issued a circular to its collectors, Memo. No. 632, prohibiting the importation into Canada of two publications entitled "Film Fun" and "Calgary Eye-Opener," and prohibiting also the importation of the plates, films and other materials for the production of the Canadian edition, after the United States edition has been run off the press. The Canadian Federation of Catholic Alumnae has been an active crusader in the campaign to purge the country of smutty magazines, and has had the co-operation of Alexander Taschereau, Prime Minister of the Province of Quebec.

**Chicago—(NCWC)—**Construction of Chicago's first "penthouse" rectory has begun. It is to occupy a part of the roof space of St. Adrian's combination church and school building. Saving ground space and economizing in construction costs prompted the pastor to make this departure in church architecture.

He who truly loves his neighbor and cannot efficaciously assist him should strive at least to relieve and help him by his prayers.

## New Books

Regis College Review Service, Denver, Colorado

**CHRISTENDOM IN DUBLIN.** By G. K. Chesterton. Sneed and Ward, N. Y. 1933. \$1.00.

This is a magnificent sketch of the glorious pagan of religious faith as it passed in review before any observer at the Eucharistic Congress held in Dublin last June. Mr. Chesterton testifies that the Irish people, as well as a larger portion of Christendom is passionately religious. To minds like that of Chesterton, the full significance of the Eucharistic Congress must be manifest. He stresses the appropriateness of the choice of Dublin for the congress and suggests that Ireland has a wonderful mission for the future.

**LIVING TEMPLES.** By Bode Jarrett. O. P. Kennedy, 1931. \$1.00. For young men-and-growing boys, this little collection of easy considerations will be most helpful. In a simple, easy and attractive style, the author deals with subjects of the highest import for the young man entering the gates of matrimony. The subjects chosen and the simplicity and charm of their presentation, will be of considerable assistance in acquiring and developing the gentle, and much desired art of serious thinking.

**THE CHURCH IN THE SOUTH AMERICAN REPUBLICS.** By Edwin Ryan, D.D. Science and Culture Series, Bruce, 1933. \$1.50.

The laudable purpose of this scholarly and instructive little volume is to present to an ever increasing number of readers interested in Latin America an accurate, authentic, and up-to-date survey of the history of the Church and its powerful influence in social circles in the southern hemisphere. With laudable clearness and accuracy, the author compresses into comparatively few pages a great deal of historical data, alive with interest and romance. He analyzes the present condition of the church and from trends perceptible everywhere is able to forecast a rather optimistic outlook for the future.

**HOURS OFF.** By Daniel A. Lord. S. J. Queen's Work Press, 1933. \$1.00.

With his usual power of analysis and irresistible charm of expression, Fr. Lord explains in this magnificent pamphlet the wonderful results of the proper use of time, the invaluable moments of our leisure. In our age of time-saving devices the amount of our free time grows from day to day. What weight of inextinguishable value enriches the moments we so thoughtlessly waste. Wise is the man who masters the magic art of reaping from the moments of free time the rich harvest the Almighty intended they should yield.

**BY POST TO THE APOSTLES.** By Helen Walker Homan. Minton, Bach and Co. 1933. \$2.50.

This collection of fourteen playful, simple charming studies of the characteristics of the Apostles, cast in the form of open letters addressed to the Apostles themselves, makes delightful reading. Among Christian heroes the Apostles, called, trained and sent on their mission by the Divine Master Himself, have a special claim to our regard and affection. Unfortunately we know very little about them beyond what can be gathered from the gospel narrative and what tradition has handed down to us. From these two sources the author weaves an interesting, instructive and most delightful summary of the characteristics of these first heroes of Christianity.

Prayer lends Heaven to earth; the supplications which the latter sends up to the former will back in a soft dew to refresh hearts parched by the burning breath of affliction.

## Sodal Talk

Recording Activities of Rochester Parish Sodalities Union

The Sodalists of St. Mary's Church received Holy Communion in a body at the 9:30 Mass on Sunday, May 7. They will act as a Guard of Honor during the Forty Hours devotion to be held in that church, May 15 and 16.

The Apostolic Committee of Immaculate Conception Sodality has raised money for the purpose of outfitting some of the First Communicants of the parish. Besides this, the committee is planning an intensive campaign for medicines for the foreign missions.

