

Their Activities

OUR CATHOLIC WOMEN

Their Interests

Our Lady of Perpetual Help Devotions



ST. ALPHONSUS AND THE BLESSED VIRGIN MARY

So great was the devotion of St. Alphonsus to the ever Blessed Mother of God, that he was not satisfied with admiring, defending and loving her himself, but strove energetically and constantly to instill this devotion in the hearts of others.

From arising in the morning, they are to place themselves under Mary's special care and protection for the counting day. Prostrate on the floor of his room, each member is to recite three Hail Marys in honor, adding thereto the invocation "My Immaculate Conception, O Blessed Mother Mary, make my body pure and my soul holy."

Each morning they offer up the moments, words, works and sufferings of the day to God, with the intention that whatever they do, shall be done "Ex amore Jesu et Mariae, for love of Jesus and Mary."

They are to make a visit each day to the Blessed Sacrament, followed by a visit to the Mother of God, in whose honor they are likewise to say at least five decades of the rosary daily.

He counsels them to begin and conclude their work, their study and whatever else they undertake with a frequent Hail Mary.

On Missions they are always to preach a sermon in honor of the Mother of God. This sermon is preached on Saturday evening, as Saturday is the day especially dedicated to the Blessed Mother by the Church in her liturgy.

It has been a traditional custom in every Redemptorist convent, chapel or church in their charge to conduct special services every Saturday evening in honor of her who is the Mother of God and our own dear Mother.

In these and similar practices the Saint strove to keep alive and glowing in the hearts of his subjects an ever tender and constant love to the glorious Queen of Heaven.

Not satisfied with seeing his own spiritual children fervent sons of Mary, he inspired them by word and example to instill devotion to her into the hearts of the faithful who may

Will Represent Catholic Women's Club At St. Paul

At the thirteenth annual convention of the National Council of Catholic Women to be held at St. Paul, Minn., October 7 to 11, the Catholic Women's Club of this city, which, through its membership in the Rochester Diocesan Council, is an affiliated member of the National Council of Catholic Women will be represented by Mrs. Frank J. G. Connor, president of the club.

The Monday evening French class will start its eighth season September 18th.

The Study Group will open its course of twelve weekly evening of book reviews, talks on the theater and dramatics, and lessons in enlarged vocabulary by Mrs. John J. Sobie, on Thursday evening, under the chairmanship of Mrs. George W. O'Grady, "The Fault of Angels," Paul Horgan's Harper Prize novel, will be reviewed Thursday. Open to the public, registration may be made for the full course or persons interested are cordially invited to come in for any one evening.

On Friday evening, the Mission Group will have their first meeting and lay plans for the season.

be placed under their care or with whom they come in contact.

Listen to what Canon Sheehan writes of the devotion of St. Alphonsus to the Blessed Sacrament and the Blessed Virgin.

"Where is your library?" said a visitor to St. Thomas, "you who have written so much?" And the Saint produced his Crucifix. And I am pretty certain that the library of St. Alphonsus was the Most Blessed Sacrament of the Altar. Before that mysterious source of light and grace, he spent many hours of the day. He commenced an arduous work without first committing it to the protection of the Sacred Heart; and whenever he experienced those doubts that will come to all merely human intelligences, he sought the counsel of Him who was the light of the world. And as grace supplemented human strength, light ran on high supplemented the weakness of human perceptions.

"But had he any other source of strength? Yes, and I dare not forget that the eyes of St. John the Baptist with its splendor—the sun in a cloud with the sun—had also shed the light of his beauty and her brightness on our Saint, and kindled a love within him, which broke forth in praise, that to a worldly of impious mind would seem effrивant. To his pure and lofty mind the awful grandeur of Mary's sanctity, was a perpetual source of wonderment, and he dwelt on it with that intense pleasure and enthusiasm with which Saints always regard whatever is a glory of God's handiwork. It lifted him above earth to perceive that one of God's human creatures could be made capable of such splendors of virtue and power as the Mother of God possessed, and falling human speech to paint her spiritual beauty, he had recourse to the words of the Divinity, and entreated on her behalf the Father, the Holy Spirit and the inspirer of the Canticle of Canticles to praise and exalt her, and pour from his overflowing heart the happiness and joy that filled it for God's wonderful dealings with his handmaid.

