

Chase After Glamor Takes Time From Catholic Women's Duties

Admitting that it is every woman's inalienable right to look her best at all times, a professional woman, writing anonymously in the CHRISTIAN FAMILY magazine, never-

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Catholic Courier
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right to be beautiful, but rather by means of her own efforts. She should not be too busy to be beautiful. She should be interested in her appearance. . . .
Often enough our hearts from Catholic women, and not only from those who with the loss of young children, the wife's eyes-

ment that there is not enough time for any religious activity, except attending the shortest Mass on "weekdays."

For the devotion of the "weekdays" this is almost an impossibility.

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HELP for HOME CANNERS

Save that garden-fresh flavor and all the food value

— Check your canning operations —
Be sure you are using 1943 methods

A PRESSURE CANNER is recommended for canning non acid vegetables and meats, as it gives a greater degree of safety. However, if none is available, the Boiling Water Bath Method may be used, provided the right directions are followed carefully.

IMPORTANT: When using vegetables and meats, canned in the boiling water bath this winter, do not taste unless they have been boiled. Empty contents of the jar into an uncovered steam pan. Bring to the boiling point and boil actively for 10 minutes. Throw away all food having a bad odor or that looks spoiled. Do not taste.

BOILING WATER BATH

The Boiling Water Bath is preferable for canning fruits and tomatoes. They are acid foods and will can safely at boiling temperatures, and the texture, color and flavor of the finished product are better.

OVEN METHOD for CANNING FRUITS and TOMATOES

Oven Canning may be used for fruits and tomatoes. An oven which has a Heat Control that maintains a 275 degree temperature must be used. Have your oven temperature checked if you are in doubt.

NOTE: It is absolutely necessary to seal jars according to directions for the type used in order to get perfect results and no breakage.

Ask for R. G. and E. CANNING BULLETIN, or consult Home Service Specialist who is on duty every day at the CANNING CENTER, 89 East Ansonie. Also available in "War-time Canning, 1943," prepared by the Nutrition and Consumer Committees of Monroe County and Rochester War Council.

Rochester Gas & Electric

A War Industry

theless, because the fact that today the pursuit of feminine glamor has become for many women a vacation, a reason for living, a twenty-four hour job, and a lifelong dedication.

"Many men," observes the writer, "laugh outright at the picture of feminine glamor-seeking antics, dismissing them as part of a little but harmless game that is incomprehensibly dear to women's hearts."

"But if the truth is admitted, the ceaseless activity of the glamor chase is having an insidious effect on a large number of Catholic women who no longer have enough time left in their lives to be their own spiritual directors. . . .
"Even a casual observer knows that the average Catholic woman is not as glamorous as her pagan sister. . . .
"The matter at all admits that equality of achievement by the two types is impossible. . . .
"The average Catholic woman can wrinkle with an array of creams, milk, lotions, serums, depilatories, bleaches, rinses, dyes, clay packs, mud masks, skin fresheners, toilet water, perfumes, bath salts, hot applications, and compresses, tweezers, skin foods, eyebrow pencils, emollients, wrinkle waves, nail polish, liquid and non-liquid soaps, sunburn, lip stick, chin guards and hair tonic in the way that the women of these products have planned, and at the same time have enough leisure to follow a Catholic list of daily living."

"Of course Catholic women can be perfectly groomed. Grooming is, after all, only spoken cleanliness combined with neatness and good taste. Since simplicity is still the ultimate achievement in creative styling, Catholic girls and women can also be exquisitely well dressed. Why, then, do so many Catholics feel inferior and apologetic about their lack of glamor?"

"It is difficult for many women, and especially for Catholic women, to find time for the beautifying processes that are considered necessary for those who would appear sophisticated. Most Catholic wives and mothers, as well as employed women and girls, are interested in their families and their homes, and to a degree in works of charity, in parish activities, in Catholic literature, in the advancement of their religion."

"All these interests take time. Many Catholic women like to retain cherished practices of piety, to hear an extra Mass occasionally, to say the Rosary now and then, to make the Way of the Cross, to attend Holy Hour or Benediction, or to drop into a church for a brief visit. Prayer also takes time."

"But is all appearance glamor and religion not passing very well. No, as some will think, because glamor is worldly and religion is spiritual."

How To Get Rich

If you had that excellent little Rembrandt monthly, "The Liberator," you believe, which ran this modern parable of the vagaries of logic:

A stern-looking individual once met a man who was smoking a large cigar, apparently with great enjoyment. He started the following conversation:

"How many cigars do you smoke a day?"

"About ten."

"What do they cost you?"

"About 20 cents."

"Tsk, tsk! That's \$2.00 a day. How long have you been smoking?"

"Thirty years."

"Two dollars a day for thirty years is a lot of money."

"Yes, it is."

"Do you see that office building on the corner?"

"Yes."

"If you had never smoked in your life you might own that office building."

"Do you smoke?"

"No, never did."

"Do you own that building?"

"No."

"I do."

Perfection's Meaning

"Perfection is a word that frightens some folk. Perhaps they do not grasp its meaning. To strive to do everything 'perfectly' does not necessarily mean without error, or without fear. A merely means to act with the degree of perfection of which we are personally capable."—F. Todd.