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**RADIO RARITIES by Dooley**

SEVENTH-WEEK CAMPERS: Constance and Patricia Sullivan of Bolton; Marion Nancy of Batavia; Karin and Marcia Brown; Margaret Dargan; Frances Handford; Carol Kroll; and Rosemary of Buffalo; Mary Claire Steindler of Eggertsville.

**LOST AND FOUND**

SEARCHING FOR A GIRL WHO SAILED HERE ON FIFTH

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**Union Members at Retreat**

CHICAGO—Seventy-three men of the Plasterers' Union of Chicago have completed a week-end retreat, conducted by the Rev. Leonard Mackert, O.M., Assistant Retreat Master at St. Francis Retreat for Laymen, Hinsdale, Ill.

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**WOMEN'S WORLD**

MISSION UNITS — NCCW NEWS  
21 BAPTISMS IN FAMILY

**Nazareth Alumnae To Form Three Separate Mission Organizations**

The Nazareth Academy Alumnae Mission Group, with the approval of Rev. John M. Randall, Diocesan Director of the Catholic Students' Mission, recently decided to divide into units of the Crusade to be known as the Nazareth Veteran Unit, Francis Xavier Veteran Unit and John Fisher Veteran Unit of the C. S. M. C. This decision was reached at a meeting held on August 11 at the home of Miss Genevieve O'Connell, chairman of the group.

The following officers were elected:

Nazareth Veteran Unit: President, Miss Angela Cimino; Vice-President, Miss Helen Schuffel; Treasurer, Mrs. Elmer J. Schoepfel; Secretary, Miss Dorothy Milne.

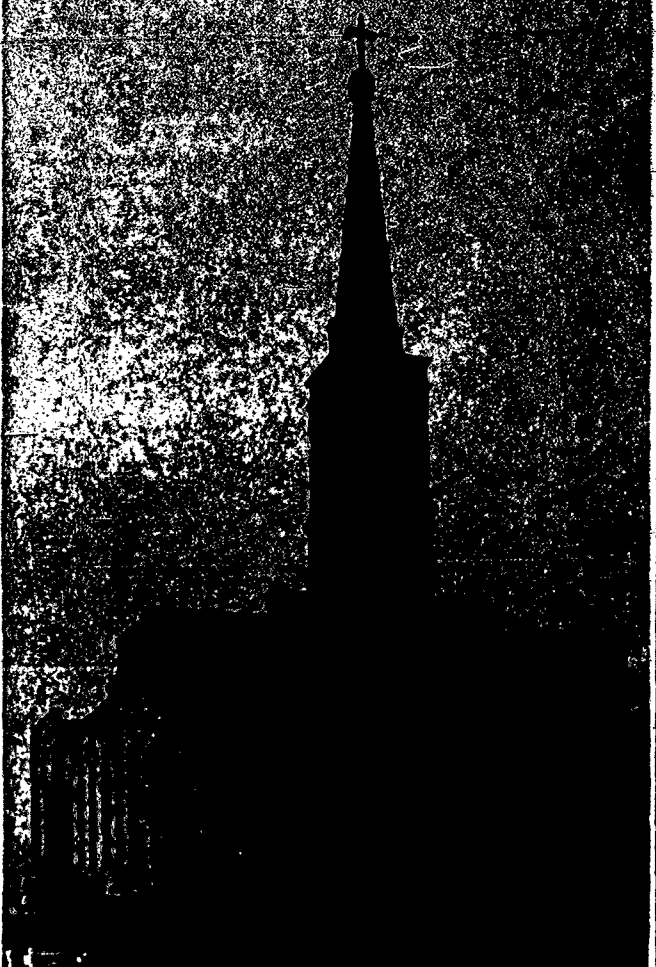
Francis Xavier Veteran Unit: President, Miss Mary Miller; Vice-President, Miss Mary Elizabeth Casey; Treasurer, Miss Corinne Lela; Secretary, Miss Anna Marie Bluffner.

Officers of the John Fisher Unit will be chosen in September. This will enable new members to join the units and will be at a time when more of the old members will be available for a meeting.

The first Fall Meetings of all the units will be held Monday evening, September 15, at 8:00 P. M. and Saturday afternoon, September 27, at 2:00 P. M. in the Glass House on Lake Avenue.

Any member of the Nazareth Academy Alumnae Association who is interested in working for the missions is invited to join one of the units for prayer, study and service which will continue to be their goal. During the past year the group has made bandages for distribution by Rev. Edward J. Garneche, S. J., head of the Catholic Medical Missions and has also assembled silver linens and crocheted slippers and jugs for needy missions. Immediate concern of the units will be for Selma and other home missions.

**CATHEDRAL EXTERIOR BRIGHTENED**



The exterior of the Cathedral of St. Louis, St. Louis, is receiving its first cleaning in 107 years. The historic building is one of three buildings permitted to remain on the river-front site, which will be the new Jefferson Memorial Plaza. It will serve as one of three historic centerpieces in the completed plan. (N.C.W.C.)

