

**Do You Know?**

What foods constitute a well-balanced diet?  
 What foods are acid-forming?  
 What foods are alkaline?  
 What food minerals are necessary for proper health?  
 What foods contain these minerals?  
 The five points to remember in making a healthy diet?  
 How to remove excess salt from soup?  
 How to remove cooking odors?  
 How to make vegetables taste better?  
 A few tricks in whipping cream?

These questions, and hundreds of others, are answered in this valuable 32-page booklet.

**ADAILY HOUSEHOLD NECESSITY**

**SPECIAL OFFER TO OUR READERS**

Send **Only 10c** in coin to cover cost of handling and mailing and this valuable book will be mailed to you at once.

**BEAUTIFUL FIRST COMMUNION SETS**  
 for Boys or Girls

contains Prayer Book, Rosary and Scapular in an attractive gift box.

These sets are priced from 35 cents to \$2.50 and up. Special sets made to order.

With the purchase of each set or prayer book priced at 50 cents or more you will receive a First Communion Souvenir Clasp Pin.

**Wreaths and Veils**  
 Come in and see the large selection

**TRAN'S CATHOLIC SUPPLY STORE**  
 96 CLINTON AVE. N. 115 FRANKLIN ST.

**During Rebuilding**  
 Made Necessary By  
 The Recent Fire

**CULHANE FUNERAL HOME**

1411 Lake Avenue

will be available for the same dignified, efficient service that has always characterized Culhane funeral arrangements. Please call on us in your hour of bereavement. Every detail will be courteously attended to.

Telephone Glenwood 1411  
 Day or Night

**That's Where Your Lad Will Be**

if you don't give him the advantages offered by a period of healthful and instructive recreation at THE camp for Catholic boys on Conesus Lake...

**Camp Stella Maris**

For Rates and Reservations  
 CALL STONE 4492

**BOYS' HOME WINS BISHOP'S TROPHY For High Scores In 'Paracholympics'**

The C. Y. O. Paracholympics, the indoor contest for the Boys' Parish Schools under the direction of the Social Action Division of the Rochester Catholic Charities came to a close Sunday afternoon in the gym and pool of the Columbus Youth Association.

The Boys' Home won first in the Volley Ball, Dodgeball and Football, and a second in swimming, won the meet with 18 points.

Holy Cross and Blessed Sacrament tied for second place with ten points each.

Blessed Sacrament won first in ping pong singles and doubles. Holy Apostles was third with 9 points.

St. Monica's was fourth with five points.

St. Monica's took first place in the swimming meet.

The 27 inch trophy awarded by Bishop Kearney to the school winning the meet will be presented to St. Mary's Boys Home, St. Mary's, Volney St., Dodgeball and Football Shooting teams get the bronze medals for winning these events. The medals for ping pong go to the boys from Blessed Sacrament and the medals for swimming to the boys from St. Monica's School.

All together about five hundred boys took part in the meet Sunday afternoon about one hundred and fifty boys assembled for the finals which were witnessed by a large group of spectators from the various churches.

The meet was organized and managed by Mr. Frank Minella, Boys' worker at the Genesee Institute.

Final judges at the finals were Frank Minella, Roger Monahan, Nick Zona, Russell Russo, George Schind Samuel Russo, Al Felt, Harold Goshike, Harold Crowley, Stan Murray Harold Reif and Edward O'Hara.

**Bishop Lauds Work At Boys' Camp**

Addressing the crowd that filled the Main Auditorium of the Columbus Civic Center at the Annual Party for Camp Stella Maris last Tuesday, His Excellency Bishop Kearney warned parents of the danger of sending their children to camps concerning which the parents had no information.

Bishop Kearney spoke in praise of the work that had been done at the camp and thanked those present for their cooperation in this splendid work.

The Bishop voiced the hope that Catholic mothers and dads would always be kind to the camp and send their boys there to be under the supervision of seminarians trained in this work.

