Talks to Educators Joseph Ernest, purchasing agent for Rochester Board of Ed-

ucation will address the second annual School Administrators Institute at the New Paltz State

reachers College, Aug. 4-6. His

topic will be "General Purchasing Procedures and Policies."

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Sunday Masses At Summer Resorts

HARLOTTE: Holy Cross Church, 492 Lake Ave.—7, 8, 9, 10, 11:15 and 12:15 (noon).

MT. READ: Our Mother of Sorrows, 4922 Mr. Read Blvd,—6:30, 8, 9,

10 a.m. and 12 moon, GRAND VIEW BEACH: Star of the Sea Chapel, 2166 Edgemere Drive

ANANDAIGUA LAKE: St. Mary Church, N. Main St., Canandaigua -6, 8, 9:15, 12 a.m. St. Januarius, Naples-8:30 or 10 on alternate Sundays.

CATUGA: St. Joseph's, Caruga — Baise Relief Funds | Monroe County American Legion Oratoricals, 1952. He will pursue of month | Rutler National Director Isla. AYUGA: St. Joseph's, Cayuga

Conesus—First Sunday of month of Sundays, 10:30 a.m. other Sundays, 10

KING FERRY: Our Lady of the OWASCO: St. Ann Church-9 a.m. KEUKA LAKE: Penn Yan - St.

Michael Church—7, 8, 9, 10 and 11 am, Hammondsport—St. Gabriel—8, 10, 11 am, Dundee—St. Andrew's, 9 and 10 a.m.

Colebrook Drive 7:30, 9, 10:30

S.m. and 12:15 p.m. St. George
Chapel, 5249 St. Paul Boulevard—
8:30 z.m., June, July, August and
Syntember. 9 a.m. Trummsburg, Sr. James the Apostle Church, 8 and 19:30 a.m.

EAST BAY: St. John Fisher Church
-8:30 a.m. to Nov. 1. SODUS: Church of Epiphay-8:3 SODUS POINT: St. Rose Chapel WOLCOTT: St. Mary Mandalen 7 Scholarships Church—10 a.m. to Nov. 1, 10 a.m. to Nov. L.

German Day Set To in the Aquinas Oratoricals, 1951, His Eminence, James, Cardinal McGuigan, Archbishop Bishop's Oratoricals, 1951 and the of Toronto, will pontificate at the opening ceremonies in St.

Boerschlein, vice president.

Listed as principal speakers School where he held a scholar are Very Rev. Msgr. John S. Ran-ship for his high school work.

OI St. Fatrick's rarish and a grad-cardinal McGulgan also will be leight missionaries to the Indians were martyred 300 years ago.

Boyal York Hotel. Wednesday

HONEOYE: St. Mary, Honeoye—8, are Very Rev. Msgr. John S. Ran-ship for his high school work.

9, 10, 11 a.m.

CAYUGA LAKE: St. Joseph's, Ca-Mass chorus singing, folk York State Scholarship. He was zation of 100,000 Catholic women yugz, 9 a.m. Immaculate Concept dances, bicycle races and a band editor of the Senior Yearbook and tion, Ithaca—7, 9, 10, 11 a.m., 12 concert by Henry Heister's band prize winner in the American and five million hours of work to are on the program. Legion Oratoricals and the Na. and five million hours of work to Twenty-five societies will par- tional Association of Real Estate

ticipate. The Bavarian Society Boards Essay Contest. He will do "Alpemgruen" will appear in his college work in the field of dances attired in native costumes. science.

SCHOLARSHIP WINNERS FROM 3 HIGH SCHOOLS



College Awards

(Continued from Page 7)

the service of the Church.

Ten members of the organiza-

Bedford, Mass., and Mrs. Mary H. us in love.

J. Tschieder D. MacDonald

Await Toronto Convention

rival at noon; The Way of the

tion, including Mrs. Carolyn B. prayer we enter into conversation daughter of Edward Valeska, 246 Manning, National Regent, New with God, and that He listens to Mirimar Road, Gates, youngest

J. Lynch J. Watts

program included folk dancing,

games and races honoring early

Families represented came

Prize winners included Irene

Arlauskas for the native costume:

Charles Sabalauskas, car decora-

from as far as California and

Lithuanian settlers.

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as shove ST. Elmira, H. Y.

First National Congress of Beligious will be held at Notre Dame University, South Brack, Ind., August 9-13, when some 1,000 representatives of clergy, brothers, sisters will discuss variety of subjects. Very Rev. Arcadius Larraons, C.H.F., left, secretary and sciing prefect of the Sacred Congregation of Beligious, in Rome, will preside at the Congress. Mother M. More Eliabeth, C.S.C., right, superior general of the Sisters of the Holy Cross, is it charge of the registration of the sister-sleegates, and is a member of the executive committee.

Red Cross Urges Safe Precautions In Water

precautions for bathing and by too long or unaccustomed ex-swimming are given today by ercise. Practice moderation. the American Red Cross as

code of safe conduct.

aon of inactivity; train gradue est support. Such cramps can be ally. Swimming is the first water avoided. Always wait at least sport to learn: it makes others two hours after eating; even a safe. After eating, wait at least candy car or any kind of drink two hours before swimming, to may cause stomach cramps." avoid dangerous stomach cramps.

Failure to look before civing Utica Convention water is at least six feet deep, Calls Verein Units and rocks. Test the depth of an

yards from shore unless accome tions in Utica over the Labor panied by a boat, Baihing at Day week end, Aug. 30 to Sept. night is dangerous except at a 1. carefully guarded and brillianily lighted place.

lighted place.

"If you find yourself too far Joseph Ave. will represent the from shore and fired, conserve Verein. Eighteen members of your strength by furning over the Women's union will be in quietly on your back and pad the delegation.

dling easily with hands and feet. The meeting marks the 57th watting rested until you can appear consenters of the Verein. getting rested until you can annual convention of the Verein work your way to shore Don't and the 33rd of the Women's

excitedly try to swim for shore; Union.

you may become exhaused and not get there. Call for help after you have your breath, if you then need it.

"If seized with cramps in the lower leg, lie as quickly as possible on the back, seize the big toe and pull foward you until it sight annual meeting of the nurts. If cramp returns, aqueeze American Catholic Psychological

arough the muscle.

This meeting will be in conincluding the convention of through the muscle: rearest support, massage will, the American Psychological Association, the part with hot spellcations if welcoming the members to comfort and swimming easily chairman of the department of climb out and rest, if cramp is sociation, president, will preside violent, immeditely call for kelp.

Common sense water salety Such cramps are usually caused

"Stomach cramps are caused by going in the water too soon When enjoying health-giving after eating. If one is felt comwater sports, always observe a ing on, call loudly for help inode of safe conduct.

**Avoid long awims after a sea possible, and start to the near-

and rocks. Test the depth of an Twenty persons from Roch-unknown beach with an oar or ester will represent the local pole before bathing. Otherwise, units of New York State branch-sudden stepoffs may cause an es of the Catholic Central Verein and the National Women's NEVER SWIM more than 50 Union at the joint state conven-

Joseph H. Gervals, 108 Aldine

hurts, If cramp returns, activese American Catholic Psychological the knotted muscle with the fin Association will be held August fo force thumb and fingers America here.

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