

Better Housing

FOR THE HOMEMAKER Household Hints



Lenten soups represent a big question mark in the minds of most Catholic mothers. Most of them make only soups that are prepared with meat stock as a foundation. Meat, however, is not indispensable in soup making. There are numerous other soups that can be made without meat stock which are equally delectable and even more nourishing. All kinds of cream soups, which the average American cook never serves except out of cans, comply with the rule for abstention and have a much higher food value than clear soups.

There are three kinds of soup made without stock. Cream soup, which is made from vegetables or fish cooked to a pulp and forced through a sieve and milk or cream added with seasonings, which is thicker than cream soups. Bogue, made from shellfish milk and seasonings.

There are also, of course, the chowders of fish, clams, oyster, corn, etc.

Friday Soup

1 1/2 cup carrots
1 1/2 cup turnip
1 cup celery
1 cup potato
1 cup onion
1/2 cup water
1/2 cup butter
1/2 cup milk

Wash and scrape a small carrot, turnip, and potato. Wash and scrape celery. Cut vegetables in slices of uniform size and put in thin slices. Put vegetables in a large pot and cook 15 minutes in four tablespoons butter, stirring constantly. Add the potatoes, celery and carrot 3 minutes. Add water and boil one hour. Beat with spoon or fork to break vegetables.

Pot Roast

Buy four pounds beef cut from top of shin or from a rib to be cut into a cube. Rub with salt and wipe with a cloth wrung out of cold water, rub over with salt and sprinkle with pepper. Roll in flour and sear the entire surface in hot fat salt pork. Place in a casserole or dish covered either with Dutch oven. Add a cup hot water, cover and cook slowly four hours. Add more water as needed and turning three times during the cooking. Sprinkle tablespoon of lemon juice or vinegar tends to make the meat tender. Under the name of vinegar add to the water or poured on top of the meat. If done in a casserole dish bake in the oven. If done in a porcelain pan or Dutch oven, look on top of ginger. A Dutch oven is ideal for cooking pot roast or rolls of lamb. Other seasonings and potatoes can be cooked with the pot, but must not be placed in the pot until the meat is cooked. Half an hour before serving, thicken the meat juice with 3 tablespoons flour mixed in a little cold water.

The Junior Cook

By MOLLY GAVIN

Top finely chopped parsley
Wash and scrape a small carrot, turnip, and potato. Wash and scrape celery. Cut vegetables in slices of uniform size and put in thin slices. Put vegetables in a large pot and cook 15 minutes in four tablespoons butter, stirring constantly. Add the potatoes, celery and carrot 3 minutes. Add water and boil one hour. Beat with spoon or fork to break vegetables.

I am giving my Junior Cooks this week a special good recipe. I call it Lenten Sandwich. It is easy to make and is full of vitamins and is just what you need.

Lenten Sandwich
Spread two slices of Graham bread with butter. Cover with peanut butter and the other with strawberry jam. Fold together. Cut in half before serving.

Here is another Lenten recipe.
My Sandwich Recipe
Take one slice of a slice of bread. Then spread with peanut butter and place a marshmallow on top. Place in a hot oven and when the marshmallow is almost melted, serve on a dainty plate.

The Family Altar

By

Our effect on civilization has done much to destroy many beautiful and noble customs of bygone days. One of the most cherished in common to the Catholic home has become almost entirely obsolete.

And yet, there was a time when this practice was quite general. Some of the greatest leaders of the Church and State have come from homes where all gathered together to say their evening prayers. As a rule, they knelt before a crucifix or before a picture of the Sacred Heart or the Blessed Virgin or even before a little family altar or shrine. The father or mother led the prayers, and the children followed.

Where people were well-to-do, they had a family chapel. This was quite common in Europe among the nobility. In colonial days in America, private chapels were not uncommon. In fact, in the home of Charles Carroll of Carrollton, a chapel comprised one entire wing of the building. In its front room, the remains of the members of the patriotic family of Revolutionaries lay.

There is no reason why there should not be a family altar in every home. We cannot have a family chapel, but we can have one place in the home where all can assemble to render praise to God and to beg Him to supply our common needs. To do this, we should have either a crucifix or some beautiful picture of Christ or of the Blessed Mother or of some saint whose life is an inspiration to the family where there are those whose hearts are filled with an altar. A crucifix or picture of Christ or of the Blessed Mother or of some saint whose life is an inspiration to the family where there are those whose hearts are filled with an altar.

The family altar should be established during the first year of married life. Then, as the family grows, the altar should be enlarged. The altar will remain in the home through the years. The altar will remain in the home through the years.

A Story Corner For Children

By 'Cousin-Ken'



An ancient legend told of a poor knight named Sir John. He was a brave warrior and a true knight. He had a young son named Sir Peter. Sir Peter was a brave and noble knight. He was a true knight and a true knight.

