

Nocturnal Vigil Hours Shortened In Geneva For Duration

GENEVA. Announcement has been made that the hours for the monthly vigils or prayer services of the Nocturnal Adoration Society which includes men of St. Francis de Sales and St. Stephen's parishes, will be shortened for the duration of the war.

The first vigil under the new schedule was conducted at St. Francis de Sales church on Saturday evening August 23, from 10 o'clock until midnight, instead of from 9 p. m. to 6 p. m. as formerly.

The change in the time was made due to the war time emergency. All men regardless of religious affiliations are invited to come and spend an hour of prayer in the church. There are no dues or financial obligations involved.

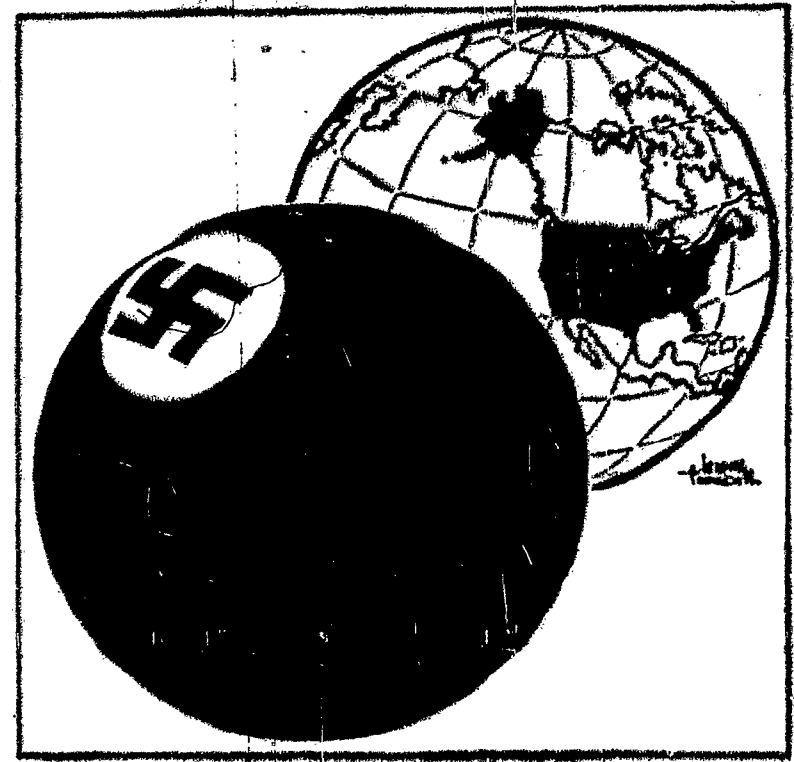
U. S. HERO AT DIEPPE ATTENDED PARISH SCHOOL

HILLSDALE, N. J. Capt. Francis Hill, U. S. Army flier credited in dispatches with being the first American aviator to down an enemy plane in the recent United Nations' air raid on Dieppe, received his primary education at St. Andrew's School, Westwood, N. J.

His parents, Mr. and Mrs. Frederick L. Hill, who reside here, said Captain Hill joined the Army Air Corps in 1930. As a second lieutenant, in September, 1940, he was seriously injured at Jackson, Miss., when the landing gear of his plane became out of order.

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A FEW EXTRA MINUTES

By LUCIA MALLORY

Issued by the National Kindergarten Association, 8 West 40th Street, New York City. These articles are appearing weekly in our columns.

"Will you please go to the store and get a loaf of whole-wheat bread for me, Alice?" my sister-in-law called to her daughter, who was working at the sewing machine, making a dress for her little sister.

I was visiting in my brother's home.

"All right, Mother," Alice promised. "I'll go just as soon as I finish these ruffles."

"It's rather you would go now, Alice," her mother replied a little wearily. "You know what happened the last time."

Alice pushed her sewing aside with a wry smile. "I didn't get the bread home in time for Daddy's lunch, and he had to eat crackers and milk instead of sandwiches. I'll go right now, Mother, so lunch will be ready a few minutes early."

"Thank you, Daughter!" Her mother looked relieved as she turned back to the salad she was preparing. "I'm trying to get the whole family into the habit of giving themselves a few extra minutes instead of always being hurried and late," she said to me.

