

Their Activities

OUR CATHOLIC WOMEN

Their Interests

Our Lady of Perpetual Help Devotions



OUR LADY'S CORONATION MARY'S TRIUMPH

By CLEMENT C. ENGLERT, C. S. S. R.

EDITOR'S NOTE: The article, this week, in connection with the several devotions to Our Lady of Perpetual Help in various churches of the diocese, especially St. Joseph's Church, Rochester, is by Mr. Englert, a student at the Redemptorist House of Studies, Esopus, N. Y. The author is a native of Rochester.

Old Father Gregory bowed his round, white head over the bench as he knelt at his evening meditation. He was day-dreaming. He often did that; but then, it was always day-dreaming that was really worthwhile. And this evening he was day-dreaming about heaven. Eighty years of his life and a golden jubilee already passed have a tendency to inspire such thoughts.

The reader had just spoken of the glorious prerogatives of Mary in terms that would delight a professor's heart. But Father Gregory was not a professor. In fact, years ago, he had not even been an apt pupil. But he had always loved Our Lady in a special way, and she it was who had pulled him through his course. And of late he seemed to prefer, even more so than before, to see things rather than understand them, to feel and hear them rather than probe into their natures. And so he would not even try to juggle those theological terms. He could not work up any devotion on those...

Queen of Heaven!

Queen of Angels! Queen of Heaven! Oh, what that glorious title must have meant up there above the skies when her glorious Coronation was at hand! How Father Gregory wished he could have been there, those centuries ago, to behold that beautiful scene, when God Himself Himself must have used His own divine art to render beautiful His Mother's triumph! Then he realized that to God's eternal eye all things are always present; God was seeing it all again this very evening as if no nineteen hundred years had ever intervened. The old priest yearned to be up in Heaven, too; to see and to love. He prayed, he sighed—when suddenly a blinding flash of light filled the chapel before him and he felt himself transported out of his senses. And in a vision Heaven dropped down to earth—it was the eve of the first Assumption.

King Jesus Himself was directing the preparations in Heaven's cathedral as it was being clothed in new and hitherto undreamed-of intricacies of splendor and grace. The walls were hung with the pale blue of June skies, while the floor reflected all the concentrated wonders of transparent rainbows and autumn sunsets miraculously blended and interwoven. A soft hidden light made the stars in the lofty ceiling sparkle in golden grandeur, and suffused its yellow rays through the fairy masonry of the walls, causing all to glitter with the pure brilliance of perfect diamonds.

The Angelic Procession

And the tongues of a thousand angels could not begin to describe the enchanting beauty of the procession.



AS ONE WOMAN TO ANOTHER

By SUZANNE



REVOLUTIONS seem to be very much in vogue, so let's be modern and have one too. Don't get alarmed, let's just overthrow the reign of old man gloom. The first step in the plot will be to take your old furniture to H. J. McGuire for him to reupholster. First-hand information has it that gloom advocates without a whimper when the new shades are shown. Moderate prices, too. Call Glen, 1325 W.

HEAT LEMONS thoroughly before squeezing them by leaving them in hot water for several minutes and they will yield nearly double the quantity of juice.

YOUR HOME is not equipped to wash those fine blankets but Tatlock Laundry is, for that's their business. You'd better hurry up though for their blanket special can't last forever. Two blankets washed for the price of one. Single cottons, 2 for 30c, double cotton, 2 for 60c, single wool, 2 for 50c, double wool, 2 for 75c.

GOT A BIRTHDAY coming? Now wouldn't you be pleased if someone presented you with a Columbus Club membership card. With one of these you could enjoy yourself and keep fit all winter. Ladies' day in the pool are all day, Tuesday and Friday, and every morning. \$10 is the cost of a year's card for the ladies.

GOING PLACES? If so, drop into Elinor's Dress Shop, 527 Cliff Ave. (near Thurston) and get logged up.

They are still having a summer clearance sale. The season's smartest dresses are practically given away at \$2.95 and up. Open evenings.

THE SWAGGER coat in every possible form will continue to be the favorite this year. Large sleeves with a tight cuff are the latest.

SUZANNE HAS a new permanent. Of course she had it at Loretta's Beauty Shop, 733 Ave. D. Several people have asked if it's natural. Call St. 4948 for an appointment.

