

Better Housing

FOR THE HOMEMAKER

Household Hints

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BOUOIR CLOCKS  
MANTLE CLOCKS  
DISK CLOCKS  
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Storm Windows - Screens  
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Ecclesiastical Carving  
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After 7 p. m. Call 182.  
18 & Water - Phone 281.  
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**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 loans, 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  City Home  Business Property  
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I am interested in type of improvement checked below:  
 Roofing  Painting  
 Plumbing  Redecorating  
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We clean Buildings, Streets, Offices, Dwellings, Marble Fronts, Brass Fixtures and all other kinds of cleaning.  
NAME \_\_\_\_\_  
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Enclose 3c stamp to cover postage and then address your letter to:  
**BETTER HOUSING EDITOR**  
**Catholic Courier**  
50 Chestnut Street, Rochester, N. Y.

FERA OFFICIALS DENY COMPILING ANY DATA ON 'RELIEF BABIES'

(Continued from Page One)  
"The first of these," he said, "has to do with the very large and very rapidly increasing amounts of money that are being spent today for relief and for various social-welfare purposes, which leads us to the point that we ought to be interested in any sound or constructive proposal which will be helpful in reducing those expenditures."  
The story then presented the figures given out by the Milbank Fund made reference to the study made by Professor Bossard. The following paragraphs were added:  
"A less extensive study has been made by FERA, which is responsible for providing food and shelter for the impoverished millions."  
"It was found in October, 1933, that there were 1,849,771 children who were 8 years of age or less in families living on public charity. The great majority of those can be figured as 'depression babies,' since many of the families were on relief before the 1929 crash."  
"The concluding paragraph of the story stated:  
"FERA figures show that between October, 1932, and October, 1933, there were 236,830 babies born to families living on public charity. Between October, 1932, and October, 1933, there were 1,613,861 new babies arrived in families on relief rolls. Those babies formed 12.7 per cent of the total relief roll population, while children of the same age in the general population were only 9.6 per cent of the number."  
Denied by Hopkins  
Officially denied today that any figures whatever had been compiled on the birth rate among recipients of federal relief funds and stated that no information on the subject had been given out. At the regular press conference, it was stated, Director Harry L. Hopkins has often been asked whether such statistics were available and each time he has stated that the FERA had not gathered such information and had no intention of doing so.  
The figures in the secular news story, presented as having come from the FERA were characterized as "ridiculous" and it was pointed out that the FERA did not come into existence until May, 1933. Its first eight months, it was stated, were taken up with organization work, and the compilation of statistics did not begin until well into 1934. Such statistics as have been compiled since by the FERA, was emphasized, have never dealt with birth rates.  
Professor Bossard, to whom reference was made in the story appeared before the House Judiciary Committee at a hearing in January, 1934, and gave three reasons for his advocacy of birth control legislation.

**Physical Director Tells You How To Maintain Health**  
Exercises to reduce your waist and abdomen are given here by Wilbur E. Gunn, physical director of Columbia Civic Center, in his series of rules for maintaining health.  
Exercise No. 1 Sit in a chair, without arms. Lift your left leg forward keeping it until it touches the toes of your right leg. Repeat five times, alternately, right and left.  
Exercise No. 2 Stand with feet apart. Raise arms sideways until level with shoulders. Keeping the arms straight, bend trunk sideways to right as far as possible. Repeat five times, alternately, right and left.  
Exercise No. 3 Stand erect, arms at side. Raise arms sideways over the head, and clap together. Raise left knee and clap the hand underneath. Lower left knee and clap hands over head. Raise your right knee and clap hands beneath it. Repeat this exercise ten times.  
Exercise No. 4 Lie on your back. Bring right knee up until it touches the chest. Return to original position. Repeat with left knee. Continue this exercise, right and left knees alternately, ten times.  
Exercise No. 5 Sit on floor with your legs straight in front of you. Separate them, scissors fashion as far as you can and then bring them together. Repeat ten times.

