

Our Social Swirl

Nuns Sponsor Mission Party

By MARY E. GAUFIELD
A Mission-Benefit Card Party will be given by the Sisters at Nazareth Conservatory of Music in Lake Avenue, Tuesday evening, Nov. 11. Mrs. George D. Bryant is general chairman.

"We realize that the Conservatory building is much too small to house all our guests," those in charge state. "Then, too, some find it more convenient to play at home, so we are requesting those who will be able to come to the Conservatory for the party, to phone Glenwood 1923 or write Nazareth Conservatory, 1017 Lake Avenue, before Nov. 8. We are planning attractive table and other prizes. Those who are unable to be with us may share in the prizes by sending in their tickets marked with their names on or before Nov. 11. Next year we trust that all may be entertained at our new building at Nazareth College in East Avenue."

Former students and friends are cordially invited to attend this party.

Good Shepherd Guild

One of the main social functions providing funds for the charitable program of the Good Shepherd Guild will be the card party, Thursday evening, Nov. 6, at St. Ambrose Hall.

Playing will begin at 8 P. M. Prizes will be awarded.

General chairman is Mrs. Clarence Branch. Assisting are several active committees. Ticket chairman and Co-Chairman are Mrs. Harold Quinn and Mrs. Charles Holman. Prizes are in charge of Chairman Mrs. Walter Groth and Co-Chairman, Miss Frances LeVogue. Heating the cards and tables is Mrs. H. J. Sheehan. Refreshments, Mrs. John Mattie.

Reception Committee includes Miss Leone Ruby, Mrs. William Meisenzahl, Mrs. Roy C. Metzler, Mrs. Raymond Myers, Mrs. George J. Nier, Mrs. Walter Nugent, Mrs. J. Emmett O'Brien, Mrs. Charles Oster, Mrs. Oliver Pasch, Miss Patricia Quigley, Mrs. Michael Rip-ton, Mrs. Edward Rita, Mrs. Max Russler, Mrs. James Sackett, Mrs. S. F. Scinta, Mrs. Nellie Sweeney, Mrs. John Tommerman, Mrs. Mark Toubey, Miss Agnes Twamley, Miss Helen Van Norman and Miss Mary E. Ward.

Catholic Women's Club

A dessert luncheon and bridge party will be held Friday, Oct. 31, at 1:30 P. M. at the Catholic Women's Club, Alexander Street, with Mrs. Joseph P. Flynn, chairman.

The following committee will assist Mrs. Flynn: Mrs. John M. Blackwood, Mrs. John J. Burke, Mrs. R. Edward Delbridge, Mrs. Patrick A. Dwyer, Mrs. Justin J. Flanagan, Mrs. Reginald F. Grieb, Mrs. Arthur J. Hack, Mrs. John R. Hanna, Mrs. Theo. J. Houck, Mrs. Clarence M. Lofink, Mrs. Alfred F. Mahar, Mrs. George L. McKay, Mrs. Leonard A. O'Connell, Mrs. James B. O'Flynn and Mrs. Frederick C. Seldford.

Mercy Thespians Admit 69 To Group

To receive new members into the Thespian Society of Our Lady of Mercy High School, the annual reception meeting was held Thursday. From a number of 120 students who tried out for entrance into this club, Rita Chimera, the president of the association, accepted 69 of these girls.

Members of the Senior Class provided the entertainment by putting on a one-act play, "Never Trust a Man." In the cast were included Betty Jane Marzullo, Ardelia Becker, Nancy Brown, Margaret Mary Conley, Marlette Drechsler and Shirley Aman.

Archconfraternity

Members of the Archconfraternity of the Holy Family of St. Joseph's Church, Single Women's Branch, will have their regular Communion Sunday, Nov. 2.

Breakfast will be served immediately after Mass, at which time the Rev. Francis Dotsler, C.S.S.R., will give a brief conference.

The committee in charge of this affair includes Elizabeth Burkhardt, Bertha Klum, Mary Verhoeven and Rose Weidenborner.

Some men are well-to-do because their friends and them hard to do - Eastern Express.

ROCHESTER DIOCESAN COUNCIL

National Council of Catholic Women
Office - Catholic Evidence Library
Main Floor, Columbus Civic Centre.