FOUND JUST the place to take that old girl chum of yours that you haven't seen for months. The informality of Crissy's Tea Room, 232 CHH Avenue (Opposite Rugby Ave.) somehow just helps to renew old friendships. The food is delicious and the service, perfect. Luncheons are 35c and up. A three course dinner is served from 6 p. m. to 8:30 p. m. for 50c.

THE ARBITER Do the fine points of social usage ever puzzle you? Perhaps SUZANNE can help you. If you wish her advice on matters of etiquette, address your inquiries to her in care of this column.

If a girl is to be married and she has no father to give her away is it proper for the mother to do so? No. Under no consideration. If there is no near relative to give the bride away, a close friend of the family should do it.

It is proper to remove fruit from the mouth with the fingers? Yes.

The Junior Cook

By MOLLY GAVIN

Salads—of fresh or canned fruits—can be made to do both as salad and dessert. Fruit salads are particularly refreshing to serve in hot weather. The following recipe will make a very pretty salad. It is exceptionally easy to make.

BUTTERFLY SALAD 6 slices canned pineapple 1 package cream cheese 1-2 cup chopped nuts 1 green pepper 1 pimento

Cut slices of pineapple in halves. Arrange two halves, curved sides toward center, on a bed of lettuce on individual salad plates. Make small balls of cream cheese and roll in chopped nuts. Place two or three in the center for the butterfly's body. Use thin strips of green pepper for the antennae and decorate the pineapple halves with pimento cut in fancy pieces to represent the wings. Serve with mayonnaise dressing.

DO YOU KNOW THAT:

One of the most popular pamphlets I have ever compiled is "Preserving and Canning," which is a rather complete brochure for the woman who is expert at the art as well as for the beginner. You can have a copy by sending me five cents in stamps.

In the large and complete Molly Gavin Cookbook you can also find more preserving and canning suggestions along with complete menus and recipes for every day of the year. This book is in thousands of convents and rectories and is the only cookbook especially prepared for Catholic housewives. It will be sent to any address for \$1.00 postpaid.

At the same time when writing for either of these I suggest that you include a three-cent stamp to cover postage of a free circular "Jams, Jellies and Marmalades." Address: Molly Gavin, 1313 Massachusetts Ave., N.W., Washington, D. C. (Copyright, 1933, N.C.W.C.)

Nazareth Summer Session Attendance Increases

Nazareth College Summer School closed Friday, August 11, with an attendance exceeding 100, an increase over 1932 registration.

Twenty-four courses in the art, science, and secretarial departments were taught by thirteen members of the regular staff and two visiting instructors.

down, with infinite complacency, upon the now kneeling figure of Our Lady, the most beautiful of all His creatures throughout the length and breadth of the universe—His own great masterpiece of creation. So magnificent and wonderful is her radiant loveliness and holiness, that the Angels stand by astounded that so much beauty can be concentrated in a creature, and they begin to understand how God could love men so very much. This angelic woman is to be their Queen, and gladly they bow down before her.

God the Son's Mother And God the Son in His glorified humanity takes with infinite love upon that holy form—when He received His flesh and blood. Long indeed had seemed the time that Mary had to wait between her martyrdom and her glorification, between the cruel agony and broken-heartedness of Calvary and the pageantry and splendor and glory of this Coronation, and Jesus did not deem it beneath His Godly dignity, to show the love and holy joy He felt in His Mother's triumph. And with their Messias the Holy Patriarchs and Prophets gaze enraptured, upon their queen—"the glory of Jerusalem and the joy of Israel," the spotless Virgin-Mother, their own Co-redemptrix, and profoundly they bow down before her.

God the Holy Ghost's Spouse And God the Holy Ghost gazes lovingly upon His chosen spouse, and looking into her exquisite soul, He reads at a glance the story of her years of perfect co-operation with His lavished graces; He sees the entrancing beauty of His own masterpiece of sanctification all resplendent with all the merits she could possibly receive,—the soul within which He has dwelt with perfect content. And Holy Saint Joseph, also Mary's true spouse, joins with her august spiritual spouse in gazing joyfully upon her and in that same serene spirit of happy services which he showed her on earth, gladly bows down before her.

