

Better Housing

FOR THE HOMEMAKER

Household Hints

TEN YEARS OLD

Amsterdam - (NCWC) - The Catholic radio station at Hilversum has just celebrated its tenth anniversary.

HICKSON'S
offers **BIG VALUES** in **ABC WASHERS**

★ **\$54.50 UP**

★ SEE THEM NOW!

★ **SPECIAL SERVICE**
Best repair service in the city on all makes of washers. Please call now.

HICKSON'S
ONLY ONE STORE
Cor. Main & Franklin Sts. 83

CLERGY SIGN PUBLIC WORKS PROGRAM PLEA

(Continued from Page One)

employed, and that this work should be paid at a wage equal to the prevailing scale in every section of the country. This can be accomplished through the simple device of limiting the hours of labor per month and without increasing the appropriation of \$4,000,000,000 for construction.

Among the members of the Catholic clergy who signed the declaration in favor of the public works program and the payment of the prevailing wage scales were: The Rev. M. B. Groden, Horseheads, N. Y.; the Rev. Walter A. Foery, and the Rev. Gerald C. Lambert, Rochester, N. Y.

Washington - (NCWC) - Senator Stella de Paris, leader of Catholic Lay Action in the Archdiocese of Rio de Janeiro, Brazil, has asked permission of the Catholic Association for International Peace to have its committee report on "International Ethics," translated into Portuguese for distribution and use among the Catholic Action groups in Brazil. It is stated at the association's headquarters, here.

Lenten Regulations

(Continued from Page One)

for Ember Saturday in this season and for the morning of Holy Saturday, and binds all who have completed their seventh year. In virtue of a special indulgent of the Holy See, however, workmen and their families are allowed the use of meat on all days in the year except Fridays, Ash Wednesday, Holy Saturday morning and Christmas Eve. For workmen and their families therefore, the days of abstinence in Lent are reduced to Ash Wednesday, all Fridays and the morning of Holy Saturday.

It may be further noted that all persons who for any reason are exempt from the obligation of fasting may eat meat more than once on days when the use of meat is permitted by indulgent, as, for instance, on the Wednesdays of Lent; those, however, who are actually bound to fast, can eat meat only once on such days.

Those who are in doubt as to their obligations in regard to fasting and abstinence should consult their confessor or their pastor. The confessor can advise them, making clear, for instance, their exemption to those who are on public relief or otherwise prevented by poverty from complying with the law; the pastor can dispense individuals and families where required.

It is clearly the mind of the Church that those who avail themselves of legitimate dispensations from the full rigors of Lenten law should make some compensation by voluntary mortification of sense appetites in the way that suggests itself as most appropriate for them, by special charity to the poor, and by more than ordinary devotion to works of piety such as attendance at daily Mass and Lenten evening services, and more frequent Communion.

With the fervent prayer that we may all put our hearts into the penitential exercise of Lent and renew our spirit in Communion with the Suffering Christ Whom Lent recalls, I am

HOME REPAIRS TOTALING 315 BEGIN HERE

Contractors in Rochester and Monroe County prepared this week to start reconditioning 315 homes involving \$72,808 in construction as soon as weather permits.

The projects are listed with the reconditioning department of the Home Owners Loan Corporation, according to figures released by Jerome T. Wood, district reconditioning supervisor.

They were planned, he said, by mortgagees who obtained loans through the corporation. The reconditioning department is part of the HOLC setup and has provided nearly \$200,000 in construction jobs in this territory.

Steady progress in property repair and modernization work in Western New York is reported by Mr. Arthur M. East, Associate Director in Charge, District, Federal Housing Administration, who today released latest figures regarding Better Housing Campaigns in this territory.

More than \$211,000 worth of potential work was created in the twenty Western New York counties during the week of Feb. 18, the report stated.

As an indication that results of the Housing Campaign are being felt throughout the country, Mr. East cited the fact that several railroads have reported a 11 to 20 per cent increase of car loadings of building supplies over a similar period last year.

Loans on a liberal basis, are now being made to farmers in Western New York, to permit them to make long needed repairs on buildings which heretofore had been neglected because of lack of adequate financing, the report indicated.

To date 212 loans have been reconditioned in Rochester at a cost of \$43,846.

District Manager Fred Lester revealed the average HOLC loan in Monroe County was \$226, while for Rochester it was \$272.

