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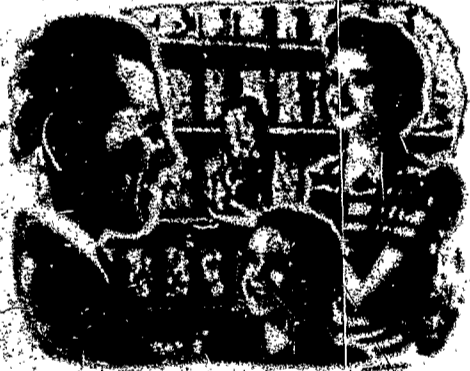
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The vegetables and fruits that you can this summer will put many extra coupons in your food ration books next winter. Raise vegetables in your own Victory Garden. Get fresh fruits from the markets. Can them the easy R. G. & E. Home Service Way.

ATTEND THESE FREE CANNING DEMONSTRATIONS

Every Monday evening at 7:30 and every Wednesday afternoon at 2 the R. G. & E. Home Service Kitchen will give special free canning demonstrations. You are cordially invited to attend any or all of the following demonstrations.

May 17 and 18 . . . Jam, Jelly and Fruit Juices
May 24 and 25 . . . Drying, Pickling, Salting, Storage
June 7 and 8 . . . Omelet Canning and Boiling Water Bath

ASK FOR THE FREE CANNING BULLETIN

Rochester Gas and Electric

**Colorful Rites To Mark
May Day At Nazareth**

By DORIS DUNLEA

The ninth annual May Day will be held at the Nazareth College campus, May 17, with all its traditional beauty and colorfulness.

The program for the day will commence with the celebration of Mass by the Most Rev. James M. McCarry. A procession of the children in cap and gown and the crowning of the Blessed Virgin at each of the class and Socially classes will complete the morning schedule. The theme of the social class which will be The Prayer Front and Edith Wilson will represent the Blessed Virgin. The Junior class singing is entitled The Fighting Front and Patricia Goodwin will portray the Virgin. The Labor Front is the title of the sophomore class with Janet Melson as Our Lady. The freshman class will present The Home Front.

At 3 P. M. the crowning of the May Queen will take place. The identity of the May Queen and her senior attendants will be disclosed. Her other attendants will be Virginia Gould and Virginia Sullivan, juniors; Jane Lally and Dorothy Smith, sophomores, and Helen Mary Bowman and Eileen Farley, freshmen. Surrounded by her flower girls and pages the Queen will take her place on the throne, where she will receive the crown from Charles Martens, president of the Undergraduate Association.

Hansel and Gretel, adapted by Virginia Sullivan, junior, and directed by Miss Rita Scott of the speech department, is the title of the pageant which will follow. Kay Carter will be the narrator. Kay Foley will portray Hansel and Betty Fearon, Gretel; Shirley Woodman, Peter; Helen Spain, Gortrud; Rosemary Doolley, the witch; Angelina Valenza, the dwarf; and Catherine Fischer, the sandman. Other members of the cast include Rita Meyers, Helen Dorchak, Corinne Freer, Betty Kegan, Marie Murphy, Mary Farrell, Mildred Clark, Agnes O'Herron and Beverly Jones.

The May Pole Dance will complete the program. The dancers will be Mary Jane Hendrick, Helen Grubosky, Geraldine Vandewater, Dorothy O'Malley, Helen Dorchak, Eileen Mahoney, Virginia Klee, Lois Stoller, Joan Dugan, Mary Ann Ludwig, Helen Maxwell and Margaret McDermott.

The Sister Class Banquets between the senior-sophomore classes and the junior-freshmen classes will complete the day. Pat Barry is honorary chairman and Florence Sims is general chairman for the event.

Cinderella Ball

A Cinderella Ball, under the auspices of the Sodality, will be the highlight of "last minute" events of the school year. The dance will be held at the college ballroom, May 16, with the cadets of the Army Air Corps as guests. Jack Shepherd and his orchestra will play for the Ball which will start at 8 P. M. and end at the stroke of 12.

Mary Jane Hendricks is honorary chairman and Jean Foley, general chairman. The chairman of the committees include: Mary Francis Nieder, invitations; Edith Wilson, orchestra; Mary Honan, arrangements; Margaret Dunlop, refreshments; Mary J. Schwartz, decorations; Rosemary Welch, checking, and Corinne Freer.

Victory Recipes

Consumer Committees, County, City, War Councils

RECIPES TO USE IN PLACE OF POTATOES IN THE FAMILY MEALS

SOUTHERN SPOON BREAD

1/2 cup corn meal, 1/2 tsp. salt, 2 cups boiling water, 1 tsp. baking powder, 4 Tbsp. melted margarine, 3 eggs well beaten, 1 cup milk.

1.—Add salt to boiling water in saucepan, stir in corn meal and cook until mush is formed.
2.—Cool slightly, fold in remaining ingredients.

3.—Turn into greased casserole; bake in moderate oven (350°F) 40 to 50 min.

4.—The Southern Spoon Bread takes the place of potatoes and should be served on the dinner plate with meat. Serves six.

FRIED CORN MEAL MUSH

1/2 cup corn meal, 1/2 tsp. salt, 3 cups boiling water.

1.—Stir corn meal into boiling salted water in top of double boiler; stir until mixture thickens and

CONCERT PROGRAM SET

The general chairman, Helen Hammond and Mary J. Schwartz, of the combined glee club and orchestra concert to be held at the college auditorium, May 14, have announced the program to be presented. It will include: Lullaby Love Call of Romberg, The Flower's Hymn by Davis, and excerpts from Wagner's operas.

