

Courage is captain in the mental realm. When courage leads the other faculties follow bravely. When courage fails they run away.

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Centennial Tickets Available Through Catholic Societies

Catholic organizations are taking a prominent part in the advance sale of tickets for Rochester's Centennial Celebration, "A Century on Parade," it is reported at the Centennial Headquarters in Sagamore Hotel Building on East Avenue.

HONORS U. S. SCIENTIST Chicago—(N. C. W. C.)—Dr. Edward John von Komorowski Menge, head of the Department of Zoology at Marquette University, has received the insignia as Knight Commander of the Order of Polonia Restituta.

Physical Director Presents Rules For Learning To Swim

Physical Director Wilbur E. Quinn continues his lessons on learning to swim as follows: "Now that we have covered the preliminary steps, and our confidence is growing we will start with Step 7. FRONT FLOAT HOLDING RAIL. The pupil stands in chest deep water facing the pool wall. He grasps the pool rail or trough with both hands, takes a deep breath, puts his face in the water, lies down, straightens his body and relaxes. He has only to remain in this position a few seconds and he will be floating on the surface. He must not support himself on the rail. He must not "try" to float. If he will relax and simply allow himself to float, he will do so.

Knights Auxiliary of Sacred Heart Church Set Outing On July 26

Ladies Auxiliary, Knights of St. John of Sacred Heart Church will hold its annual picnic, Thursday afternoon, July 26 at Ontario Beach Park, new grounds, Nos. 5 and 6. A wide variety of sports has been arranged by the committee for both children and adults. Coffee will be served on the grounds. Friends are invited to attend.

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African Missionary Will Attend Outing of Holy Ghost League

A picnic under the auspices of the Holy Ghost Mission League will be held Tuesday, July 24, at Ontario Beach Park, Picnic Grounds No. 3, from 3 to 10 p. m., for the benefit of Rev. Edward J. Knaebel, C.S.S.P., an African Missionary. Father Knaebel, who has spent several years in Africa, will be in Rochester for the occasion. Friends of the Mission League will have an opportunity of meeting him at the picnic during his brief stay in Rochester.

Summer Party of Nazareth College Scheduled July 27

Nazareth College Summer Dance will be held at the Windsor, Friday night, July 27, from 9 until 1 o'clock. Miss Mary Doyle is general chairman, assisted by the following committees: Ballroom: Betsy Jones and Abbie Meany co-chairmen; Zella Lyons, Eileen Burns, Hilma Connor and Mildred Darnhart.

Archbishop Mooney Says Mass For First Time in New Carmelite Chapel

Archbishop Mooney on July 16, feast of Our Lady of Mt. Carmel celebrated Mass at the new Carmelite Chapel, 1630 East Avenue, bringing to a close the annual novena in honor of Our Lady of Mt. Carmel. The occasion marked the first time the Archbishop has celebrated Mass in the new Monastery.

ENVOY WITHDRAWS Vatican City—(N. C. W. C.)—Otto von Ritter zu Groenestyn, who since 1909, has served as Envoy Extraordinary and Minister Plenipotentiary of Bavaria to the Holy See, has presented his letters of recall to His Holiness Pope Pius XI. The Bavarian Legation at the Vatican has been suppressed following the unification of the Reich and the conclusion of the Vatican-Belch Concordat.

Many New Indulgences Are Added By Pope For Eucharist Devotion

Vatican City, (NCWC)—The latest issue of the Acta Apostolicae Sedis announces that His Holiness Pope Pius XI, who has done much during his pontificate to further devotion to Jesus in the Blessed Sacrament, has granted new indulgences for prayers recited before the Blessed Sacrament, and has added to the spiritual benefits to be derived from previously indulgenced devotions in the presence of the Holy Eucharist.

K. C. Choral Society Plan Outing August 4

Members and friends of Rochester Council 178, Knights of Columbus Choral Society, will hold their annual outing Saturday afternoon and evening, August 4, at the Knights of St. John cottage, Point Pleasant.

TO HONOR PIONEER PRIEST

Detroit—(N. C. W. C.)—Plans for a civic and religious celebration to honor Father Gabriel Richard, pioneer priest of Detroit in September in commemoration of the one hundred and second anniversary of his death are now under way here.

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