Rochester is the headquarters of the average loan was \$3,672.

Other counties' total loans to date are: Tompkins, 49 loans, \$17,958.57; Seneca, 102 loans, \$407,533.47; average, \$3,999; Chenango, 302 loans, \$1,090,908; average, \$3,609; Tioga, 32 loans, \$97,036; average, \$3,032; Cayuga, 152 loans, \$435,003; average, \$2,861; Ontario, 102 loans, \$407,533.47; average, \$3,999; Livingston, 120 loans, \$344,498; average, \$2,870; Yates, 32 loans, \$84,321; average, \$2,635; Steuben, 148 loans, \$386,280; average, \$2,610; Warren, 102 loans, \$184,877; average, \$1,812; Seneca, 60 loans, \$163,130; average, \$2,718; Schuyler, 15 loans, \$24,280; average, \$1,619.

HOME IMPROVEMENTS
by Paul T. Haagen, A.I.A.

MODERNIZE NOW!

DOOR OPENING BOOKCASE

POSSIBLY you have an old-fashioned door opening between two rooms that you would like to close off, yet not give the appearance of a makeshift. Well, here is one way to do that.

Make a modern bookcase out of the opening!

Begin by designing a set of bookshelves that will fit in between the jambs of the door to be closed-up and similar to the ones suggested in the sketch above. You may lay the shelves out across your own desires, but I recommend that the bottom part be a cupboard section with flush paneled doors. These cupboards make an ideal storage space for magazines, games, etc., that one wishes handy in the living room, yet out of sight.

Fit the shelves into the opening and keep the edges flush with the trim on the room side in which the shelves are to open. Allow the "edges of the shelves on the closed side to set back from the trim about 1/2 to 3/4 inch." Now cover the backs of these shelves, and fitting tightly into the door opening between the casings place wallboard or thin ceiling lumber, nailing same to the back edges of the book shelves. Then you can finish around the edges with a small molding to make a neat job.

In the design shown above mirror have been placed against the wall board and above the top shelf. This will make a most attractive and decorative effect, but wall paper or a plain painted background will answer.

Paint or stain the shelves and the backs to harmonize with the walls and trim of your room.

If you wish, you may paint the edges of the shelves a contrasting color, which will look well.

Copyright - WNU Service

"Mother," said little Jean while riding in the street car.
"What is it, dear?" replied the mother.
"I wish you'd pay my fare in the future. I hate to have my eye discussed in public."

Leo Calihan, Inc.
THIBAUT WALLPAPER
PITTSBURGH PLATE GLASS CO.
PAINTS AND SUPPLIES
525 MAIN STREET, EAST
MADE IN U.S.A.

DE VISSER BROS.
HARDWARE
"DuPONT PAINTS"
Flower City Pl. Cor. Dewey
Rochester, N. Y.
Glasgow, Ill.

Central Window Cleaning Company
10 South Ave.
Rochester, N. Y.

M. O. Butterfield
PLUMBING and HEATING
412 BOND STREET
Phone 3-2221
Rochester, N. Y.

STORTELZEN & TAPPAN, INC.
CARPENTERS & BUILDERS
1000 N. W. 10th St.
Rochester, N. Y.

Follow the Crowds to

McCurdy's

HOUSEWARES CARNIVAL

A **SPLENDID** opportunity to see a fascinating assortment of instructive and useful demonstrations and exhibits of household appliances, utensils and conveniences.

SEE your voice recorded on a permanent record and receive the record without charge (RCA Victor)

BRING your knives to be sharpened FREE by an expert who will explain all about the making of cutlery (Robeson-Rochester)

TALK with Miss Irene Muntz, Home Economics Consultant, about your home economics problems (Frigidaire)

BRING your children to see the historical exhibition of light (General-Electric)

Fourth Floor

Devotedly yours in Christ,
EDWARD MOONEY
ARCHBISHOP-BISHOP OF ROCHESTER.

JUBILEE PRAYERS

During each of the prescribed visits the following prayers in honor of the Passion and Death of Our Lord must be recited:—

- BEFORE THE ALTAR OF THE BLESSED SACRAMENT—**
The Our Father-The Hail Mary-The Glory be to the Father-are to be said six times—the last time, for the intention of the Holy Father.
- BEFORE THE CRUCIFIX—**
The Apostles' Creed—to be said three times. Then follows—"We adore Thee, O Christ, and we bless Thee, because by Thy Holy Cross, Thou hast redeemed the world"—to be said once.
- BEFORE THE ALTAR OR STATUE OF THE BLESSED VIRGIN—**
The Hail Mary in honor of the Seven Dolours—seven times. A stanza of the Stabat Mater—"Holy Mother, pierce me through, etc." or some similar prayer.
- BEFORE THE ALTAR OF THE BLESSED SACRAMENT—finally—**
The Apostles' Creed.