Appeals to Human Heart

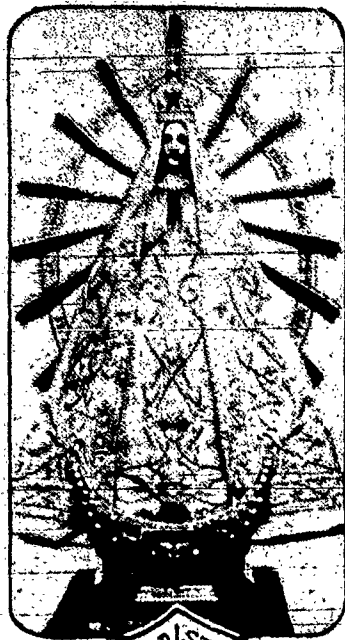
And once possessed of these sublime ideas, he cannot rest until the world adopts them, and sends up to Mary's throne in Heaven the incense of its praise and veneration. And he appeals to the selfishness of the human heart to love her, for she has power beyond angels to save and protect; and the lightnings of God's anger cannot smite those who rest under the shadow of her protection. To all things of darkness and evil she is the resistless foe; clad in the awful strength of her purity, she keeps far from her and from those she protects all things of slime and sin; the very thought of her alone chases impure suggestions; the very whisper of her name scatters the strength of spirits that are defiled; the slightest homage ensures her enduring protection; and she exhausts all the resources of his own eloquent language to persuade men of her dignity and privileges, of her mercy and her power. And, for himself, well he is amply rewarded in being her servant and her preacher; and he rests very often with ever increasing consolation: "They that work by me shall not sin."

And this constant filial love of St. Alphonsus for the Mother of God has borne its fruit. For thanks to her special patronage, the members of the Congregation of the Most Holy Redeemer have ever kept alive in the Institute the devout practices established by their saintly Founder in Mary's honor, and have found a holy happiness in spreading devotion to her among the faithful.

Moths in carpets can be killed by spreading a cold, damp cloth on the carpet. Iron the cloth with a hot iron and the steam from the cloth will kill the moths.

Two vegetables are sufficient with any meat or fish course.

Patroness



Above, statue of Our Lady of Lujan, who has been selected as the patroness of the 32nd International Eucharistic Congress to be held at Buenos Aires, October 10th to 14th, 1934. The famous shrine of Our Lady of Lujan, in the city of Lujan, Argentina. Below, the official emblem of the congress.

SODAL TALK

Recording the Activities of Rochester Parish Sodality Union

In carrying out the idea of "Prayer and Planning," Father Lord laid the reasons why sodalities fail. Three major reasons were a lack of purpose, a lack of plan, a lack of definiteness. In the first place, the sodalities must have definite ideals all activities must be motivated by these ideals or some suggested by them. Meetings must be planned far enough in advance to insure careful preparation. Time divisions and limits must govern all meetings so that they do not drag and seem interminable. The members must be notified of the subject and activities of the meeting so that they will be prepared to offer ideas and take intelligent and enthusiastic part in the meeting. Check up and see if you are guilty of some of these oversights.

For your first General Communion why not suggest offering the Communion for some good intention such as—for the Pastor of your church and his assistants?

The three prayers in the Missal said by the priest just before he receives Communion may be used by the Sodalists as beautiful thanksgiving prayers after their General Communion.

One more Sodalist has chosen "the better part." Miss Josephine Farnes, Sodalist of Cathedral Parish and graduate of Nazareth College has entered the order of the cloistered Dominicans in Albany. We pray God to bless her and grant her a happy life in His service.

Although September is not dedicated especially to Mary, there are quite a few of her feast days in this month—September 3rd—Mother of the Divine Shepherd; Sept. 8th—Nativity of Our Lady; Sept. 12th—Holy Name of Mary; Sept. 15—Seven Dolours; Sept. 24—Our Lady of Ransom. Did you know our Lady has a date book? On the blue cover it says "Keep your engagements with your Queen and bring her roses when you come—Holy Communions received in her honor, prayers said to her."

Household Hints

Vinegar used for pickling should be made from the best of cider or white wine.

To make sure the fish won't break when you take it out of the kettle, it's a good thing to tie it up in one of those convenient parchment cooking sheets or a double thickness of cheesecloth.

If the prescription for the invalid or child calls for just a half tablet, it is wise to break up the tablets in halves as soon as you receive the medicine. Then there cannot be the danger of an overdose if one's mind is so tired from sleeplessness and worry that it is not functioning as well as usual.

To green pickles, put green grape vine leaves between them when heating.

Rochester Diocesan Council of the National Council of Catholic Women

Office: 1020 Columbus Civic Center, 50 Chestnut Street

THIS ST. PAUL CONVENTION—AN INVITATION

The National Council of Catholic Women extends to all Catholics women a most cordial invitation to attend its Thirteenth Annual Convention to be held in St. Paul, Minnesota, October Seventh to Eleventh, Nineteen Hundred and Thirty-three.