**The Junior Cook**  
By MOLLY GAVIN  
After receiving numerous requests for more candy recipes, I am giving one of my favorites. Try it. And I can assure you that you will make it very often in fact as often as mother will let you.  
2 cups brown sugar  
2-3 cup milk  
1-8 tsp salt  
1 cup vanilla  
4 cheap butter  
1-2 cup walnut meats  
Mix ingredients in a saucepan (except nut meats and vanilla). Boil slowly until a little dropped into cold water forms a soft ball. Cool. Beat until creamy. Add vanilla and nut meats (cut fine). Pour into a greased pan. Cool. Cut into squares.

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Refinished like new at a very low cost.  
New floors installed; also sanding. Best modern equipment. Estimates free.  
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**DO YOU KNOW THAT**  
The Potato Pamphlet proved to be so popular that it was necessary to print a third supply? probably because potatoes are cheaper now than they have been in years. Just think, less than one cent a pound. And the Potato Pamphlet tells you how to make unusual and delicious dishes. You can have a copy of this pamphlet by simply sending a three-cent stamp with your request to cover the cost of handling.  
Other pamphlets available are: Pudding, Preserving and Canning Foods for Children, Salads for All Occasions, Household Hints, Wedding Etiquette, Women and Weddings and Names for Girls. These pamphlets are five cents apiece (shipping charges).  
The large Molly Gavin Cookbook containing chapters on all phases of cooking may be had for one dollar postpaid.  
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GHANDI HITS BIRTH CONTROL IN INTERVIEW

Mahatma Says Use of Contraceptives Leads to Hideous Immorality

Calcutta (NCWC)—The vigorous opposition which Mahatma Gandhi manifests for the practice of birth control is clearly reflected in the verbatim report of a conversation between Gandhi and Mrs. Kuttan Nair, a birth-control advocate, following the All-India Women's Conference at Karachi, which, by a vote of 50 to 20, adopted a resolution favoring wider use of contraceptive methods of birth control in India. Mrs. Nair was a delegate to the Conference from South India, and following the meeting at Karachi she returned to Gandhi's camp at Delhi for an interview. The report of the conversation at this meeting follows:  
Mrs. Nair: "On discussing very frankly the question of birth control with many a married woman, I find in many cases, especially in the case of those of larger families, that motherhood is often thrust upon them. Woman has no freedom in the real sense of the word, if she has no right over her body. So for the sake of the mother whose health is drained away by the bringing forth of too many children, and for the sake of the children, themselves, who should be a joy to us, but who now come forth unwanted in such large numbers, may not birth control through contraceptives be resorted to, as the next best thing to self control, which is too high an ideal for the ordinary man?"  
Gandhi: "Do you think that the freedom of the body is obtained by resorting to contraceptives? If contraceptives are resorted to as the next best thing to self control, would you not be committing a sin? Men and women will be living for sex alone. They will become soft-brained, unwhipped, in fact, mental and moral wrecks, if not also physical."  
Mrs. Nair: "But is the introduction of contraceptives going to make so much difference in the sex life of the individual?"  
Gandhi: "Undoubtedly. Contraceptives would give a status to intemperance which it does not enjoy now."  
Mrs. Nair: "Even in exceptional cases where woman is too weak for child bearing or where either of the parents is diseased, cannot this method be resorted to?"  
Gandhi: "No. One exception will lead to another until it finally becomes general. In the cases stated above it is better that the husband and the wife live in celibacy than that they which are being tried in the West are leading to hideous immorality, and I am sure after a few years the Westerners themselves will realize the mistake. Do you not know that Mussolini in Italy is giving donations to parents with large families?"  
Mrs. Nair: "Perhaps Mussolini will more fuddle for control."  
Gandhi: "What about the English and the Dutch, among whom contraceptives are popular. Are they against war?"  
Mrs. Nair: "Can a poor country like India afford to have its present vast population which seems to increase at a tremendously rapid rate?"  
Gandhi: "Nature will solve the problem for us, if we allow nature to have free play. Contraceptives are unnatural interference with her laws. If people want to multiply like rabbits they will have also the like rabbits. If we become licentious, there will undoubtedly be nature's punishment descending in disguise."  
Mrs. Nair: "But is self-control possible for the ordinary man and woman?"  
Gandhi: "That is true so far as it goes. You have to be very careful in the choice of your food and drink and keep both mind and body clean. Just as it is important to know what goes into the body, so it is equally necessary to know what goes into the mind. These are simple things which will help you a great deal in the matter of self-control."  
Mrs. Nair: "May I know how far your experiments with self-control in the Sabarmati Ashram have been successful?"  
Gandhi: "It is very difficult to say. We have had individual cases of terrible tragedy, but those who have visited the Ashram have been much impressed with the general atmosphere of freedom without sensuousness that prevailed there."