**Rockchester Diocesan Council N. C. C. W. 598 Columbus Civic Center**

Congratulations to Miss Laura Schilling, State President of the Catholic Women's Union, on her election to the Vice-Presidency of the National Catholic Women's Union at the Convention held in New York City this past week.

"Bulwarks of Democracy" will be the general theme of N. C. W. C. Study Club Discussions for 1941-1942.

We quote from an article on this subject in the August number of CATHOLIC ACTION by Miss Catherine Schaefer, of the N. C. W. C. Social Action Department:

**DEMOCRACY AND THE DELIGHTS OF CONVERSATION**

Conversation, in most of its forms, is one of the pleasures of life; and the benighted individuals who deem that to be pleasurable must also be idle, are missing a good deal of fun, to say nothing of informal information and development. Naturally unless we are diplomats or psychologists and have some business to discuss, such things, we talk about matters that interest us most. Just now, one subject in everybody's mind, spills over into print and speech, in the public rostrum, on the street, in the club halls and at the tea tables: that is, how shall we preserve and strengthen or reform those elements in our national life which are designed to make us free citizens instead of slave subjects. To be sure, a great many people have a great many different ideas on the subject, and to be sure, history, ethics and common sense, at any rate, "democracy" is something that people want to talk about and in the manner of a "democracy" will talk about, right or wrong.

In the discussion of anything which means as much to us as "democracy," we need a deposit of philosophy and facts. To talk about democracy and how to save it, save it without knowing in somewhat concrete terms what we must save and why is merely to prattle more or less harmfully and to no purpose.

**Democracy Defined**

Consciously or unconsciously, what we mean by saving "democracy" is the preservation and perfection of the Christian view and practice as opposed to these false humanist and materialist views and practices which already have us by the grip, and wherever in the world are working out their logical and devastating conclusions. However, it is not only the deliberate materialist and opportunist among us, the unconscious materialist, who are the danger to Christian view and practice, who need enlightenment. And the combined ignorance of even the most well-intentioned group talking about democracy will never achieve the wisdom necessary to keep it.

With this fundamental concept in mind, the N. C. W. C. Study Club Committee, in its honorable tradition of serving those who want to learn, talk and act, has planned a series of monthly articles for the coming "working" season to act as a basis for all manner of discussion. The general subject of the series is "Bulwarks of Democracy." "Bulwarks" has a nice, concrete sound. What are they?

To survey briefly the particular topics to be treated in the discussion series: The September issue of CATHOLIC ACTION will carry an article for use by speakers, conversation clubs, etc.) during October on the subject of Religion. The article will be preceded by an account of an historical incident illustrating the Catholic contribution to the theory and practice of democracy in the field of religion; the second section of the article will be devoted to an exposition of what religion is, the facts of religion in this country, and why it is necessary to democracy; the third section will contain practical suggestions for action by individuals, but particularly by groups. The same method of treatment will be applied to the remaining subjects in the following months: October (for use in November), Education; November (for use in December), Freedom in Brotherhood, i. e. the rights and duties of the individual in relation to government; December (for use in January), The Family; January (for use in February), The Press; February (for use in March), Unity, stressing particularly the function and value of organization; March (for use in May), Social Justice.

After reading these articles, and we will want to read them, we will wish to talk them over and share them with others; the truth there is in them; because the desire and the need to share the truth is one of our most precious Christian heritages.

**21 Baptisms Result From Woman's Fidelity To Faith**

LONDON—A hundred years or so ago a Catholic girl in Northampton married a Protestant. She was true to her faith, and this is what followed:

Three children were born of the marriage. They were being brought up as Catholics when the mother died.

The father, Mr. Johnston, was about to marry again. For the sake of the children and swayed by the example of his dead wife, he became a Catholic, and his second wife became a Catholic with him. There were 10 children in this marriage and the mother died at the age of 37.

Again the father thought of marriage. His third wife-to-be was received into the Church. This marriage produced five children. The mother died at 74 and the father at 95.

All the 18 children, the father and two of his wives were baptized in Northampton Cathedral, because the first wife adhered to her faith.

**Swallows Desert San Juan Capistrano Ahead of Schedule**

SAN JUAN CAPISTRANO.—San Juan Capistrano's swallows have deserted their posts and flown away to their mysterious home south of the Mexican border, violating a tradition that has been established for more than a century.

The swallows which come to Capistrano each year on St. Joseph's Day have invariably left on St. John's Day, October 23. They departed last week on the eve of the Feast of the Assumption.

The Rev. Arthur J. Hutchinson, pastor of San Juan Capistrano, was at a loss to comment on the irregular departure of the flight.

