

STATE DEPARTMENT WILL PROBE ACTIVITIES OF MEXICO CONSULS

pealing "to our duly elected representatives to use every power and influence at their command to the end that the Peace of Christ may be restored in Mexico and that those officials responsible for reprehensible acts here beneath the flag of our beloved United States may be removed instantly"

"Two instances cited interference," the Holy Name Union states in the letter sent to President Roosevelt. "are hereby charged: (1) by Alejandro V. Maradeo, Mexican Consul at Los Angeles, California, and (2) by Hermolao E. Torres, Mexican Consul at San Bernardino in this State, and by Alvaro Dominguez, Chancellor of the Consulate at said San Bernardino"

"Against all these acts," the letter also says "we, as American citizens, loyal to our country and devoted to her principles, vigorously protest. We appeal to you, Mr. President, as our chief executive, to take all measures, which may be necessary to put a stop to the further commission by the Mexican Government within the United States of acts of meddling in our local affairs and spreading false and malicious propaganda, and extending a censorship which in any case can have no juridical validity outside of Mexico itself. It is common knowledge that our own Government has done more than remain neutral in the matter of these present internal affairs. Without the protective support which the United States has given to those who exercise the power of government in Mexico the latter would long since have been deposed from power by an outraged people. If the United States were really neutral the political, economic, social and religious disturbances within Mexico might be solved to the greater satisfaction of the majority of the Mexican people."

In setting forth its protest to the President and explaining the attached documentary evidence, the letter of the Holy Name Union states that there are many thousands of persons of Mexican birth or extraction resident in and near Los Angeles, that on the Feast of Our Lady of Guadalupe, Patroness of Mexico, observed on Sunday, September 8, a religious parade in honor of the Holy Name Union was suspended by the Holy Name Union

The BUSINESS REVIEW COLUMNS I guide you to service and value

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RYAN & McINTEE SERVICE IS THE BEST AND COSTS NO MORE THE PUNY PRAISE FROM NON-SECTARIAN CALL STONE 1464

Pilgrimage to Rome At Easter Announced By Travel Company

New York—The James Boring Company will help to make it possible for Catholics to celebrate Easter in Rome this year, with hundreds of thousands of pilgrims from Ireland, England, France, Italy, the Balkans and other parts of Europe.

A group of Catholics will leave New York on the renowned Italian liner Rex on March 30. The group is headed by T. J. McGuire, who is familiar with the cities of France and Italy because of his many years of experience in conducting such tours.

The Very Rev. James B. O'Reilly, Ph. D., National Secretary of the Catholic Near East Welfare Association, and the Rev. John J. O'Donnell, pastor of the Church of the Guardian Angels, New York, will be spiritual leaders. This fact-together with the permanent reservation of the Blessed Sacrament on the S. S. Rex will insure all Catholics the same spiritual advantages that they have at home.

On April 7th, the party will disembark at Venice and transfer to Nice, France, to spend some time on the French Riviera. The party will arrive in the Eternal City on the morning of the Easter Sunday morning. The Supreme Pontiff will celebrate Holy Mass in St. Peter's Basilica and will bless the world from the loggia of the great Cathedral. The party will remain in Rome for an audience with the Holy Father.

Geneva Boy Scouts Mark Anniversary With Scout Festival Geneva Boy Scout (No. 13) of St. Francis de Sales, Geneva, will celebrate the 25th anniversary of the founding of the Boy Scouts of America by holding a Scout and American Festival, Thursday evening, 7 o'clock, at the St. Francis de Sales School Hall.

Holy Apostles Society Sets Card Party Feb. 27 The Holy Hour in preparation for the First Friday in March will be held at the Academy of the Sacred Heart, 8 Prince Street, Thursday evening, Feb. 27, starting promptly at 8:30 P. M.

Widmer's Unsweetened Grape Juice Health Aid Of the many products turned out by Widmer's Wine Cellars, Inc. of Naples, N. Y. that are health builders, Widmer's Unsweetened Grape Juice has a wide appeal.