Complimentary tickets for the recent Immaculate Conception Sodality card party were sent to the prefects of the city.

"A most successful card party and entertainment was held, Monday, April 24, under the auspices of the Sodality of Our Lady," states a report of the Holy Apostles Sodality card party in "The Register." "Bridge, pinoche, five hundred and pedro were played and individual prizes were given. After the card games, the play 'On the Air' was delightfully presented under the direction of Leon K. Rickman by the following members of the Dramatic Club of the Sodality: Sally Peters, Catherine Denzel, Sally Rivers, Dorothy Mason and Gladys Cooper." The following committee was in charge of the card party: Marie

Bennett, chairman; Geraldine Feist, assistant; Mary Peters, Dorothy Mason, Mildred Magin, Ruth Magin, Catherine Denzel, Eileen Neary, Lois Havens, Ruth Brown, Maude Sullivan, Hazel Nolan and Louise Kelly.

The solemn reception of Sodalists into St. George's Sodality was held Sunday, May 7, after the High Mass.

Sacred Heart Church Sodality sponsored a card party on Monday, May 8. Proceeds will be used to carry on Sodality activities.

Mt. Carmel Sodality Study Club has been engaged in the discussion of the Sodality topics: "The Aims of Sodalists," "Government," "Admission and Dismissal," "Duties Common to all Sodalists," "Communication," "Officers and Council," "Minor Officers." Miss Sally Julian, Prefect of the Sodality, has acted as general chairman. She has been assisted by the following leaders of discussion: Yoland Muolo, Ange Morabito, Lucy Squilla, Santa Gentile, Eileen Muoy, Rosalie Petix and Carmela Encavo.

The Sodalists of Mt. Carmel are planning a "Black-face" Minstrel Show.

Sodalists of Blessed Sacrament parish entertained the members of the Rosary Society of that parish, Monday evening.

## How and What to Serve

Hints for the Housewife By Molly Gavin

During the spring the atmosphere is filled with excitement over weddings and graduations which call for showers, luncheons, receptions or teas.

Cakes suitable for the spring and summer luncheons or teas are light and spongy. They may or may not be frosted. A pretty rose colored frosting made with the juice of strawberries or raspberries is appropriate for serving the month of May or June, although when the color scheme is yellow and white a yellow sponge cake can have white frosting or a coating of powdered sugar.

To mix sponge cakes, separate the yolks from the whites of eggs. Beat yolks—until they are thick and lemon-colored, then add sugar gradually, beating constantly. Add flavoring. Beat whites until stiff and dry and add to yolk mixture. Mix and sift flour, baking powder and salt, and cut and fold in egg mixture. If water or milk is used beat it with the yolks of eggs. Do not beat sponge cake batter after folding in the flour or you will beat the air out of the batter.

Genuine sponge cakes do not contain powder or any other rising ingredient. The beating of air into the yolks and whites of the eggs and the expansion of that air when baking is what makes a cake light and spongy.

When cool cut in dainty small pieces for serving with tea, cream, berries, creams, desserts or teas.

## Sponge Cake

**YOLK & EGGS**  
1 cup sugar  
1 lb. lemon juice  
Grated rind one-half lemon  
White & eggs  
1 cup flour

1-4 tsp. salt  
Beat yolks until thick and lemon-colored, add sugar gradually, and continue beating. Add lemon juice, rind, and whites of eggs beaten until stiff and dry. When whites are partially mixed with yolks, remove beater, and carefully cut and fold in flour mixed and sifted with salt. Bake one hour in a slow oven, in a buttered angel-cake pan or deep narrow pan.

Genuine sponge cake contains no rising properties, but is made light by the quantity of air beaten into both yolks and whites of eggs, and the expansion of that air in baking. It requires a slow oven. All so-called sponge cakes which have the addition of soda and cream of tartar or baking powder require same oven temperature as butter cakes. When failures are made in Sunshine and angel cake, they are usually traced to baking in too slow an oven, and removing from the oven before thoroughly cooked.

## Hot Milk Cake

2 well-beaten eggs  
1 cup sugar  
1 cup flour  
1 tsp. baking powder  
1-2 cup hot milk  
1 tsp. vanilla  
1-4 tsp salt  
Beat eggs and add sugar. Beat thoroughly. Add flour mixed with the salt and baking powder. Add the hot milk and vanilla. Stir until smooth. Bake in a greased and four-dusted cake pan for 35 minutes in a moderate oven. Turn out of pan. Cool and ice with Banana icing.