INSTITUTION ECONOMY
(Cleveland - NCWC). A volume dealing with institution economy has been published by the Rev. Joseph F. Walsh, procurator of Our Lady of the Lake Seminary. The foreword was written by the Most Rev. Joseph Schrembs, Bishop of Cleveland.

How and What To Serve Hints for the Housewife
By HOLLY GAVIN

Salads may be served in winter as well as in summer. In fact, a salad should be served at least once a day, since it brings a good amount of mineral and vitamin to our meals. Salad may be arranged on individual plates or it may be served in the European style in one large dish and each guest allowed to help himself.

For luncheon a substantial salad, such as chicken meat, fish or vegetable salad, may be served with dressing. For dinner a light salad made of fruit, tomato, asparagus or cheese is appropriate.

Careful attention should be paid to the greens. By that I mean that each leaf should be washed well and served crisp and cold. Lettuce can be shredded with the scissors and used instead of a lettuce leaf. After washing the greens place them in a clean piece of cheese cloth and place on ice until time to serve.

The garnishing of salads is very important and adds to the attractiveness of the dish. With fruit, marachino cherries, coconut or chopped nuts give color to the fruit. Chopped onion or parsley goes well with tomato, fish or vegetable salad. Jelly-like salads are very popular and leftover fish, fruit, vegetables or meat can be utilized in making them. The addition of lemon juice or vinegar gives flavor to moulded salads, and they are pretty garnished with thin slices of lemon.

Salad Montclair

Remove the meat from one-half a grapefruit and fill with cut-up fruit and celery diced. Garnish with marachino cherries cut up. Serve with French or Mayonnaise Dressing.

New England Haddock

Bone the haddock, cut in individual portions. Add a little salt and vinegar and let boil with onions and fry in butter. Add a few drops of vinegar and pour browned butter over the fish and onions and serve real hot. Lemon juice can be used instead of vinegar. FISH of Haddock can be cooked this way as it comes already boned.

NOTES ON NURSING BOARD

Madison, Wis. (NCWC). Three nurses have been appointed to the State Committee on Nursing Education by the Board of Health. They are: Sister Felician, superintendent of nurses at St. Joseph's Hospital, Milwaukee; Sister Bartholomew, Mercy Hospital, Oshkosh, and Sister M. Florina, of La Crosse.

When making baking powder, biscuits, add a teaspoon of sugar and the baking powder will not taste.

Physical Director Tells You How To Maintain Health

Exercises that will help to take off weight in spots, as outlined by Walter E. Quinn, physical director of Columbus Civic Center in his series of rules for maintaining health, are given this week as follows:

FOR SLENDER HIPS AND THIGHS

Exercise No. 1. Stand erect, your feet on a line, right leg slightly in front of left. Body assumes a squatting position. Repeat five times.

Exercise No. 2. Assume squatting position as in Exercise No. 1. Keep knees bent, march forward. Take ten steps.

Exercise No. 3. From squatting position, bend over and touch the floor with the tips of your fingers. While keeping fingers out on the floor extend right leg backward. Five times, alternating right and left.

Exercise No. 4. Lie on left side on the floor. Raise the right leg sideways and upward as high as you can. Repeat five times, then lay on your right side and do the same with your left leg.

Exercise No. 5. Stand erect. Hold your right arm until it is even with shoulder and parallel with the floor. Swing your right leg upwards and forward until it touches the fingers of out-stretched hand. Two times. Do the same exercise with left arm and leg.

Where Quality MEATS come from

FAHY MARKET
41 Andrews St.

Edward Wegman
Milk, Cream and Butter
Phone 3-2221
Rochester, N. Y.

Catholic Courier
This Series of Articles on HOME IMPROVEMENTS is Published Exclusively in Rochester By The

Where Quality MEATS come from

FAHY MARKET
41 Andrews St.

Edward Wegman
Milk, Cream and Butter
Phone 3-2221
Rochester, N. Y.