Mary's Triumph And now at last the glorious moment of God's triumph in Mary's triumph is at hand. One whole sea of colorful angels apply golden bows to violins; hundreds of spirits pluck the strings of sensitively attuned harps; and there is heard a rapturous symphony of such transcendent beauty that the inhabitants of Heaven grow faint with that ecstasy of sound. Forward and upward the transporting music keeps mounting until in one grand chord Heaven's great organ chimes in, as Father, Son and Holy Ghost place a glittering crown upon her head, and Mary, in that flood of glowing splendor and joyous harmony is made Queen of Heaven and of earth and of men.

"Take me, Lady Mary, take me home with you to Heaven," sighed Father Gregory in his ecstasy of soul; and angels came, to fetch him away to Heaven with them in that meditation from which he never rose again.

Aids Recovery



Mrs. Josephine McGowan, of Canton, O., prominent Catholic speaker who has been appointed director of the minimum wage law in Ohio where she will assist Secretary of Labor Frances Perkins in carrying out the provisions of the National Recovery Act. Mrs. McGowan is a past president of the Alumnae of St. Elizabeth's College, Convent Station, N. J., and is active in the I. F. C. A.

Is Your Diet Balanced?

By BETTY BARCLAY

Have you ever had a friend suggest that you eat liberal quantities of spinach because "it is good for you"?

Of course, the friend may not have mentioned spinach, but may have mentioned any one of dozens of foods which she felt sure was "good for you."

Probably some friends suggest foods that we do not need, but in most cases you will find that the foods suggested are the kind of foods that tend to make a balanced diet—foods like some vegetable or some fruit that has an alkaline reaction and thus tends to balance the acid reaction of such healthful and necessary foods as meat, fish, bread or eggs.

Perfectly balanced Here is what many believe to be a perfectly balanced diet for the day.

One or two eggs, 1-2 to 2 pints milk, 1-4 to 1-2 head lettuce, two different vegetables once or twice a day, 1-2 to 3-4 pound fruits other than citrus, two full-sized eight-ounce glasses of fresh orange juice with the juice of half a lemon in each, meat (not fried) once or twice a day, and other foods as desired.

Of course, certain changes could be made in this and the balance would still be retained. Those who do not care for lettuce could substitute other greens for this vegetable. Those who do not care to drink milk, could eat liberally of ice cream, scalloped potatoes, fried beef or puddings containing milk in liberal quantities.

The important thing is that we must secure all of the food constituents needed to keep our bodies in a healthy condition. No matter how much we eat, we do not keep our teeth in good condition unless we secure calcium. We must have phosphorus, we must have iron. To get all of these, we must have a balanced diet.

Contain 3 Vitamins In the diet mentioned above two glasses of orange and lemon juice have been suggested. The real reason for this is that citrus fruits are protective foods containing the three vitamins A, B and C and also liberal supply of calcium. There are other foods which contain these ingredients, but unfortunately many of them are foods which most of us do not care for or which would have to be eaten in great quantity in order to furnish all of the protective elements that we need.

Vitamin C is one of the most important vitamins, and unlike many other food constituents vitamin C must be secured each day. The body refuses to retain it. Thus the man, woman or child who has adopted the habit of drinking a glass of fresh orange juice in the morning, and who always secures at least one salad and one fruit cup a day may feel quite satisfied that he is taking care of his daily supply of Vitamin C.

Watch your protective foods when you attempt to balance your diet. Unless you obtain these foods you should not complain if you find yourself prematurely "aging." Protective foods are needed if you wish to retain the fullest measure of bodily vigor which keeps you looking your best and feeling your best.

SERVITES CENTENARY

Chicago.—(NCWC)—Plans for a special local celebration of the seventh centenary of the founding of the Servite Order have just been announced by the Rev. Peregrine Condon, O.S.M., pastor of Our Lady of Sorrows Church, the mother house of the Order in America.

Nazareth College To Open Sept. 12 With Large Registration

Registration for what promises to be the largest Freshman class in the history of the college, according to Sister Teresa Marie, Dean of Nazareth College, is well under way. The College will reopen September 12 at 8 a. m.

Sister Teresa Marie announces a short, intensive secretarial course for college graduates will be given this year in addition to the regular secretarial course leading to a B.S. degree with a major in secretarial.

Miss Rosemary White of the English Department of Nazareth College sailed for Oxford, England, at the close of the College Summer School to do some special English work. Miss White will return in September and resume her classes at the College.