## Former Nazareth Academy Sodalists in Religious

Nazareth Academy sodalists were pleased to read in last week's "Catholic Courier" of the religious reception in the Sisters of St. Joseph of the following former Academy sodalists:

Catherine Quigley in religion Sister John Joseph; Genevieve Schaeffer, Sister Marie Alice; Marjorie Redmond, Sister Mary Benedicta; Dorothy King, Sister Mary Edwin; Rose Poknam, Sister Marie Rene; Lucy Lynch, Sister Mary Ida; Monica Schaeffer, Sister Marie Ursula.

Word has also come to the academy of the first profession in the Missionary Sisters of the Divine Child, Buffalo, New York, of Lena Vernetti, Sister Mary Anthony, an active sodalist of 1930-1931.

## Annunciation Church Card Party On May 19

The second after-Easter card party for the benefit of the Church of the Annunciation, Norton Street near North Goodman, will be held in the Church Hall on Friday evening, May 19, at 8:00 p. m. The Rev. George Weinmann, pastor, invites all friends of the mission to attend.

Bridge, pedro, pinoche, five hundred and dominoes will be played. Prizes will be awarded and refreshments served.

## NAME VIADUCT FOR PULASKI

Trenton, N. J.—(NCWC)—The Newark-Jersey City Viaduct will be named for General Pulaski, according to a bill passed by the Legislature and signed by Governor Moore this week. The viaduct will be known as the General Pulaski Skyway.

## JAILED FOR CHURCH SLANDER

Dessau, Germany—(NCWC)—The playwright Franz Bauer, was sentenced to one year and nine months in prison by the Court of Aldermen here because he presented a play for the Socialist Young Men's Association allegedly meant to slander Christian dominations.

## Rochester Diocesan Council of the Most Holy Council of Catholic Women

Office: 1020 Columbus Civic Center, 30 Chestnut Street

We would again remind our members that on Saturday, May 13, Mary's Day will be celebrated for the sixth time. As usual, it is the Saturday directly before Mother's Day. All our Catholic women are asked to pay this tribute to Mary Immaculate, thus honoring her as "the Mother of all Menkind" by offering her (1) Mass and Holy Communion (2) public recognition by wearing daily throughout Mary's Day the Miraculous Medal designed by her and given to six hundred years ago and (3) a most desirable gift applied in her name to any good work or worthy charity selected by the donor.

Our members are also reminded that the first annual convention of the Sodality Union is to be held on Sunday, May 14, at the Columbus Civic Center. Rev. Robert J. Fox, diocesan director of the Union, is honorary chairman, with Miss Helen Guntorf, president of the Sodality Union as general chairman of the committee in charge of arrangements. Detailed program of the celebration appears in this issue. A general invitation to attend has been extended to those of our women who are interested in the splendid work of our Sodalities.

The lecture by Rev. Francis P. LeBuffe, S. J., on May 11, under the auspices of the Rochester Diocesan Council, will be given in the ballroom of the Columbus Civic Center. The subject of the lecture will be "Catholic Evidence." The committee in charge, headed by the Rochester Diocesan President, Miss Coella M. Yawman, is as follows: Mrs. Louis A. Whelan, Mrs. Wm. H. Rosenbach, Mrs. E. P. Rockwell, Mrs. F. J. G. Connor, Miss Alice Kirk, Mrs. Teresa Gantner, Mrs. E. J. Lucas, Miss Kathleen O'Neil, Mrs. F. B. Hill, Miss Katherine Decker, Miss Elizabeth Roy, Mrs. Margaret Wickham, Mrs. M. H. Keogh, Miss Kate Connolly, Miss A. Fisher, Mrs. Richard M. Hawry, Mrs. Agatha Luther, Mrs. Aileen J. King, Mrs. Catherine M. Schwarz, Mrs. Elizabeth Dean, Mrs. Geo. Wm. Pilegan, Mrs. James J. Tipton, Miss Elizabeth Kross, Mrs. Lee-Fraser, Mrs. Martin Wahl, Miss Mary Jean King, Mrs. Wm. Moynihan, Mrs. Arthur C. Fryer, Mrs. John M. Parry, Mrs. John McParlin, Miss Marina Ernst, Miss Anna O'Donoghue, Mrs. Arthur Ross, Mrs. J. A. Coppinger, Mrs. Walter McKittrick, Miss Mary Moran, Mrs. Leo F. Simpson, Miss Louise Meyers, Mrs. Beekman C. Little, Mrs. Louis Langie, Mrs. E. J.