"It was my fault as much as Alice's that her daddy failed to have a good lunch that day when we had no bread," she explained. "When he went back to work after eating that skimpy lunch, I just sat down and took stock of myself and my home. I used to think I could do things in no time at all. You know how I worked my way through college, doing everything that came to hand, and managing to get through it all with reasonable success."

"All of your friends wondered how you ever accomplished so much, Beatrice," I interposed. "You made excellent grades and kept your health at the same time."

"I've found out that being a mother is entirely different from being a student or a business woman," Beatrice continued. "One has to plan a schedule that is flexible enough to allow for interruptions. Home should be a restful place for all the family. There cannot be much repose in a home if the mother is always hurried and hurried."

"I decided that the cure for too much hurrying was to simplify my work as much as possible and give myself a few extra minutes for each task. Some days I leave work undone that I used to think was absolutely necessary. If I try to push myself through every minute of the day there is an atmosphere of strain that is actually a menace to health."

"I have found that the children can help me a great deal. Alice likes to cook and to sew and even Betty Anne is not too young to set the table, wipe dishes, and dust the furniture. Kenneth runs the vacuum cleaner and uses the dust mop for me whenever he has time. I rise a few minutes earlier than I used to do, plan my meals and then order my groceries as soon as the store is open, and I do not wait until almost noon to start getting lunch."

"Not even when you have a talkative visitor to take your time," I smiled, looking up at the clock to see that the hands showed ten minutes to twelve. "May I set the table for you?"

"Yes, thank you, Lucia," Beatrice replied. "The salad is ready and here comes Alice with the bread. I can't get the bread Daddy likes until after half past eleven. We shall not be late, because I gave myself more than the usual num-

Postoffice Rules On Christmas Mail Going To Members of Armed Forces Abroad

Arrangements have been made by the Post Office Department in cooperation with the War and Navy Departments for the acceptance of Christmas parcels for members of our armed forces serving outside the continental United States in order that such parcels may reach the addressees on time and in good condition.

Time of Mailing—Christmas parcels and Christmas cards should be mailed during the period beginning October 1 and ending November 1, 1942—the earlier the better. Each gift parcel should be enclosed "Christmas Parcel."

Size and Weight—Shipping space is urgently needed. Therefore, Christmas parcels shall not exceed 11 pounds in weight or 13 inches in length or 12 inches in length and girth combined. The public is asked to cooperate by voluntarily restricting the size of such parcels to that of an ordinary shoe box and the weight to 6 pounds. The members of the armed forces are amply supplied with food and clothing and mailers are urged to not include such items in gift parcels. Not more than one Christmas parcel or package will be accepted for mailing in any one week when sent by or on behalf of the same person or concern to or for the same addressee.

Preparation—Owing to the great distance this mail must be transported and the handling and any storage it must undergo, it is absolutely necessary that all articles be packed in substantial boxes or containers and be covered with wrappings of sufficient strength to resist the pressure of other mail that may be piled thereon in long transit. Furthermore, as each parcel is subject to censorship, delay in handling may be minimized by securing the covering of the parcel so that the contents may be readily inspected. Combination packages

such as miscellaneous toilet articles, hard candles, soaps, etc., should be tightly packed, in order that the several articles may not be loosened in transit, damaging the contents of the parcel itself or causing damage to the cover of the parcel. Christmas boxes should be enclosed in substantial containers. Candles in thin pasteboard boxes should be enclosed in wood, metal, or corrugated pasteboard. Sealed packages of candy, cigars, tobacco and toilet articles in simplest mercantile form may be enclosed within parcels without affecting the parcel post classification of such packages. Sharp-pointed or sharp-edged instruments, such as razors, knives, etc., must have their points or edges protected so that they cannot cut through their coverings and damage other mail or injure postal employees.

Perishable Matter — No perishable matter should be included in any parcels.

Prohibited Articles — Intoxicants, inflammable materials (including matches of all kinds and lighter fluids) and poisons, or compositions which may kill or injure another, or damage the mails, are unmailable.

