

Example of Cross
 Here is the example of the Cross. We are told "there is no wood so apt to kindle the fire of divine love as the wood of the Holy Cross."

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today's **GENESEE**



Priest-Admiral

Rear Admiral Georges Thierry d'Argenlieu, High Commissioner of the Fighting French for Pacific Possessions, who visited the United States en route to General De Gaulle's headquarters in London. A graduate of the French Naval Academy, he commanded a submarine in World War I. Following that war he studied for the priesthood and was ordained in the Carmelite Order. When World War II started he was a Provincial in his Order, but was called back to the French naval service. He has been cited for distinguished service and heroism. (N.C.W.C.)

The Church Meets War

(Continued on Page 15)

lance equipment.

Civilian defense is another field in which many nuns are active. One of them, Sister Madeline, a Sister of Charity of St. Paul, is credited with being responsible for making Santa Cruz, Calif., one of the model defense cities of the coast. She campaigned among civic groups and argued with the police chief until defense officials established an efficient protection system. This was right after Pearl Harbor.

Today, not only the nuns in Santa Cruz but many thousands through the country have received training in meeting air raid emergencies and in co-operating with civilian defense authorities to safeguard the millions of children attending Catholic parochial and high schools.

AIR RAID WARDENS

One of the largest, and certainly one of the most unusual, groups of air raid wardens to graduate in the nation were 684 black-robed nuns representing 22 religious orders who recently received their certificates in St. Louis, Mo., after completing an average of 20 hours in fire and gas defense, first aid and blackout protective work. "The Axis powers have no respect for religion, so we must be prepared and alert for any eventuality," Mayor William Lee Becker observed as he distributed the official OCD air raid warden bands to the graduates.

Many Sisters, especially members of teaching Orders, have taken first aid courses. Five hundred Sisters, Servants of the Immaculate Heart of Mary, took such courses at their motherhouse at Monroe, Mich. A smaller number of Sisters of St. Joseph at Nazareth College, Rochester, underwent the same training. At Natchez, Miss., Holy Ghost Sisters and Sisters of Charity have taken advanced courses. In the Civil War period, it is recalled, the Sisters of Charity in Natchez aided the sick and wounded in both armies and were tireless and fearless nurses in the yellow fever epidemic.

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SEVEN WAYS
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- COOKING
- HEATING
- REFRIGERATOR
- WATER HEATING

- 1—NEVER USE GAS RANGE OR OVEN TO HEAT THE KITCHEN.
- 2—Adjust and clean burners so that flame is blue, not yellow.
- 3—Cook as many one-burner meals as possible. Don't let flames lick around edges of utensil. Don't turn on gas till it is needed. Turn it off as soon as cooking is finished.
- 4—Plan complete oven meals (we'll send menus and recipes on request). Cook vegetables in small amounts of water (this also preserves vitamins). Roast at low temperatures (this also prevents meat shrinkage).
- 5—Keep door of gas refrigerator closed when not in use. Never store warm food in refrigerator.
- 6—Don't let hot water faucets drip. Repair leaky faucets promptly. Don't use water hotter than necessary, nor hot water when cold will do. Don't let hot water run while washing dishes.
- 7—Keep room temperatures at minimum necessary for health and comfort. Make the house airtight through insulation, storm sash, weatherstripping and caulking. Reduce night temperatures to 65 or lower.

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