'Forty Hours' Devotions In Diocese

Mar. 15 Fairport, Retold
Mar. 22 Holy Rosary, St. Francis of Assisi, Rochester, St. Stephen's, Geneva, Macedon
Mar. 29 Our Lady of Mt. Carmel, Rochester, Phelps
Apr. 6 St. Monica, Rochester, Palmyra-East-Tuery-Thayer, Waterloo, Spencerport, Elmira Reformatory
Apr. 20 St. Bridget's, St. Lucy's, St. Theresa's, Mercy, Mt. Vernon, Rochester, Clyde, Waverly, Canton, East Bloomfield, Canastota
May 3 Corpus Christi, Rochester, St. Ann's, Hornell, Weedsport, Solus, Lyons, Victor
May 10 St. Mary's, Rochester, Avon, Seneca Falls, St. Mary's, Corning, St. Aloysius, Auburn, Mendon, St. Thomas, Stanwood, Newark Valley, St. Ignace, Hornell
May 17 Immaculate Conception, Rochester, St. Patrick's, Elmira, Ovid, Honeyoye Falls, Port Byron, Lechester, Newark, Henrieville, Athens, Trumansburg
May 24 Sacred Heart, Precious Blood, Rochester, Clifton Springs, West Bloomfield, Mumfords, Moravia, Hammondsport, St. Patrick's, Mt. Morris, Bath, Marion
May 31 St. George, Latham, Rochester, Elmira Heights, Stanley, Cayuga Shortsville, St. Francis, Auburn, Liovonia, Cats, Pittsford, Savannah
June 7 Child Ovasco, Romulus
Sept. 11 Perkinville
Sept. 13 Rexville, Scrips, Sea Breeze
Sept. 18 Genoa, Colchester
Sept. 20 St. Stanislaus, Rochester, Adirondack, Lorraine, Center, Aurora, Penn Yan, Brockport
Sept. 25 Holy Redeemer, Rochester, Groton, Watkins Glen, St. Mary's, Dansville, Penn Yan
Oct. 2 St. Michael's, Rochester
Oct. 4 Holy Cross, Rochester, Kings Ferry, Shortsville, St. Vincent's, Corning, St. Francis, St. Sale, Geneva, St. John's, Groton, Groveland
Oct. 9 Our Lady of Mount Carmel, Rochester
Oct. 11 Our Lady of Good Counsel, Rochester, Ontario, Hesperia, Rushville, Heron's Falls, Montezuma, St. Patrick's, Danville, Cananahoga, St. Hyacinth, Auburn, Byron
Oct. 18 St. Andrew, Rochester
Oct. 18 St. Joseph's, St. Charles, Bortomere, St. Anne's, Rochester, St. Casimir's, Elmira, Wadsworth, Geneva, Cananahoga, St. Patrick's, Corning, St. Alphonsus, Auburn
Oct. 25 St. Augustine's, St. Anthony's, Canastota, Monticello, Rochester, Webster, Lima, Intercession, St. John's, Elmira, Holy Creek, Colwater, Union Springs
Nov. 6 St. Boniface, St. Francis, Xavier, Rochester, Wayland
Nov. 8 Our Lady of Lourdes, St. Margaret, Mary's, Rochester, St. Cecilia's, Elmira, Comets, Frattsburg, Mt. Read

The Friar and the Knight

The Friar and the Knight
"And what is that, my son?"
"The importance of having a crucifix or picture of Christ or of the Blessed Mother or of some saint whose life is an inspiration to the family where there are those whose hearts are filled with an altar."

Fr. Pro Beatification Cause Seen Possible by Bishop

EL Paso Tex. (N.C.)—The possibility of a process for the beatification of the Rev. Michael A. Goshel, a priest of the Most Rev. Archbishop Schuler, S.J. Bishop of El Paso, an article "Fr. Goshel's Beatification Cause Seen Possible by Bishop" in the Southern Messenger, which weeklies the Bishop, is quoted in the 36-year-old priest who was canonized by a Mexican pope in 1927 may not have been...

Only ruthless and greedy oil exporters will sell to Italy, comments a high-minded statesman. Crude oil sales, we suppose he'd call them. —Norfolk-Virginian-Pilot.

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My Native Land

(By John Boyle O'Reilly)
As I stood by me upon a time to see
Across the Southern Ocean to the
And landing at last by the old sea
Of ancestors blessing and our home
And months of the way pay me deep
Or like a clear calm stream from the
Unfolded past our hearts with vessels keep
And left us yearning for the land unknown
And when we found it for the south island
In thousand of a day, another
For one short hour in the course filled the road
And then again we yearned and crossed the sea
And, as it was from side to side we passed
Lake waltzes on, or boys on flowers or lips
And when that all was passed from last
We thrust still for the night's rest of our
I heard from this time on Southern land
Can fill with love the heart of Southern land
Sick land need change, but when in doubt they land
North foreign seas their base flame again
And in his wrath it was the yearning turned
From the hearts of cinnamon leafy
And stretched far westward while the full heart burned
With love for Ireland looking on Cathay
My first dear love and dearest for thy grief
My land that has no peer in all the sea
For verdure vale or river, flower or leaf
If first to no man ever first to me
Now loves may come with furies but the first
Is deepest yet the mother's breath and smiles
Like that land face and breast where I was nursed
Is my poor land, the Niobe of isles.

PLAN RETREAT MEET

Chicago (C.N.)—The St. Francis Retreat League of Chicago is preparing for the 50th National Conference of the Young Men's Retreat Movement to be held here at the invitation of His Excellency, George Cardinal Mundelein, Archbishop of Chicago in June, 1936.

OPENS CANADA BRANCH

San Francisco (C.N.)—Founding member of the Northwest branch of the Young Ladies Institute, located at Vancouver, B. C., and its successor in St. James Institute, a branch of the annual district conference, held at Montreal, B. C., opened by Miss Genevieve Manning, Grand President.