Rooney, Miss Eva Schaeffer, Mrs. Emily O'Donnell, Miss Miriam Pappineau, Mrs. Richard Kells, Mrs. Frank Keogh, Mrs. Alice G. Dolan, Mrs. Geo. J. Falls, Miss Florence Mills, Miss Laura Schilling.

This feature will be open to all, both men and women, and there will be no admission charge.

This year give to God and try to please Him in all things and He will not fail to provide for you in temporal things.

The greater progress one makes in prayer, the greater he makes in perfection.

When the man who declares he doesn't believe in a hereafter, isn't inclined to use proper words during a bad storm.—The Catholic News.

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## Household Hints

If you are tackling the papering by yourself and strike a section of wall where the plaster is loose, paste a piece of white cotton cloth over the bad place before apply the paper. The wall will then be as solid as if replastered.

If you have a quantity of gasoline left over after cleaning your garments, strain it through filter paper and return to the can. It will be clean and can be used when the next occasion arises.

When you bake apples again add a few red cinnamon candies. It makes them so colorful and adds to the flavor as well.

The juice of a lemon added to the water when basting roast lamb will greatly improve the flavor. Baked beans will be more attractive and digestible if a teaspoonful of ginger is added to them before baking. Should you break a jar or bottle containing liquid in opening it, fasten a piece of absorbent cotton over the end of a funnel and strain the liquid through it; the cotton will catch any tiny pieces of glass and make the liquid safe for use.

To keep a perfect polish on the dining-room table or other furniture, rub it every three days with a mixture of equal parts of olive oil and turpentine, apply with flannel cloth.

Before putting away the baby's woollens for the summer soak them in gasoline; when dry, fold and place them in a paper bag until needed for winter use. This destroys all germs and they will be unharmed by moths.

## The Junior Cook

By MOLLY GAVIN  
I think there is nothing more delicious or prettier than a Strawberry Shortcake. To my mind it is easier to make than cake, and less expensive. The whole secret of making good shortcake is in handling the dough, which should be as soft as possible. The following recipe will be exceptionally good.

**NEW ENGLAND SHORTCAKE**  
2 cups sifted flour  
1/2 tsp. salt  
4 tps. shortening (lard, butter or substitute)  
3 tps. baking powder  
1 tps. sugar

About 2/3 cup milk or 1 or 2 tps. less of water.  
Sift together dry ingredients cut in shortening and mix lightly with milk or water until like biscuit dough. Divide in two equal portions and pat each into a sheet about 1/2 inch thick. Spread melted butter on top of lower layer and then place on top layer. Bake in a shallow pan. Or, cut the dough, after patting out, into rounds as for biscuit, placing two rounds upon each other separately by a thin layer of butter. Bake in a hot oven 12 or 15 minutes. Separate layers and spread with well-sweetened berries. Serve with whipped cream. All kinds of berries and fruits may be used with this shortcake.

**DO YOU KNOW THAT:**  
At this particular time of year many socials are being planned! Since cake is served on almost every occasion a free circular has been prepared for our readers. It is called "Cakes." With your request enclose a three-cent stamp. The pamphlet "Salads for All Occasions" may be had for five cents (handling charges). The large Molly Gavin Cookbook which has been prepared especially for Catholics and is the only book of its kind published may be had for \$1.00 postpaid. Address: Molly Gavin, 1312 Massachusetts Ave., N. W., Washington, D. C.

## Vigil

He stared through his window at the man in the moon. And watched small stars play hide and seek; He winked at the faces on the wall through the lonely tears trickling down his cheek.

He tossed to and fro in his little bed; In the lonesome silent night he cried; For, you see, he was but a little boy— He was just six when his mother died.

—Margaret Behan, Nazareth Academy '34.

The truth that is not charitable comes from a charity that is not true.

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