How To Address Parcels — Addresses must be legible. Parcels addressed to overseas Army personnel should show, in addition to the name and address of the sender, the name, rank, Army serial number, branch of service, organization, A. P. O. number of the addressee and the post office through which the parcels are to be routed, as, for instance, "c/o Postmaster, New York, New York."

Parcels for Navy personnel should show, in addition to the name and address of the sender, the name, rank, or rating of the addressee and the naval unit to which the parcels are to be routed, as, for instance, "c/o Postmaster, New York, New York." Parcels for members of the Marine Corps should show the rank or rating, full name and U. S. M. C. U. S. Marine Corps Unit No. (insert appropriate number), c/o Postmaster, New York, New York, or San Francisco, California (as instructed by correspondent) for any Marine Corps Unit located overseas. Units located within the continental United States may be addressed direct, using name, rank, organization and location.

Postage — Postage must be fully prepaid, the rate on parcels of fourth-class matter (that is, parcels exceeding 8 ounces) being the zone rate applicable from the post office where mailed to the post office in care of which the parcels are addressed. The third-class rate of 1 1/2 cents for each two ounces applies to packages not exceeding 8 ounces, except in the case of books, on which the rate is 1 cent for each 2 ounces.

Parcels containing only books conforming to the requirements prescribed therefor are acceptable at the special rate of 3 cents a pound. Stickers or labels resembling postage stamps are not permissible on the outside of parcels.

Permissible Additions — In addition to the name and address of the sender, which is required, inscriptions such as "Merry Christmas," "Please do not open until Christmas," and the like, may be placed on the covering of the parcel in such manner as to not interfere with the address, or on a card enclosed therewith. Books may bear simple dedicatory inscriptions not of a nature of personal correspondence.

Insurance and Registry Services — Mailers are advised to insure their gifts of more than ordinary value. Articles of considerable value, especially those of small size, should be sealed and sent first class registered mail.

Use of Money Orders — It is recommended that postal money orders be used to transmit gifts of money to members of the armed forces outside the continental United States. With regard to cash remittances, at many places where such forces are stationed there is a local prohibition against the importation of United States money, and it could not be used if received. However, domestic postal money orders can be cashed at A.P.O.'s wherever they are located, and they are paid in local foreign currency at the rate of exchange in effect on the date the orders are presented.

According To The Doctor

SCHOOL AGAIN

Here it is September, and the kiddies will soon be back in school. No need, particularly, to remind fond pappy and mom that now is the time to see that the lads and lassies will be ready for school—insofar as their general health is concerned. But one reminder, perhaps, on top of the many others from many sources, will not be taken amiss.

The youngsters will get along in school much better and very well if their physical condition is given a routine check now. Perhaps a corrective is needed in the way of glasses—it may save precious eyesight in later years, and it may ease the way in school work. Perhaps, little dental ailments are coming in evidence. They can be taken care of now.

Defective hearing is a frequent handicap to young children. Have the matter looked into if your child seems a little dull and listless, slow to catch on. Muscular defects need attention, even if they are so slight as to be scarcely noticeable.

There may be nothing patently wrong with your child, to your own eyes. But little symptoms that go unheeded may catch the trained attention of a doctor. They may or may not develop into serious matters in later years. But why take a chance? A check-up will be inexpensive insurance against such mishaps. Little things can be easily, often painlessly and readily corrected, and children sent to school in the knowledge that things beyond their control will not handicap their progress nor undermine their health.

Award Scholarship

KITCHENER, Ont.—The \$1,000 annual scholarship awarded by the Catholic Women's League of Canada for a two-year course in social science has been given to Kathleen Walsh, of Saskatoon, announcement of the award was made by Mrs. P. J. Garry, president of the C. W. L. Miss Walsh is an Arts graduate of the University of Saskatchewan.

Good Conscience

"Keep a good conscience and thou shalt always have gladness. Sweetly wilt thou rest if thy heart blame thee not. The gladness of the just is from God and in God, and their joy is in the truth."

ber of extra minutes to make up for the time I'd spend talking with you!"

National Legion of Decency List

Table listing various films and plays under different categories: CLASS A—Section 1—Unobjectionable for General Patronage, CLASS A—Section 2—Unobjectionable for Adults, CLASS B—Unobjectionable in Part, and CLASS C—Censored.