**How and What To Serve**  
Hints For the Housewife  
By MOLLY GAVIN  
SUNDAY'S MENU  
Breakfast  
Stewed Prunes  
Hot Cereal with Milk  
Creamed Chipped Beef on Toast  
Dinner  
Tomato Juice Cocktail  
Olives  
Roast Fresh Ham with Dressing  
Apple Sauce  
Mashed Potatoes  
Baked Squash  
Lettuce Salad with Russian Dressing  
Banana Ice Cream  
Rolls  
Supper  
Hot Fresh Ham, Sandwiches  
Sewen Gravy  
Sweet Pickles  
Celery  
Potato Cakes  
Chocolate Fluff

**ROMAN MISSAL IN CHINESE**  
Peking (NCWC)—A translation of the Roman Missal in Chinese has been published by the Nazareth Press, Hongkong. The name printing house has published a double-column edition of the Missal with the Chinese and Latin texts on the same page. The Roman Missal was translated into Chinese for the first time by a Jesuit missionary, Father Louis Euglio, in 1670, says the Lumen Agency. This work was in classic Chinese and was printed at Peking. Only three copies are extant.

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Reception By Pope To Austria Singers Brings Conversion

By DR. FREDERIC FUNDER  
(Vienna Correspondent, N. C. W. C. NEWS SERVICE).  
Vienna.—The 300 members of Schubertbund, widely known Vienna Choral Association, who recently sang in a concert before the Holy Father, returned home greatly enthused by their reception. One of the singers, who is a Calvinist, was so profoundly impressed by the personality of the Holy Father and his position as successor of St. Peter that, when at home again, he declared his intention to become a Catholic. At the feet of the Holy Father, he said, he had learned to understand what it meant for Catholic Christianity that in those days of spiritual confusion it possessed an inflexible guardian of the teachings of God.  
At the reception in the Vatican, Schubertbund sang a hymn composed by its chorist-master, Keldorfer, one of Vienna's best known choir leaders. The hymn, which was sung in German, was a beautiful composition of Psalm 23, the Lord's Prayer, and the Ave Maria. Dr. Hugo Hantsch, lecturer at the Vienna University, who was present at the reception, expressed the wish that God would guide Austria to the glory of the Divine Name.

**Catholic News Service Is Inaugurated In China**  
Peking (NCWC-File)—The Lumen News Agency, a press service for Catholic publications throughout China has been begun by the Synodical Commission at Peking.  
"News of interest to Catholics is shared from all parts of the world and edited at the Synodical Commission where mimeographed news-sheets in Chinese, English and French are prepared and sent to Catholic newspapers and magazines within the country."  
Promote the CATHOLIC COURIER.

