250 Children To Compete In Annual St. Anthony's School Field Day

The Third Annual St. Anthony's School Field Day for boys and girls from the first through the eighth grades will take place in Eldridge Park on Tuesday, May 12 from 9 to 4 p. m., under the direction of Physical Director Allie P. Quatrano.

The entire school will hike from St. Anthony's to the park where the field events will be held. All the nuns from the school will attend. It is expected that 250 children will take part in the procession, and will compete in the field events. Each child will bring a lunch.

All prizes are donated by the Rev. Bernard C. Hanna, pastor, who will supervise serving of refreshments consisting of ice cream and other items. He will be assisted by the Rev. Francis H. Vogt, assistant pastor.

Prizes will be awarded for each boy and girl, placing first, second and third in each division. The prizes will consist of appropriate ribbons.

Grades 1, 2 and 3 will compete in the 20 yard dash, ten yard backward race, sack race, soft ball throw for distance, shoe race.

Grades 4 and will compete in the 25 yard dash, 15 yard backward race, sack race, shotput, shoe race and potato relay.

Grades 6, 7 and 8 will compete in the 50 yard dash, 30 yard backward race, broad jump, softball throw for distance, base running for best time, shoe race, shotput and potato relay race.

An Indian baseball game will have the fourth, fifth and sixth grades pitted against the seventh and eighth grade boys and girls. This game was devised by Physical Director Quatrano.

According To The Doctor

TWELVE RULES OF CAUTION

You, and the average person, can do much to avoid being overtaken by the heart disease which follows in the wake of blood pressure. For instance—

1—Ask the family physician for a periodic checkup. If this is done at least once a year, it would be impossible for high blood pressure to appear without detection.

2—If the condition is found, place yourself under a physician's care and follow his advice to the letter.

3—Stop worrying about it. You may live as long as any one else, if you take care of yourself.

4—Have it checked at regular intervals.

5—Get 8 to 10 hours sleep each night.

6—Avoid undue excitement, emotional strain or nervous tension.

7—Plan your day, your work, everything in a steadily paced schedule.

8—Overweight persons MUST reduce, gradually and consistently. Maintain a general well-balanced diet.

9—Eliminate the use of tobacco unless the physician permits it.

10—Alcohol in excess is definitely harmful.

11—Physical exertion may have to be limited very little if at all in cases where the blood pressure readily can be controlled and there is no involvement of the heart. Leave the doctor decide.

12—The types of medication must be left to the discretion of the physician. There are a number of effective preparations ranging from mild to powerful.

A high blood pressure patient who abides by these suggestions faithfully need not worry. Patience and perseverence will bring the desired results, and add long years to an otherwise endangered life.

Mass At Arlington

(Continued from Page 1)

United States Navy Chaplain, and the Rev. Edward McTague, Chaplain at Walter Reed General Hospital, Washington, D. C. Music will be furnished by the choir of the Catholic University of America, Washington.

Inaugurated three years ago, the annual Mass has taken on national significance in honoring the memory of the nation's war dead and the unknown soldier. Following the Solemn Mass in the amphitheater, representatives of 31 national and local Catholic groups will gather at the Tomb of the Unknown Soldier to place wreaths in the name of their respective organizations.

Catholic Rural Life Movemeat

(These articles are released to the CATHOLIC COURIER by the National Catholic Rural Life Conference, 3801 Grand Avenue, Des Moines, Iowa.)

Even though some of the following items may appear off the rural center as such their implications are rural. By which I mean that either their common sense is rural or their nonsense something else.

Mrs. Edward Howard, 80, moved off her land in Iowa by the defense plant, said: "I won't last long if we move to the city."

Invited into a small-town home in Missouri I was much impressed by a framed saying on the dining room wall: "Christ is the Head of this house, the unseen Guest at every meal, the silent Partn'er in every conversation."

I know a farm woman in Wisconsin who invariably says the same homely and hospitable thing at a particular point in the process of giving graciously of her hospitality. By this time she has served of her home-made wine—anywhere from four to twenty years old. She has busied herself between conversations setting the table with dishes and bowls and everything that goes into them — of which there is always much and of great variety. A long blessing is said and then comes that sincere and confident and superfluous little speech: "Now make out your dinner, folks."

Then there is the sophisticated city girl who bragged about the local airport. "How do you know it's the best," I asked. "Of course it's the best. Look at the size of it."

I have a good word for the farmer boy—and so has a certain employer—who was asked: "What positions or jobs have you ever held to qualify you?" He answered, and not without dignity and a conscious just pride: "I was born and reared a farmer. That, sir, is my qualification." It was enough.