The regular meeting of the Rochester Diocesan Council was held Friday evening, Oct. 24, and was largely taken up with plans for the card party to be held in Edwards Auditorium on the afternoon of Wednesday, Nov. 6, for the benefit of the National Catholic School of Social Service in Washington, D. C. Mrs. George A. Schnurr is Chairman, assisted in the arrangements by Mrs. Chas. H. Baker, Miss Cecilia M. Yawman, Mrs. M. H. Keogh, Mrs. Peter J. Carlin, Mrs. Frank J. C. Connor, Mrs. Rosemary Croston, Mrs. Frank T. Curran, Mrs. Wm. Fuehrer, Mrs. Teresa Ganster, Miss Kate L. Kane, Mrs. Joseph P. Schoen and Mrs. Willard Waxman.

Nazareth College in the News

The college girls, on Thursday, Oct. 30, were, ah, shall we say, merely "ghosts of their former selves," at the gay Halloween Party conducted at the campus. Everyone participated in the various affairs with a great deal of enthusiasm; prizes were given for the outstanding costumes, which were judged by the faculty members. To the following committee can be attributed the success of this merry party.

Jean Dunigan was honorary chairman and Betty Hendrick acted as general chairman.

Among those who planned the decorations of the "Spook cellar" were Mary Elizabeth Brennan, Jane Armbruster, Harriet Walton, Helen Collins and Florence Rogan. Irene Wegman and Jane Skivington assisted in decorating the Assembly.

Dorothy O'Malley, Betty Dooley, Rita Fischer, Helen Hammond and Kathleen Maloney arranged so that even the refreshments followed the Halloween theme for cider and doughnuts were on the refreshment committee's list. Katherine Coon and Mary Anne O'Grady completed this committee.

An elimination contest to decide the best costumes was planned by Aynn Miller and Ellen Flynn. Margaret Volpe, Geraldine Iuppa, Mary Honan and Pat Doyle also planned the entertainment.

The clean-up committee consisted of Mary Meisenzahl, Agnes Moynihan, Marilyn Moore, Betty Kegan and Dorothy Argentieri. Also on this committee were Mary Knapp, Carolyn Kelley, Mariette Wickes, Doris Dierdorf and Pat Gleason.

Senior boarders are contributing their share toward the much discussed Co-Op House to be built on the new Campus. Everyone is cordially invited to a Silver Tea to be given at Senior Hall, Sunday, Nov. 2, from 3:30 to 5:30.

Rita Favers, Prefect; Florence Rogan, Vice-Prefect of the Sodality, and Helen Harding were the three Nazareth College representatives at the Sodality Convention in Buffalo, Saturday, Oct. 25. At this meeting, plans were discussed and formed for the forth-coming year.

A gala evening for all on Saturday, Nov. 8! On that night the colorful Italian Festa, the annual festivity of the Italian Club will get into full swing. Arrangements for this event are being capably handled by the committee.

Miss Angeline Guzzetta, Italian professor, will be guest of honor, and Luigina Giola, President of the Italian Club, will be general chairman.

Arrangements have been made by Sandy Fazio, Gertrude DiPasquale and Jean Dunigan. In charge of tickets are Angelina Comfort and Helen Harding, and publicity has been arranged by Connie DiPasquale and Harriet Walton.

Writing invitations has been the assignment of Margaret Volpe and Irene Palone. Grace Pronest, Edna Sorenda and Betty Montana have outlined the program. Alja Pronest and Suzanne DePrez will head the reception line.

Italian pastries, sauces and spumoni are among a few of the delicacies on the menu. Angelica Moracito, Lena Verneti, Helen Macchia and Marie DiGiorgio are on this committee.

Blessing the Lord, exalt Him as much as you can, for He is above all praise.

The average American meal is an unpunished crime. -Carlyle.

The Reception Committee is headed by the following alumnae of the Service School: Miss Mary Cornerford, Miss Hilda Connor, Miss Loretta Courneed, Mrs. Clarence Green, Miss Mary Elizabeth Keogh, Miss Dorothy McGrath, Miss Phyllis McLain, Miss Mildred Wilson and Miss Agatha Young.