**The 'Monkey's Fist'**

By GEORGE H. HADDOCK  
 (Continued from last week)

Tom carefully raised his head. "Three men in it," he thought, wondering why they are they so quiet. Then he noticed a number of small bundles lying in the boat. The boat Tom almost choked himself. "I'll bet they're the smugglers!"

As he watched, the boat bumped gently against the dock piling, and one man, securing a line, climbed carefully to the dock. A second man quickly began passing up the small bundles to the man on the dock while the third remained quietly in the boat.

And then suddenly the man on the dock dropped a bundle. He managed to block it with his arm, but instantly the work stopped. Glancing furtively around the man at the dock cursed softly. "Watch yourself!" he hissed.

Tom stifled a gasp of astonishment. The man at the dock was the same as the one who had been seen in the row-boat.

"I was right," he said to himself. "It is indeed up to something and it looks like smuggling to me."

Tom watched the men quickly finish unloading the bundles from the boat, and then the other smugglers. The boat joined his companion on the dock Jack, still at the dock, waved and silently rowed away into the fog. Tom dared not move from his crouched position behind the tugboat rail as long as the men were on the dock but soon they too faded into the mist.

"Curiously Tom stood up. He just try to follow them for a while," he muttered to himself. "Maybe I can find out what they do with the stuff."

Creeping carefully up on the dock Tom slipped along through the dark fog. Ahead he could hear the faint footsteps of the men and he hurried silently along. He finally saw the two shadowy figures as they passed beneath a warehouse light glowing dimly in the gloom.

The men turned down between the street cautiously approaching the corner of the building. Tom slipped around it. They must be going to that car parked along the street. The engine of the car slipped by the auto, got in quickly, and drove off.

Tom sighed in disappointment. No use trying to chase them now. "And I couldn't even see the license number," he turned back toward the tugboat. "Well, I'll tell Mr. McDonough in the morning."

Too excited to sleep Tom spent the remaining hours of darkness straightening up the cabin and putting away the things. The morning room finally at daylight, he could wait no longer and, locking up the cabin, he hurried along the still foggy dock to find a telephone. Tom put in his call to McDonough's home. "The phone rang three or four times before the agent's voice came sleepily over the wire."

"Yes," he said drowsily. Tom leaned close to the telephone. "Mr. McDonough," he said this is Tom Powell down on the corner. I'll think I've just seen the smugglers."

"Tom Powell," came the government man's words, crisply. "Are you sure?"

"I've got mighty strong suspicions," answered Tom. "And I know one of the men."

Tom heard an exclamation. "Good," said McDonough. "I'll be down right away. Don't say anything to anyone."

Tom returned to the phone. He had prepared to clean up the dishes when he was interrupted by a hail from the dock.

"Coming aboard Tom," shouted a voice which he recognized as McDonough's.

Tom stepped on the tug and the agent jumped onto the tug and climbed down into the cabin. "Morning Tom," he said. "Now tell me what you saw."

(To be Continued)

**Requiescant In Pace**

Missed, unknown, a place buried at Holy Cross, Mass. died May 10. Funeral May 12 at St. Ann's Church.

AROLD Andrew, 112 North St. The husband of Catherine Ann, died May 10. Funeral May 12 at St. Ann's Church.

BLAKE John, 417 1/2 St. Husband of Anna, died May 10. Funeral May 12 at St. Ann's Church.

BIRCHER Ernest, 541 Jay St. Husband of Bertha, died May 10. Funeral May 12 at St. Ann's Church.

CAPPELL John, 1000 23rd St. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

CHAMBERLAIN Frank L., 1412 1/2 St. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

DOVAVAN John, 19 Devonshire St. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

FARRER George, 18 Sherman St. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

FRANK John, 1010 Portland Ave. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

HARRIS Mrs. Ethel, 1000 23rd St. Died May 10. Funeral May 12 at St. Ann's Church.

LIGHTNER Walter, 14 Erie St. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

MAY Joseph, 24 Day St. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

MURPHY Frank, 1010 Portland Ave. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

NEEDHAM Frank J., 401 1/2 St. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

REID John, 1010 Portland Ave. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

ROBERTSON Peter, 1010 Portland Ave. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

WATSON Catherine, 1010 Portland Ave. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

WHITE John, 1010 Portland Ave. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

WILSON John, 1010 Portland Ave. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

YOUNG John, 1010 Portland Ave. Husband of Mary, died May 10. Funeral May 12 at St. Ann's Church.