Household Hints

A squeeze of lemon juice and one-fourth teaspoon olive oil added to the ice water with which pastry is mixed will make it light and flaky.

Sweet peas are excellent to drive flies from a sickroom. Though pleasing to the patient, their odor is unpleasant to flies and they will seldom remain in the room with them.

When using a glass bowl for cut flowers, cover the bottom with small white pebbles which will serve to support the flower stems and make a more attractive decoration. Put a small quantity of sand in the bottom of the valuable vase or ornament when used for table decoration. This makes it stand more firmly and avoids accidents.

When hemming linen, a nice hem can be ready turned for hand sewing by running the linen through the machine hemmer without any thread in the needle.

Historical Sketch

of the 1st N. Y. Regiment of the Knights of St. John Commanderies and Auxiliaries 1933 EDITION Compiled by Lt. Chas. H. Mera

St. Monica's Auxiliary, No. 164 St. Monica's Auxiliary No. 164 was organized by Mrs. Minnie K. Rosenbach on April 14, 1913. Its first officers installed by Supreme President, Mrs. Teresa Ganster were: Spiritual Adviser, the Rev. John P. Brophy; Medical Examiner, Dr. Thomas F. McNamara; President, Minnie K. Rosenbach; First Vice-President, Katherine McIntyre; Second Vice-President, Elizabeth Eddy; Recording Secretary, Helen Rosney; Financial Secretary, Helen Lyons; Treasurer, Laura, Martina; Messengers, Sarah Fuller; Sentinel, Cella Frey; Guard, Anna Dugan; Trustees: Olive Schreiner, Elizabeth Donnellan and Helen Horn.

Auxiliary No. 164 has made excellent progress and has a congenial membership living up to the laws of the constitution and by-laws of the Ladies Auxiliary, Knights of St. John.

Present officers are: Spiritual Adviser, the Rt. Rev. Msgr. John P. Brophy; Past President, Mary DePrex; President, Minnie K. Rosenbach; First Vice-President, Florence Coppinger; Second Vice-President, Josephine Cronin; Recording Secretary, Claire McGehe; Financial Secretary, Stella Marcella; Treasurer, Eva Dangler; Messengers, Lydia Bedford; Sentinel, Mae Callahan; Guard, Edna McLaughlin; Trustees: Grace Gould, Catherine Miles, Barbara Mireque; District Representative, Ella Shaefter; Medical Examiner, Dr. Thomas F. McNamara.

HAS YOUNGEST RECTOR Manila.—(NCWC)—San Juan de Letran College, next to the Catholic University the oldest Catholic institution of learning in the Philippine Islands, now has the youngest rector with the selection of the Very Rev. Father Saicho, O.P., who formerly served as dean of the college of education. The college has been in existence 300 years.

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Rochester Diocesan Council of the National Council of Catholic Women

Office: 1020 Columbus Civic Center, 30 Chestnut Street

Reservations are being received at the Rochester Diocesan Council offices for the Holy Year Pilgrimage to the Shrine of the North American Martyrs at Aurillac, New York. The pilgrimage train will leave the New York Central station Sunday, August 20, at 5:25 a. m., arriving at Aurillac in time for Mass. The return train will leave the Shrine about five o'clock, arriving at Rochester about 9:30.

Round trip fare is \$3.50; children under 12, \$1.25. Arrangements have been made with the New York Central for breakfast of coffee and rolls served on the train, and a light lunch to be served on the return trip for those making reservations. These

Lodgings Provided For Catholic Women Visiting World Fair

(N. C. W. C. News Service) Chicago.—The Catholic Youth Organization has taken over the management of three Ritz Clubs for Catholic girls, and special attention is to be given to suitable accommodations to Catholic women visiting Chicago for the Century of Progress Exposition. The clubs, which have a total capacity of 335 guests, were previously operated under the supervision of the Mission of Our Lady of Mercy, which institution is also under the supervision of the C. Y. O.

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STELLA MARIS An Event You Shouldn't Miss! SOCIAL and SUPPER Wednesday, August 30. CARD PARTY 2:30 to 5:00 P. M. 35 cents. SUPPER 5:30 to 8:00 P. M. 35 cents. Entertainment throughout afternoon and evening. RACES, SWIMMING, BASEBALL—PRIZES. CAMP FIELD, 1500 S. COLLETT ST.