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ELMIRA HOLY NAME TAKES MEXICO STAND

(Continued from Page One) of the State—is being pushed forward on this side of the world. Religion Denied

"The laws of Mexico now require that all education, in public or private schools, shall be under the direction and control of the Director of Public Education; that no religious instruction shall be given in any school, public or private; that no minister of any religion shall teach in any school, public or private; that no religious group; and, among other things, that no religious or public or private, and must be taught in every school."

"Communism an atheism thus being forced on the people of Mexico, including the children, is in complete opposition to the American spirit for real human liberty, under Divine guidance, that is expressed in the American Declaration of Independence with a firm reliance on the protection of Divine Providence."

"Mexican communism and atheism would now lay down, on the hemisphere, the proud old American banner of individual human freedom that has flown aloft since July 4, 1776, would today be a generous republic for the protection of Mexico under the Monroe Doctrine by repudiating individual freedom."

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Physical Director Tells You How to Maintain Health

This week's rule for maintaining health as advocated by Physical Director Wilbur E. Quinn, Columbus Civic Center deals with:

HOW TO BUILD UP WEIGHT It is doubtful if even the stoutest person is as keenly conscious of physical deficiencies as are the thin people. The cause, however, is usually greatly different. The "fat person" becomes too stout from over-indulgence eating and drinking too much food, and carelessness about physical habits.

Thin people who become thin, are thus because of improper digestion, bad elimination, lack of proper assimilation of food, and disease.

You often see very thin people who eat voraciously, yet cannot put on weight. Eating too much is as bad as not eating enough. The stomach is filled with hard-to-digest food, the digestive organs are overworked, and instead of building good, rich, red blood, a partially digested condition which is fermenting, poisoning the system.

Careful eating is as essential to the "thin person" as to the stout person. Eating heavy carbohydrates is injurious to digestion. Swallowing large quantities of partially masticated foods and washing them down with copious quantities of water, or some other beverage, is bound to be injurious to the human body.

Carefully enough, many of the rules for eating prescribed for stout people apply equally to thin people seeking to build up their weight. These rules are general rules of health and when perfectly health is attained the body naturally tends to become normal.

Avoid eating starches and proteins in the same meal. Eat slowly, masticating thoroughly, so that the food is thoroughly saturated with the digestive ptyalin of the saliva.

FOODS TO INCREASE WEIGHT On "supper" list: brooding foods, denied to stout people, are cream butter, cream fat, meats, cereals, bacon, fish, the legumes, such as beans, peas, fresh corn, and sweet potatoes. Sugar is one of the fat and protein spacers. It also saves the fat reserve of the body by providing a ready source of energy. Sugar helps to maintain the alkaline reserve of the body. This does not mean that it is permissible to load up with candy and other sweets.

Fruits should be eaten in abundance. They help digestion, and after all correcting thinness is mainly a question of proper digestion and assimilation.

Protozoa the CATHOLIC COURIER

Guide List For Catholic Movie-Goers

Catholic Courier MOVIE-GOERS' GUIDE

Each week there will be published in this space for Legion of Decency members a list of the current attractions at Rochester's downtown theaters. The rating given to the pictures is based on the report of the International Federation of Catholic Alumnae and is endorsed by the Rev. Edward Roberts Moore, secretary of the council of the Legion of Decency in the archdiocese of New York.

- CAPITOL: Hell in Heaven (Family), It's a Gift (Adults), Bright Eyes (Family), West of the Pecos (Family), Band Plays On (Family), Flying Down to Rio (Adults). CENTURY: Little Colonel (Family), One More Spring (Family). LITTLE: Smilin' Through. LOEW'S ROCHESTER: After Office Hours (Adults), The Best Man Wins (Adults)... Good. R-K-O PALACE: All the King's Horses (Family). R-K-O TEMPLE: When a Man's a Man (Family)... Good, Sweet Adeline (Adults), Old Santa Fe (Family), Wings in the Dark (Family), I Am a Thief (Adults)... Very good. REGENT: Mystery Woman (Adults)... Good, Red Hot Tires (Neither endorsed nor commended), Under Pressure (Adults)... Very good, Enchanted April (Adults)... Good.