Others serving on the Reception Committee are: Mrs. William Bennett, Mrs. Edward A. Brown, Mrs. James Conolly, Mrs. Oliver Coatic, Mrs. L. L. Dollinger, Mrs. Philip Donnelly, Mrs. Thom. M. Driscoll, Miss Marion Dunn, Mrs. John G. Ellis, Mrs. George Farrell, Mrs. Wm. P. Flueger, Mrs. Geo. M. Growney, Mrs. Geo. W. Gurnea, Miss Gertrude M. Hartnett, Mrs. W. F. Harvey of Lima, Mrs. A. J. Heinsie, Mrs. Harry P. Heinsie, Miss Kathryn Howe, Mrs. Richard Kalb, Miss Alice F. Kirk, Mrs. Louis A. Langie, Mrs. Carl H. Loebs, Mrs. Edward J. Lucas, Mrs. John M. McCarthy, Miss Margaret McGovern, Mrs. Robert McGraw, Mrs. W. F. McKittick, Mrs. John C. Magin, Mrs. Wm. Maloy, Mrs. Frank Manning, Mrs. Chas. W. Mayer, Mrs. Frank Moran, Mrs. Homer E. Norton.

Mrs. Geo. O'Grady, Mrs. Harry F. Pierce, Miss Elizabeth Roby, Mrs. Harvey P. Rockwell, Miss Gertrude M. Rogan, Mrs. E. J. Rooney, Mrs. Nora Schaff, Mrs. Chas. Servas, Mrs. Frank Sharer, Mrs. Leo E. Simpson, Mrs. Sarto Stallnecht, Mrs. D. W. Sullivan, Mrs. Dennis J. Tanis, Mrs. Benjamin Thomson, Mrs. Chas. F. Ward, Mrs. Maud F. Ward, Mrs. Geo. T. Welch, Miss Helen Louise Whalen, Mrs. J. B. Whittaker, Miss Aloysia Yawman and Mrs. Edward L. Zimmer.

There will be table and other prizes. Tickets are 40 cents, including tax.

The call has gone out to our Officers and Directors for the annual Convention of the Rochester Diocesan Council to be held at the Seneca Hotel, Rochester, on Monday, Nov. 24.

Next week's CATHOLIC COURIER will give further particulars concerning the Convention.

Mission Card Party Listed Nov. 6

Proceeds to go to the Rev. Maurice Kavanagh, a missionary in China, a large mission card party will be held in Holy Rosary Hall, Lexington Ave., Thursday evening, Nov. 6, at 8:15 o'clock. There will be table and other prizes.

Mrs. Helen Young, general chairman, is assisted by Patrick J. Kavanaugh, Joseph Byrnes, tickets, Leo Zeller; Prizes, Mrs. Otto Sakm, John Young, Mrs. John Mooney; Refreshments, Mrs. John Karp, Mrs. Patrick J. Kavanaugh, Miss Eileen Shannon, Miss Marjorie Clark, Mrs. Patrick Burns. Reception, Louise Brown, Cecelia Kalb, Eleanor Zweigle, Helen Lux, Mrs. Leo Zeller, Charles Bayer, Joseph Gehring. Lunch will be served.

According To The Doctor

No exercise is good unless it is taken regularly. To take a little today and a little next week will be useless. It is the systematic, daily exercise that yields improvement in one's general condition. Five or ten minutes in the morning and the same at night will promote digestion, add vigor, and increase chances for long life.

Exercises of any kind ought to be taken on an empty stomach. They ought further to be sensible and moderate, rather than excessive and violent. Walking is by far the best and most natural form of exercise for anyone. Artificial forms of getting play into the muscles with machines, pulleys, bells, etc., are less effective, and too often tediously dull and uninteresting.

There is exercise in a brisk morning - before - breakfast shower or tub, preferably a cold, at least a cool, one. It thoroughly awakens the sleep-drugged individual and sends him to work alive and able to use his time well, without wasting a few hours in yawning, stretching and wearing off his dopey feeling.

Exercise in the evening, just enough to shake off the nervous tension of the day, likewise makes for gentle and natural tiredness

which is so essential to sound sleep and health.

Exercise further is both an incentive to appetite and good eating habits as it is a little check on the amount of food eaten and the pace of a meal. Less food eaten slowly is far better than the gourmandizing three times a day in a race against the clock.

Exercise will of itself constitute a warning against haste and likewise be a caution against overloading the system with food.



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