**JAPANESE ADMINISTRATOR STUDIED IN CANADA**

MONTREAL.—The Rev. Magr. Dominic Fukuhori, recently appointed Apostolic Administrator of the Diocese of Fukuoka, Japan, made his theological studies at the Montreal Seminary of Theology from 1932 to 1938.

A native of Urakami, a Christian settlement said to date from the days of St. Francis Xavier, Monsignor Urakami is 47 years of age. He was ordained in Japan in 1933, and three years later became Rector of the minor seminary at Tokyo. His present diocese numbers about 11,000 Catholics out of a population of nearly 5,000,000.

**2 NUNS, BLOOD SISTERS, GET DEGREES AT RITES**

PITTSBURGH.—Among the 100 students who received advanced and honorary degrees at the summer commencement exercises of Duquesne University here were two nuns who are blood sisters.

Both of them, Sister M. Boniface Killey and Sister M. Claudia Killey, of Watertown, N. Y., received the degree, Bachelor of Education.

In the end there will remain only God, heaven and hell.

**Little Known Facts About Ice Cream**

CALORIES IN POPULAR DESSERTS	
VANILLA ICE CREAM (1/2 CUP)	300
APPLE PIE (1/4" CIRCULAR)	300
BROWN BUNDT (1/2 CUP)	332
ANGEL FOOD CAKE (AVG. SER.)	350
RASPBERRY SHERRAT (1 CUP)	386
NATURAL COOKIES (3 COOKIES)	399
LEMON PIE (1/4" CIRCULAR)	450

MANY people are not aware that most popular desserts are much higher in calories than ice cream.

According to figures recently compiled by the National Dairy Council, an average serving of vanilla ice cream, measuring approximately one sixth of a quart, provides 300 calories. Compare this with 450 calories for a piece of lemon pie or 359 for a serving of angel food cake.

Another mistaken idea about ice cream is that it is "full of air." Air is a necessary ingredient in ice cream, as without it a solid frozen mass would result. Ice cream that did not have air beaten into it would be like bread that had not risen. The principle is similar to that followed in the kitchen when air is beaten into eggs, whipped cream, or meringue.

The combination of lobster or other fish and ice cream is a meal still believed by many to be a cause of indigestion. Scientists have disproved this old belief, stating that if the fish is fresh no harm can result from the combination. Fish is often combined with milk in tasty sea food dishes. Ice cream, a milk product, can be served in the same meal with equal success.

Ice cream is a healthful food containing most of the nutritive elements of milk—protein, minerals, and vitamins. Cream, milk and milk concentrates, sugar, and sometimes eggs, form the basis of all ice cream. The typical proportion of ingredients is about 30% cream and milk products, 15% sugar, 4.5% flavor, 0.5% stabilizer (usually gelatin).

About 4 1/2 billion pounds of milk are used each year to supply the cream and other dairy products used in the twelve hundred million quarts of ice cream which Americans eat annually.

**AS ONE WOMAN TO ANOTHER**

By SUZANNE

HOW much easier it is to smoothen ELECTROLOGIST Specialists. Suffer gradually when you know your underwear is complete. You'll be proud to own a set of underwear, and doubly proud to give as a cherished gift of selected from Smith Ceramics Studios, 907 Monroe Ave. Their displays of crystal, china and novelties are a beauty to behold. Enormously popular is their special lamp department. Stop at Smith's Studios and browse... 907 Monroe Ave.

WHEN the Moths begin to fly the damage has been done. When you find garments or other belongings moth eaten, Empire Tintex Weaving Co. comes to the rescue with their perfect work, re-weaving, darning and otherwise making repairs as necessary on blankets, clothing, etc. 409 Burke Bldg.

ZWEIGLE'S tassy hats and skunkless warm days, save energy and give the necessary food elements so desirable for the maintenance of health. Serve them for breakfast, lunch or dinner or if motoring, you'll find them at your favorite road stand. Ask for Zweigle's, Joseph at Kelley Str. Stone 6944-41

THOMAS F. TROTT... Funeral Director. In your days of sorrow let Mr. Trott's home be your home. 683 Main Street East. Stone 1524.

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**PROVIDENCE DIOCESE TO HAVE NEW MINOR SEMINARY**

PROVIDENCE.—The new Minor Seminary of Our Lady of Providence will open September 13, at Warwick Neck, the Most Rev. Francis P. Keough, Bishop of Providence, has announced. It will be available to candidates both as a day school and as a boarding school.

The training at the seminary will include a thorough secondary education and the first two years of college. It is open to aspirants to the priesthood who have completed elementary, junior high or high school grades.

**Seattle A. C. T. U. Unit Formed**

SEATTLE.—A Seattle Chapter of the Association of Catholic Trade Unionists has been established and temporary officers elected. The Rev. Charles Keenan, S.J., of Seattle College, installed the group's charter at a meeting held in the Catholic Truth Center.

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