**Senior League Set For Opening Games**

SCHEDULE

St. Anthony vs Immaculate Conception West High Field  
 St. Margaret Mary vs Holy Rosary, Exposition Park  
 St. Andrew's vs. St. Patrick's, Brown Square.  
 St. Carmel vs. St. Michael's, Ave. D Playground  
 St. Boniface, bye.

The Rochester Catholic League under the auspices of the Catholic Youth Organization will open its ninth annual season Sunday morning with eight teams setting action on various fronts.

The league this year shapes up the strongest Sunday playing circuit in the city. When managers turned in their players at the last meeting it was found that all teams were studded with stars from the Kodak, District, and Industrial leagues.

The Holy Rosary game against St. Margaret Mary was probably the outstanding game as both managers want to get the jump and be on the winning side of the standings. Bernie Gilmore, manager of Holy Rosary, will start the season with a new recruit, in seeking an initial win. The Rogers Park way aggregation will probably

use the veteran Tom Hastings. St. Patrick's will play host to the St. Andrew's team that will see Joe Witzgamm facing Mastella in what probably will be a pitching duel. Mr. Carmel will stack up against the young St. Michael's entrants. The veteran Cardamon will face young Bill Schuler. In the fourth encounter of the morning St. Anthony's dark horse team in the league will face the strengthened Immaculate Conception boys. But St. Patrick will twirl for the Plymouth Avenue team, while Jimmy Lee will do the hurling for St. Anthony's.

Managers of the teams say: "Chuck" Casarone of the St. Andrew's Club says: "My club will be fighting for every victory and I think that we will be near the top at the end of the season."

St. Boniface's manager states: "We don't expect to top the championship this year but our ball club will be fighting for the first division."

St. Michael's manager, young Meyers, says: "We have a young team and expect to give them all a good fight and hope to win."

"We have a much improved club this year and hope to be near the top again this season," says Jim Chapman of St. Margaret Mary's. Bernie Gilmore says: "We will enter the race with a young fighting ball club who will give a good account of themselves in every game."

"This is our first venture in the Catholic League, have a young, fighting ball club, hope to be well up in the race," Mike Mauro states.

Thomas Lackin of Immaculate Conception says: "The Immaculate will be fighting from the first pitch to the last out."

St. Anthony's Vic Mast: "All set to go."

St. Patrick's Ross states: "We will be in there fighting all the way until the last out of the ball game."

**WILLS**

You Can't Take It With You  
 Money bags have no place in Heaven.

When a man dies, he leaves his money behind. Whatever he has bequeathed to charity for the eternal benefit of others, goes before him and swells his spiritual account in the Eternal Kingdom.

Include the Missions in Your Will with a bequest to

**Society for the Propagation of the Faith**

Rev. John S. Randall  
 Diocesan Director  
 50 CHESTNUT ST.  
 ROCHESTER, N. Y.

**Remember the Citizen This Boy Is Soon to Be**

HE'S just your carrier boy now, but someday his influence may put over nearly a big business deal—his vote will affect the policies of the city, the state, the nation. The sort of treatment accorded him by the folks he looks up to is sure to mold his character and dictate his ambitions. Remember, this is a "first job" for many of these carriers. They are putting their best energies into the task of pleasing us, their employer—and you, their parents. They are striving to please; they are faithful to their duties; they are hard and help them. Pay them for the paper EVERY WEEK when they deliver.

Number 5 in a series of advertisements published in this interest of more than 100 CATHOLIC COURIER carriers.

**MASSES**

SACRED HEART PRO-CATHERED  
 Pioneer City Park, 111 1/2 Ave. N. Masses: Sunday, 7, 8, 9, 10 and 11. Holydays, 7, 8, 9, 10 and 11. Daily, 7, 8, 9, 10 and 11.