I do not know, of course, how sincere the Bell Telephone Company is about this particular advertising slogan, but there is nothing wrong with the slogan itself: "Never too busy to be good neighbors."

Or the real estate company about advertising as follows: "Buy a home on the land and insure your bride's happiness."

Or the restaurant by the side of the road in the state of Washington displaying the sign: "Pies, the kind your mother tried to make and couldn't."

And now I want to answer a question already asked me by four different people: "Why are you so 'confounded' anti-urban?"

The pendulum of opinion can only be shocked or jarred from the other extreme. Because 99 per cent of the people are so "confounded" pro-urban (and for no good reason). Cities will become tolerable and so will my opinion only when they begin to lose about a third of their population to the country. This does not imply any sort of intolerance for city people themselves. ESG.

Charles Tucker Opens Religious Gift Studio

This week Mr Charles A Tucker opened his new Religious Gift Studio at 74 East Ave., opposite Chestnut St Mr Tucker features a full line of Church Goods and Religious Articles, and has also installed one of the most comprehensive Greeting Card departments in Rochester featuring both Everyday, Religious and Mother's Day Cards. Besides the new Studio he will continue to conduct his former branch of the business as the Seminary Bookstore of St. Bernard's Seminary.

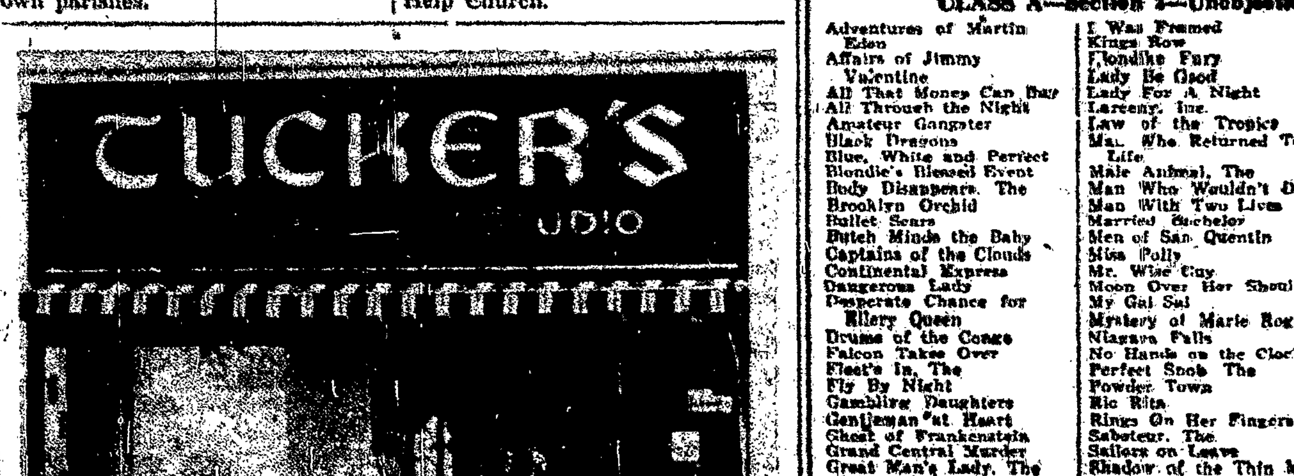
For the past eight years Mr. Tucker has conducted a Church Goods Studio on East Avenue, and has been commissioned to decorate and install the furnishings of many of the new and remodeled Churches in Western New York. He has now extended his activities to include the retail field instead of concentrating solely on sales to the Clergy and Religious. His extensive knowledge of Church Liturgy has won him an excellent reputation as consultant in all matters pertaining to altar appointments of the Church.

In recent months, under the capable direction of Rochester architects, he has been entrusted with the selection of altars, lighting fixtures, stained glass windows, vestments, sacred vessels and statues for St. George's Church, Rochester; St. Ignatius Church, Hornell; St. Charles' Church, Olcott; St. Stanislaus Church, Rochester, and the Chapel of the newly opened Convent of Our Lady of Perpetual Help Church.

Special Retreats Held For Munition Workers

LONDON.—(NC)—Workers in a Scottish munitions factory are attending special retreats arranged for them by the Jesuits at Craighead, Bothwell.

In another Scots factory some workers have formed a praesidium of the Legion of Mary as they are unable to attend meetings in their own parishes.



Here is Attractive store front of the new Religious Gift Studio operated by Charles A. Tucker at 74 East Ave., Rochester.

