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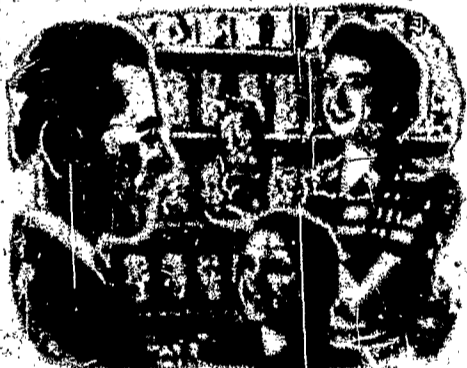
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The vegetables and fruits that you can this summer will put many extra coupons in your food ration books next winter. Raise vegetables in your own Victory Garden. Get fresh fruits from the markets. Can them the easy R. G. & E. Home Service Way.

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 19... Jams, Jellies and Fruit Juices
- May 24 and 26... Drying, Brining, Salting, Storage
- June 7 and 9... Oven Canning and Boiling Water Bath

ASK FOR THE 1943 CANNING BULLETIN

Rochester Gas and Electric

Colorful Rites To Mark May Day At Nazareth

By DORIS DUNN

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 E. Keenan. A procession of the students in cap and gown and the crowning of the Blessed Virgin at each of the class and Sodality shrines will complete the morning schedule. The theme of the senior class shrine will be The Prayer Wreath and Edith Wilson will represent the Blessed Virgin. The junior class shrine is entitled The Fighting Front and Patricia Goodwin will portray the Virgin. The Labor Front is the title of the sophomore shrine with Janet Mel-senzahl as Our Lady. The freshman class will present The Heavy 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 Bauman and Elleen Easton, freshmen. Surrounded by her flower girls and pages the Queen will take her place on the throne, where she will receive the crown from Clarissa 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 Culler will be the narrator. Kay Foley will portray Hansel and Betty Fearon, Gretel; Shirley Woodman, Peter; Helen Spahn, Gertrude; Rosemary Dooley, the witch; Angeline Valenza, the dwarf; and Catherine Fischer, the sandman. Other members of the cast include Rita Meyers, Helen Dorohak, Corlino Freer, Betty Keegan, 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 Hendelick, Helen Grabosky, Geraldine Vandorwater, Dorothy O'Malley, Helen Dorohak, Elleen 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 hall room, May 15, 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 Hendelicks 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 Dunlay, refreshments; Mary J. Schwartz, decorations; Rosemary Welch, checking, and Corlino 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, 1/4 tsp. 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, 2 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 Harmand 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 Indian Love Call of Romberg, The Columbia Sig by Davis, and excerpts from Wagner's operas.

Clarissa Martens will present a trumpet solo, The Southern Cross by Clark, Geraldine Vandorwater will render the Ave Marie of Schubert and Trepak by Tschalkowsky on the marimba. Vocal soloists will be Antoinette Laraschi singing O' Lovely Night by Ronald and accompanied by Pat Doyle, Betty Keegan and Helen Korchak, Wakara Kippie and Elleen Easton, McMillin, I Am Thy Mary by Woodman, and accompanied by Geraldine Vandorwater and Marie Murphy, the Berceuse from Sweeney by Colard.

ROCHESTER DIOCESEAN COUNCIL

National Council of Catholic Women

Office—Catholic Evidence Library

Main Floor—Columbus Civic Centro

At the request of Rochester Red Cross, our Rochester Diocese 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 until supplemental 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

Sight-Seeing Restricted At St. Peter's Basilica

LONDON. — Restrictions on sight-seeing in St. Peter's, Rome, have been issued by Cardinal Tardini, 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.

Build their cover and cook over boiling water for 1/2 hour.

2.—Pour mush into wet bread pan about 7x3 inches or into 2 wet baking powder cans, 1 lb. each, and chilled.

3.—Cook, let stand until firm and chilled.

4.—Turn out of pan or can, slice 1/2 inch thick, dip in flour.

5.—Heat small amount bacon fat or other meat drippings in heavy frying pan and fry mush on both sides until golden brown.

6.—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.

7.—Serve with dinner meal 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.—Luke, X, 41, 42.

The Catholic Mother



Mrs. Leo A. Deh 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.)

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."

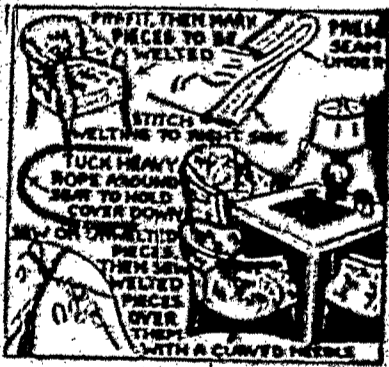
The course offers the individual an opportunity to learn:

- 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.



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. If washed at home it is much easier to handle separate pieces than an entire slip cover.

A sew-on cover should be finished with a 1/2-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 by 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 sewn 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 10 are 10c each plus 2c each to cover postage and handling. SEND NO QUOTE for booklets direct to Mrs. Spears, Drawer 123, Bedford Hills, N. Y.—(Copyright)