Clasico Martens will present a trumpet solo. The Southern Cross by Gary, Geraldine Vandewater will render the Ave Maria of Schubert and Trepak by Tschalkowsky on the marmite. Vocal soloists will be Antoinette Luraschi, singing O Lovely Night by Ronald and accompanied by Pat Doyle; Betty Kegan and Helen Dorchak, Waters Ripple and Flow; Florence McGinnis, I Am Thy Mary by Woodman, and accompanied by Geraldine Vandewater and Marie Murphy, the Berceuse from Jocelyn by Godard.

The Catholic Mother



Mrs. Leo A. Dehner, of Burlington, Ia., who has been selected the "Catholic Mother of 1943" by the National Catholic Conference on Family Life. She is the mother of eight children, three of them in religion and three in the armed forces. (N.C.W.C.)

ROCHESTER DIOCESAN COUNCIL

National Council of Catholic Women
Office—Catholic Evidence Library
Main Floor—Columbus Civic Centro

At the request of Rochester Red Cross, our Rochester Deanery secretary is sending a letter to representatives of our Catholic organizations urging their members to sign up for the Red Cross Home Nursing Course.

This course is designed to increase the individual's resourcefulness in the prevention of illness, the promotion of personal, family and community health, and the home care of the sick in the event of minor illness and emergencies. Physicians, nurses, dentists and dietitians are being withdrawn in increasing numbers from civilian to military service to give essential care to our ever expanding military personnel. Because of the acute shortage of nurses, thousands of young women are being recruited as students in nursing schools to help fill the gap and supplement the work of professional nurses in hospitals and clinics.

Young women are being trained as volunteer nurse's aides. But this is not enough. At least one member in every family should learn how to handle his own and his family's health and sickness problems more effectively. The

Red Cross Home Nursing course provides this opportunity to strengthen and fortify the home front by showing Mr. and Mrs. Average Citizen what to do when "they're on their own."

The course offers the individual an opportunity to learn:

- 1.—Simple nursing procedures that help the homemaker keep a sick person clean, comfortable and well nourished. Nursing care is always given under the orders of the physician.
- 2.—How to recognize early signs of illness and what to do to protect members of the family from communicable disease.
- 3.—How to take care of infants and young children.
- 4.—Those measures which protect the health of the individual, the family and the community.

Sight-Seeing Restricted At St. Peter's Basilica

LONDON.—Restrictions on sight-seeing in St. Peter's, Rome, have been issued by Cardinal Teatichini, Archbishop of the Basilica, Vatican Radio announced.

In the future sight-seers will not be admitted before 10 A. M. on ordinary days and before 1 P. M. on certain major feast days. Visits will be forbidden altogether when solemn functions are taking place in the Basilica.

Wipe then cover and cook over boiling water for 1/2 hour.

1.—Pour mush into wet bread pan about 7-8 inches or into 2 wet baking powder cans, 1 lb. size.
2.—Cook, let stand until firm and chilled.

3.—Turn out of pan or can, slice 1/2 inch thick, dip in flour.
4.—Heat small amount bacon fat or other meat drippings in heavy frying pan and fry mush on both sides until golden brown.
5.—Add a little more fat from time to time as additional slices are browned. Too much fat in beginning causes slices of mush to break and not brown.

6.—Serve with dinner meat with gravy or with syrup for breakfast with crisp bacon. Serves 6—about 15 slices.

GNOCCHI

1.—Prepare corn meal mush as for Fried Corn Meal Mush and mold in bread pan. Cut in 1-inch squares.

2.—Arrange in 1 quart casserole dish, using 1/2 lb. cheese sliced over each layer of mush and season with salt and pepper.

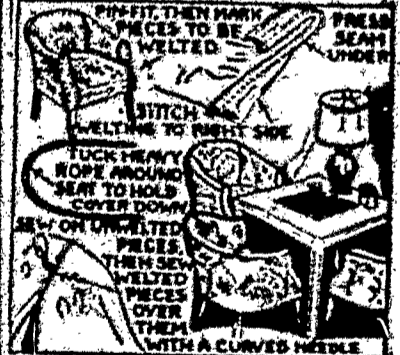
3.—Add 1 cup milk, cover and bake in a moderately hot oven (400°F) 20 minutes. Uncover, bake until brown, allow 15 minutes.

They are troubled about many things. But one thing is necessary.

ON THE HOME FRONT

MAKING SEW-ON CHAIR COVERS

Sew-on covers of chintz or other smart cottons are always neat and trim and, since the pieces are all sewn to the old upholstery of the chair with rather long stitches, it



is not difficult to remove the cover for washing or cleaning. It washed at home it is much easier to handle separate pieces than an entire slip cover.

A sew-on cover should be fitted with a 4-inch tuck-in around the spring seat and 1-inch seam allowances. Use tailor's chalk to mark stitching lines and indicate pieces to have welting stitched to edges. Here, welting is used for the side seams of the inside center back section; across the front of the seat; for the top and bottom of the outside; and all around the front of the arm sections. The sketch shows how welting and un-welting pieces are sewn in place. The welting hides the stitches if you use heavy duty thread matching the cord covering.

NOTE: The new BOOK 10 of the series of booklets offered with these articles gives other valuable pointers on making both sew-on covers and removable slip covers. Book 9 gives directions for repairing the springs of chairs before covering them. Book 8 and 14 are 15c each plus 2c each to cover postage and handling. Send requests for booklets direct to Mrs. Spears, Drawer 133 Bedford Hills, N. Y. (C.W.C.)