Finals In Spelling Contest Set Saturday At Geneva

Twenty-four winners of the regional spelling contest sponsored by the CATHOLIC COURIER under the auspices of the Catholic Education Office, will compete for diocesan prizes and honors Saturday morning at De Sales High School, Geneva, at 10:00 a. m. Contests held in six different centers throughout the diocese last Saturday proved keenly interestig and resulted in these winners:

In Auburn, Joan M. Kelley of Holy Family School, captured first prize in that area. Following closely behind, and thereby eligible to compete in the finals this Saturday were: Mary J. Medora of St. Aloysius School, Lillian P. DiMora, St. Mary's School, Auburn and Helen C. Austin of St. Mary's School, Auburn.

Lucy Dagon, St. Ann's School, Hornell, led spellers in the Dansville Contest. Ranking next in order were: Conrad Donovan, and Ernest Daley of St. Patrick's School, Dansville, and Joan Teitsworth, St. Patrick's, Mt. Morris.

In the Elmira area contest, Thomas O'Connor of St. Patrick's School, Owego won the first prize and following him were Josepha Kennedy of SS. Peter and Paul's, Elmira, Jean Fleury, Immaculate Conception School, Ithaca, and Harold Hart of St. Casimir's School, Elmira.

June Shirley of St. Stephen's School, Geneva, spelled down the contestants in that area. The next three in line were Betty Babcock, St. Patrick's, Seneca Falls, Erwin Dowd, of the same school, and Emma Braell, St. Francis de Sales School, Geneva.

Heading the contest of west side schools of Rochester and Monroe County was Eleanor Chapuka of Holy Cross School. Joining her in honors was Edward Meagher of Our Lady of Good Counsel, Theresa Dieter of Sacred Heart School and Marilyn Woodruff of St. Monica's School.

Anna Fleckuck of St. Michael's School won first place in the east side contest, with Doris Kahle, of St. Boniface, Richard Ostrye of Blessed Sacrament and Carl Haselmaier of St. Ambrose School running up.

These contestants will all meet in De Sales High School on Saturday morning. Prizes to be awarded by the CATHOLIC COURIER include a first prize of $10.00, and a second and third [illegible] of $5.00 each. The contestants will be entertained at lunch following the contest.

Novena To Our Lady Of Scapular Opens

NEW YORK.—Led by the Most Rev. J. Francis A. McIntyre, Auxiliary Bishop of New York, 900 persons attended the first service in the new weekly novena in honor of Our Lady of the Scapular at the national shrine here. The service marked the first anniversary of the Scapular Militia. A guard of honor composed of six Catholic soldiers and sailors escorted the Bishop. Scapulars were distributed during the service.

Work overtime; save overtime. Buy U. S. War Bonds every payday.

Holy Name Tourney Summary In May 14

Secretary Irving Nienstimp reports that a summary of winners in the Holy Name Bowling Tournament which closed in Rochester Tuesday, this week, will be available for the May 14 issue of the CATHOLIC COURIER.

National Legion of Decency List

CLASS A—Section 1—Unobjectionable for General Patronage

About Face
Atlas Boston Blackie
Always In My Heart
Arizona Cyclone
Babes on Broadway
Bandit Trail
Bashful Bachelor, The
Below the Border
Birth of the Blues
Blondie Goes To College
Bombay Clipper
Borrowed Hero
Broadway Big Shot
Bugle Sounds, The
Bullets for Bandits
Cadets On Parade
Canal Zone
Castle in the Desert
Close Call for Ellery Queen
Code of the Outlaw
Come On, Danger
Corsican Brothers
Courtship of Andy Hardy
Cowboy Serenade
Dawn Express, The
Dive Bomber
Don't Get Personal
Down in San Diego
Down Rio Grande Way
Driftin' Kid
Dudes Are Pretty People
Duke of the Navy
Fingers at the Window
Flying Blind
Freckles Comes Home
Frisco Lil
Gentleman from Dixie
Ghost Town Law
Gold Rush, The
Great Guns
Heart of the Rio Grande
Hello Annapolis
Hold That Ghost
Home in Wyomin'
House of Errors
Jesse James, Jr.
Kid Glove Killer
Law of the Jungle
Law of the Timber
Let's Go Collegiate
Lone Rider in Cheyenne
Lone Star Ranger
Mad Martindales, The
Mayor of 44th Street
Melody Lane
Mississippi Gambler
Mr. Bug Goes To Town
Mister V
Mokey
My Favorite Blonde
Nazi Agent
North of the Rockies
Obliging Young Lady
Pacific Blackout
Parachute Battalion
Private Snuffy Smith
Raiders of the Range
Reap the Wild Wind
Ride 'Em Cowboy
Riders of the Purple Sage
Right To The Heart
Road Agent
Rolling Down the Great Divide
Roaring Frontiers
Scattergood Rides High
Secret Agent of Japan
Secrets of the Lone Wolf
Ships With Wings
Small Town Deb
South of Santa Fe
S O S Coast Guard
So's Your Aunt Emma
Stage Coach Express
Suicide Squadron
Sundown Jim
Sunset on the Desert
Target for Tonight
Tarzan's Secret Treasure
Texas Manhunt
They Died With Their Boots On
They Met Again
This Time For Keeps
Thunder River Feud
To the Shores of Tripoli
Tramp, Tramp, Tramp
Treat 'Em Rough
True to the Army
Twilight on the Trail
Under Fiesta Stars
Unseen Enemy
Vanishing Virginian, The
What's Cookin'
When Knights Were Bold
Whispering Ghosts
Wiocargi
Yank on the Burma Road, A
Young America
You're in the Army Now