The Success of This National Meeting Depends Upon the Response. To This Invitation

We quote from the Message of our National President for August: "Conventions are not a luxury but an absolute necessity if we would keep Christian principles alive and powerful in every department of our social organization. Without occasional association, a get-together, it is almost impossible to visualize and realize our interdependence in the great common task of ecclesiastical.

New Fashion Salon of B. Forman Co. Has Feminine Charm

Charm, allure, a bit of sophistication, an air of refinement, a luxurious effect, and you have it—the new fashion salon on the second floor of the B. Forman & Co. Feminine enthusiasm is aroused. A work of art, the woman's apparel department has left nothing to be desired. Oriental walnut panels in tones of soft browns, rust, and buff—blended with the deep canary yellow and blue tones.

The new fall styles are enhanced when glimpsed through the spacious glass cases, modernly equipped with a novel, indirect lighting system. Commercialism and a store-like appearance fades before the rich beauty of the unique Little Shop. Carpeted steps lead to a room ornamented with tiny alcoves, small benches, and long paneled mirrors. Models, attractively gowned, chic window displays, appropriate velvets and furnishings complete this charming semi-circular retreat.

At the style shows this week feminine enthusiasts were initiated in what the correctly gowned miss and matron will wear during this season. Plaid, woolsens, crepes, satins, and velvets in the predominating fall colors, black, green, brown and grey presented a striking array.

The Junior Cook

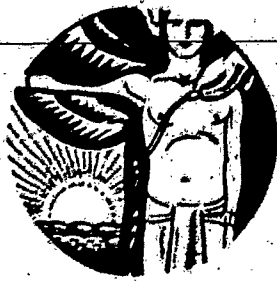
By MOLLY GAVIN

Of course I know that you have tried sweet potatoes and apples, and sweet potatoes and marshmallows, but have you ever tried sweet potatoes with cheese? Cook the sweet potatoes and then put them in layers in a greased baking dish, sprinkling each layer very liberally with grated cheese. This is a delicious dish and it might be used for the main dish at luncheon.

DO YOU KNOW THAT? Cookbooks are the best sellers! Nothing is more interesting than a cookbook containing directions for one of the absolute necessities of life for every age. A real cookbook is interesting to everyone who can read. Molly Gavin's Own Cookbook is more than interesting—it is practical and valuable to the Catholic housewife for whom it was especially compiled. It is also attractively bound in a blue and white washable cover. This book will be sent to any address for \$1.00 postpaid.

The Preserving and Canning pamphlet contains many excellent recipes and may be had for five cents, (handling charges).

The free circular on Pickles contains a number of helpful recipes and is yours for the asking. With your request enclose a three-cent stamp. Address: Molly Gavin, 1312 Massachusetts Avenue, N. W., Washington, D. C.



The Last Sacrament

When you let us carry out the last services you may be assured that they will be unrivaled in beauty and true feeling.

Superb Automobile Equipment at a Moderate Cost

Anthony J. Ryan's Son

Joseph E. Ryan UNDERTAKER

194 Main St., West, Main 1296

To prevent a bowl from slipping and burning when washing crockery, with a rubber mat a towel under the bowl.

Many housekeepers keep a box of bouillon cubes on hand at all times so they can easily and quickly serve a cup of piping hot bouillon.

HICKSON'S RADIO REPAIRS advertisement

DURALITH advertisement

Rochester Novelty Works, Inc. advertisement

AS ONE WOMAN TO ANOTHER advertisement

DO YOU KNOW? advertisement

FOR LADIES ONLY! advertisement

Deeche's Art Linen Shop advertisement

RACCOON trim advertisement

ONE OF THE most important things to bear in mind when pickling is to use the best cider vinegar.

EXTRACT FROM a college letter advertisement

A SURE CURE for the servant problem advertisement

HAVE YOU made reservations for your bridge luncheons yet advertisement

PASS THE WORD ALONG! advertisement

PRICES ARE on the up and up advertisement

THERE IS a new material out advertisement

THE ARBITER advertisement

GIVING A DINNER to-night? advertisement

Is it necessary for a man to rise when another man enters the room? advertisement

your hostess immensely to receive a 60c or 80c box of Edith Ellis chocolates advertisement

Two vegetables are sufficient with any meat or fish course advertisement

GUESSWORK advertisement

YOUR Diocesan Newspaper advertisement