OUR ANNUITY PLAN INVEST your gift in God in the Society for the Propagation of the Faith. We will pay you all the interest earned in safe and sound securities from 3 to 8%—as long as you live. After your death the gift is applied at once to aid the mission. It's a spiritual and eternal work of charity.

For the Entire Family Ann of Green Gables, Baboona, Bachelor of Arts, Behind the Evidence, Big Hearted Herbert, Bright Eyes, Call of the Coyote, Calling All Cars, Carnival, Charlie Chan in Paris, Cheating Cheaters, Clive of India, College Rhythms, Count of Monte Cristo, David Copperfield, Devil Dogs of the Air, Father Brown Detective, Frontier Days, Gentleman Are Born, Grand Old Girl, Great Expectations, Happiness Ahead, Have a Heart, Hell in Heaven, Holdorado, Here Is My Heart, Home On The Range, Imitation of Life, Iron Duke, Jack Abey, Kentucky Kernels, Kid Millions, Law Beyond the Range, Little Men, Little Minister, Lives of a Bengal Lancer, Love Time, Man From Hell, Man of Aran, Man of Courage, Music In The Air, My Heart Is Calling, Neath Arizona Skies, Northern Frontier, Old Santa Fe, One More Spring, Peck's Bad Boy, Princess Charming, Ready for Love, Red Morning, Rocky Mountains, Ruggles of Red Gap, Sequoia, Servants' Entrance, Six-Day Bike Rider, Sons of Steel, Square Shooters, Symphony of Living Toys, Terror of the Plains, Terror of the Plains, The County Chairman, The Good Fairy, The Last Gentleman, The Man Who Changed His Name, The Marines Are Coming, The Mighty Barnum, The Night Is Young, The Nut Farm, The Return of Chandu, The Scarlet Pimpernel, The Silver Streak, The Unconquered Bandit, The Way of the West, The Westener, The Winning Ticket, Tombstone Terror, Trumpet Terrors.

SHIRLEY TEMPLE LIONEL BARRYMORE LITTLE COLONEL

6 GALA DAYS STARTING FRIDAY The RKO Palace Presents with deep pride THE KING OF JAZZ

PAUL WHITEMAN In PERSON WITH HIS ENTIRE RADIO REVUE INCLUDING HIS ORCHESTRA OF 30. RAMONA ON THE SCREEN REGAL ROMANCE NOBLE NONSENSE ROYAL MUSIC CARL BRISSON MARY KELLY "ALL THE KING'S HORSES" MIDNIGHT SHOW SAT FEB 22 1935

- Behold My Wife Beyond the Law, Bordertown, British Agent, Bulldog Drummond Strikes Back, Sellers in Death, Don Quixote, Enchanted April, Enter Madam, Evelyn Prentice, Eveverson, Flirtation Walk, Gladiators, Guided Lily, I Am a Thief, It's a Gift, Jealousy, Judge Priest, Lutea Friend, Lottery Lover, Marie Galante, Menace, Mystery Woman, Notorious Gentlemen, One Exciting Adventure, One Hour Later, One Night of Love, Return of the Terror, Romance in Manhattan, Rendezvous at Midnight, Rhinoceros, Shadow of Doubt, Sweet Adeline, Sing Sing Nights, Society Doctor, The First World War, The Best Man Wins, The Little Demon, The Mystery of Edwin Drood, The Painted Veil, The President Vanishes, There's Always Tomorrow, Tomorrow's Tomorrow, You Belong to Me, Wake Time in Vienna, Wandering Jew, Wednesday's Child, What Every Woman Knows, White Lies, White Perils, Woman in Red, Woman Must Drink.