LEARN THE FACTS
about the **NATIONAL HOUSING ACT**

Facts about the Better Housing Program are available to readers of the Catholic Courier. Improvements covered by loan, how to secure loans, and many other facts are listed in two booklets, one dealing with City Homes and Business Properties, and the other with Rural and Farm Properties.

• READERS OF THE CATHOLIC COURIER are invited to obtain FREE copies of these booklets on the "Better Housing Program" of the Federal Housing Administration.

• THESE BOOKLETS give clear, concise, detailed information about how you can benefit from this modernization program. Clip and mail the coupon now for the complete facts.

• Please print or write plainly.

Please send me the booklet explaining the home modernization plan.

I have a
City House Business Property
Rural Property Farm

I am interested in type of improvement checked below:

<input type="checkbox"/> Roofing	<input type="checkbox"/> Painting
<input type="checkbox"/> Plumbing	<input type="checkbox"/> Redecorating
<input type="checkbox"/> Electrical Work	<input type="checkbox"/> Plastering
<input type="checkbox"/> Additional Rooms	<input type="checkbox"/> Cement Work
<input type="checkbox"/> Heating	<input type="checkbox"/> Garage

OR Here Write Any Other Type of Project

NAME _____
ADDRESS _____
Include 3¢ stamp to cover postage and then address your letter to:

BETTER HOUSING EDITOR
Catholic Courier
50 Chestnut Street, Rochester, N. Y.

DAN E. MAHAR
Fine Furniture
42 State Street

FLOORS
Refinished like new at a very low cost.
New floors installed and sanding by modern equipment.
C. J. CALLEMEYN
1821 Lake Ave.—Phone 4-1871

WINDOW SHADES REPLACED
RECOVERED REVERSED
ONE DAY SERVICE
SUSKINDS SHADE DEPT.
MAIN 258

ELMIRA BRANCH
116 Lake Street

HELP TO KEEP YOUR PAINTER BUSY!

Mellotone Flat Finish For Office, Living, Sleeping Rooms

Mello-Gloss Satin Finish For Inside Walls and Woodwork

Naphtone Floor Finish Dries in Four Hours

Lindura Enamel Excellent for All Woodwork

Quick Drying Enamels Eighteen Attractive Shades for Furniture, Breakfast Sets, etc.

Barnard, Porter & Remington
2, 11, 13 NORTH WATER ST.
MAIN 814

'Catholic Boy' Paper Awards Essay Prizes To 3 School Boys Here

Three Rochester boys won cash prizes in a "Bread-Letter" Essay Contest, conducted by the Catholic Boy Magazine, national publication for Catholic boys and girls. It is announced in the current issue of the magazine.

Winners of the prizes were Eugene D. Leahy, St. Monica's School, 8th grade; Carl Hoobing, St. Monica's School, 8th grade; and Bernard E. Miller, Immaculate Conception School, 5th grade.

First prize was won by Patricia Rose Sample, St. Mary's Academy, 8th grade, Portland, Oregon; and second prize by Mary Agnes Lingner, St. Joseph's School, 7th grade, El Paso, Texas.

Hundreds of high school and parochial school boys and girls took part and won prizes.

HOUSEHOLD HINTS

A teaspoonful of castor oil every three months, or two tablespoonfuls of olive oil at the roots once a month, will make a wonderful difference in the growth of ferns and palms.

To soften stiff shoes after a rainy day, wash them over with warm water; then rub castor oil or glycerine well into them.

A coarse grater will rid carrots of their skins quicker than any other way.

Lifesavers both, the DOCTOR and the TELEPHONE

Would you live in a community that had neither?

Living in a community without a doctor is unthinkable. The danger, the discomfort, the risk would be too great.

The telephone cannot diagnose an injury or prescribe a treatment. But it can bring aid in such emergencies quicker than any other known device. It is the fastest route to help that the world has yet discovered.

If the telephone were merely a convenience, we might say take it or leave it, as you please. But, since it is a powerful protector of life and health, we urge that every home come under its protection. If your home is without this inexpensive guardianship, won't you tell us that you want it right away?

Call our Business Office, Main 9800—59 Seneca Street—for new service or an extension telephone.

ROCHESTER TELEPHONE CORPORATION
HEAR OUR RADIO PROGRAM EVERY SUNDAY AFTERNOON 2 O'CLOCK OVER STATION WEAZ