CLASS A—Section 2—Unobjectionable for Adults

Adventures of Martin Eden
Affairs of Jimmy Valentine
All That Money Can Buy
All Through the Night
Amateur Gangster
Black Dragons
Blue, White and Perfect
Blondie's Blessed Event
Body Disappears, The
Brooklyn Orchid
Bullet Scars
Butch Minds the Baby
Captains of the Clouds
Continental Express
Dangerous Lady
Desperate Chance for Ellery Queen
Drums of the Congo
Falcon Takes Over
Fleet's In, The
Fly By Night
Gambling Daughters
Gentleman at Heart
Ghost of Frankenstein
Grand Central Murder
Great Man's Lady, The
H. M. Pulham, Esq.
Honolulu Lu
I Killed That Man
I Was Framed
Kings Row
Klondike Fury
Lady Be Good
Lady For A Night
Larceny, Inc.
Law of the Tropics
Man Who Returned To Life
Male Animal, The
Man Who Wouldn't Die
Man With Two Lives
Married Bachelor
Men of San Quentin
Miss Polly
Mr. Wise Guy
Moon Over Her Shoulder
My Gal Sal
Mystery of Marie Roget
Niagara Falls
No Hands on the Clock
Perfect Snob, The
Powder Town
Rio Rita
Rings On Her Fingers
Saboteur, The
Sailors on Leave
Shadow of the Thin Man
Shepherd of the Hills
Shot in the Dark, A
Shut My Big Mouth
Ship Ahoy
Sing Your Worries Away
Skylark
Sleepers West
Sleepytime Gal
Spoilers, The
Strange Case of Dr. X
Sunday Punch
Sundown
Sun Valley Serenade
Suspicion
Swing It Soldier
There's One Born Every Minute
This Gun For Hire
This Was Paris
This Woman Is Mine
To Be or Not To Be
Today, I Hang
Too Many Women
Topper Returns
Tragedy at Midnight, A
Two Yanks in Trinidad
Unfinished Business
We Were Dancing
When Ladies Meet
Who Is Hope Schuyler?
Woman of the Year
Yokel Boy
You Belong to Me
You'll Never Get Rich

CLASS B—Objectionable in Part

Almost Married
Aloma of the South Seas
Bahama Passage
Bedtime Story
Blues in the Night
Call Out the Marines
Confessions of a Cheat, The
Dance Hall
Escort Girl
Gambling Lady
Gentleman After Dark, A
Gone With the Wind
Honky Tonk
I'll Sell My Life
In This Our Life
Lady Has Plans, The
Lady In Distress
Lady Is Willing, The
Louisiana Purchase
Major Barbara
Man Who Came To Dinner
Monster and the Girls, The
Moontide
Navy Blues
Night Before the Divorce
Not A Ladies Man
Our Wife
Out of the Fog
Pasha's Wives, The
Roxie Hart
Shanghai Gesture
So Ends Our Night
Sullivan's Travels
Swamp Woman
Three Girls About Town
Three Hearts
Time in the Sun
Too Many Girls
Tuttles of Tahiti
Two-Faced Woman
Wife Takes A Flyer, The

CLASS C—Condemned

City of Sin
Damaged Goods
Daybreak
Fighting the White Slave Traffic
Human Wreckage
It's All in the Mind
Lash of the Penitentes
Marriage Forbidden
Nine Bachelors
No Greater Sin
Pepe le Moko
Reefer Madness
Race Suicide
[illegible] (French)
Sinful Neighbors
Stolen Paradise
Time in the Sun