BLESSED SACRAMENT  
 Deford St. Masses: Sunday, 7, 8, 9, 10 and 11. Holydays, 7, 8, 9, 10 and 11. Daily, 7, 8, 9, 10 and 11.

CORPUS CHRISTI  
 Main St. Masses: Sunday, 7, 8, 9, 10 and 11. Holydays, 7, 8, 9, 10 and 11. Daily, 7, 8, 9, 10 and 11.

OLD ST. MARY'S  
 South St. Masses: Sunday, 7, 8, 9, 10 and 11. Holydays, 7, 8, 9, 10 and 11. Daily, 7, 8, 9, 10 and 11.

HOLY ROSARY  
 Lexington Ave. Masses: Sunday, 7, 8, 9, 10 and 11. Holydays, 7, 8, 9, 10 and 11. Daily, 7, 8, 9, 10 and 11.

**Vacation Pilgrimage Tour**

A six day cruise on the S.S. Rickelton  
 A day at Montreal, Quebec and Beauport  
 STR. ANNE DE BEAUPORT, ST. JOSEPH'S ORATORY CAUGHNAWARA

Cruise down the St. Lawrence River to the famous Grand District. Cruise up the Saguenay River to FALGOUTIN, with a day at MURRAY HAY AND TADOUSSAC.

All-expense plan under auspices of the Parish. \$97.50. Redeemptorist Father. Conducted SATURDAY, July 2nd, to SUNDAY, July 10th, inclusive. For further particulars, description literature, etc., write PILGRIMAGE DIRECTOR, 100 E. 124th St., BRONX, N. Y.

**Catholic Near East Welfare Association**

PRESIDENT: HIS EMINENCE PATRICK CARDINAL HAYES  
 RIGHT REV. MGR. JAMES E. O'NEIL, Ph.D., Welfare Secretary  
 REV. JOHN J. CORRIGAN, Assistant Secretary

**A GREAT OCCASION**

Two Native Women Enter Novitiate

A group of Franciscan Sisters of St. Elizabeth are working in the small villages along the Nile. Despite their poverty and suffering these Sisters are always cheerful in their letters. Here is one we received from the Superior, Sister Anna.

"February 2 was our great day the greatest since we opened the mission. Two of our young women were clothed in our Sacred Habit and were admitted to the Novitiate. These are the first fruits.

"The ceremony was presided over by Father Ambrose, the Superior of the Franciscans of Upper Egypt. He celebrated Holy Mass and preached on the dignity of the Religious Life. "We realize, of course, that in every religious house this takes place every year. For us it was the first time. These young women are natives. They belong here. Some day they will replace us."

"The worries and sufferings of our life seem so small compared to the reception of these young women. We feel that our prayers have been answered and that we are definitely making progress. When God is making the people of our mission to embrace our life, then we know He is pleased.

"There are two other young women who have been willing to stay for a long time. They have offered themselves to us but we have delayed giving an answer. I would like to accept them but I must go

**Can't Do More**

Ten dollars will support one of our students for the Priesthood for one month. You can't possibly do more for the church with ten dollars than to help us train a native clergy for the Near East. Our Bishops are refusing to accept worthy young men because they can't support them.

**USED EVERY DAY**

Would you like to know that in some mission chapel a priest reads Mass every day from a Missal that you donated? If so, send us Ten Dollars to purchase a Missal for a Near East chapel.

**CELEBRATION MASSES**

We invite you to read our pamphlet on Gregorian Masses. You will thank us for it. The pamphlet briefly explains the old custom of offering a Mass every day for one who is deceased. Write for your copy. It is free.

**IMPORTANT TO MISSIONARY**

Have you received your monthly stipend? It is important to the missionaries that you do so. There are only Ten Dollars a year. They are not special appeals.

**ORIENTAL RITES**

Do you want to know more about the Oriental Rites? Write for our pamphlet. It is free. It explains the Oriental Rites and the special services for the Oriental Rites. Write for your copy. It is free.

Send all communications to  
**Catholic Near East Welfare Association**  
 400 Lexington Avenue at 40th Street, New York, N. Y.