**HOME IMPROVEMENTS**  
Published Exclusively in Rochester  
By The Catholic Courier

**SIBLEY, LINDSAY & CURR CO.**  
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**TOWER RADIOS**  
our way of showing our belief that a FINE long-and-short wave radio can be had by people whose price limit is 49.50

**First and foremost, this is a remarkably good radio.** We tested it in the workroom for its purely mechanical details . . . and we tested it in the home for its performance. And the simple answer to all that testing is that the "Tower" radio is a gem of a set—one that will bring you your favorite programs faithfully, consistently, with the sort of satisfaction which all Sibley, Lindsay & Curr Company merchandise promises.

**The "Tower" is a long-and-short wave radio—covering all the standard programs as well as practically all popular short-wave broadcasts.** It has remarkable sensitivity; its tone is pure and faithful, and it has tone-control. It has the easy-to-read "airplane" dial with switches from long to short wave with a mere flip of the dial. Its highly polished cabinet will be an addition to the furnishings of your home.

**The 7-tube model, priced at \$49.50, is illustrated.**  
**We also have a ten-tube set, priced at only \$79.50.**  
RADIOS, FOURTH FLOOR

Church Repairs Can Be Made with Aid of Housing Act Loans

Under the Modernization Credit Plan of the Federal Housing Administration Act, pastors of churches and heads of institutions can borrow money for the repair, improvement or modernization of their property. It is pointed out by the American Ecclesiastical Review.  
The Review states that if a church needs a new roof, a coat of paint, interior decorating, additional plumbing, heating or lighting equipment, a loan may be obtained. The Federal Housing Administration insures these loans, in order to stimulate business.  
Under this Act, a Pastor may purchase such items as memorial windows, pulpits, pews, altars, church bells, and almost any kind of permanent installation now desired. Additions to recreation halls and assembly rooms can also be financed.  
Pastors or heads of institutions interested may get the facts about the National Housing Act by writing to the Better Housing Editor, CATHOLIC COURIER, 50 Chestnut Street, Rochester, N. Y.

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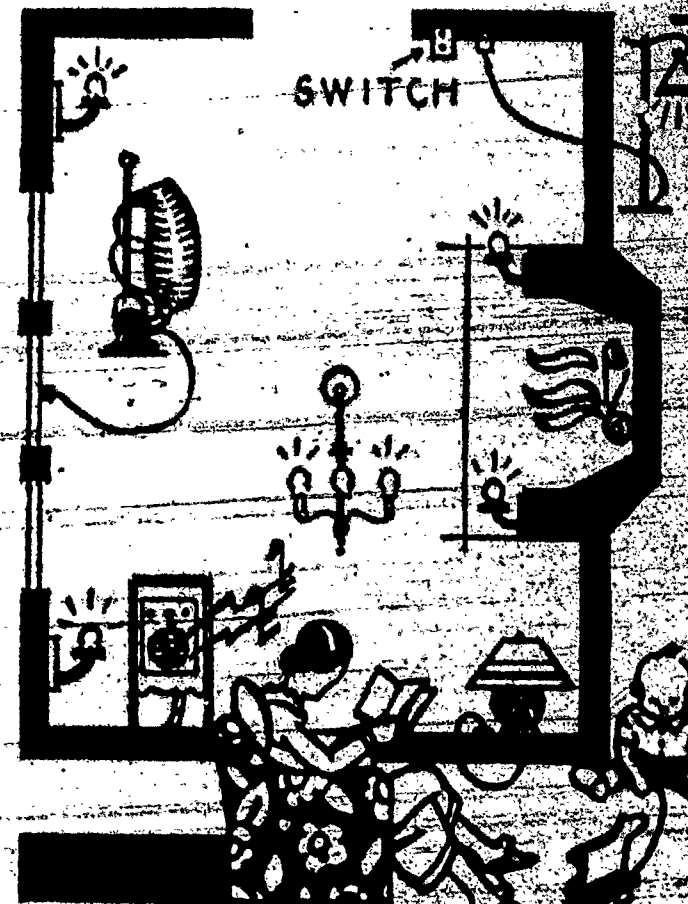
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HOME IMPROVEMENTS

By Paul T. Haagen, A. I. A.

MODERNIZE NOW!



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