

Charles Settlement House Features Modern Kitchen

Neighbors and visitors of the Charles House view the new improved kitchen of the Settlement with a mixture of surprise and pleasure. It was not so long ago, they recall, when the room was cut up with doors, when the lighting was inadequate, when work space was far from sufficient. Now attractiveness and efficiency vie with each other for attention.

Dark green counter tops and colorful draw curtains with dark green background offer pleasing contrast to soft green walls and canary yellow cupboards. Brightness is further

tained all equipment pertinent to baking.

New Improvements

There is also a Serve Center which contains equipment used in setting the table. A Sink Center and Stove Center respectively house utensils most often used in their connection. This arrangement saves a great many useless steps and aids in putting things back in their proper places.

A new double sink and new cupboards have added considerably to working space in the kitchen. Storage space has been increased by making use of space in cupboards already existing. This was accomplished by putting in step shelves, a device which doubled and tripled storage space and did away with piled up utensils. A much needed six burner stove and a ten cubic foot refrigerator complete the picture.

A Silent Teacher

The improvements were made at the advice of Mrs. DeGroat of the Rochester Home Bureau, an expert in home economics, who was invited to make a study of the kitchen and its needs.

The Charles House Settlement House strives to influence the people who enter its doors both by example and by positive effort. A kitchen well equipped to do efficient service is a silent teacher to children of the cooking classes and the many women who help to prepare the various lunches, dinners and teas which are planned during the year.

Repeated use of the kitchen helps them to see how much easier work becomes under proper conditions and how much more pleasant to work in attractive surroundings.

CHARLES SETTLEMENT HOUSE

445 Jay Street.

Enables children, youth and adults of the neighborhood to participate in recreational, educational and social activities.

STAFF

Ruth Ebanan, Director
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assured by a large three-section window on the length side of the room, which has replaced an exit door, no longer needed and a window which did not give adequate light.

The efficiency of the layout, for all practical purposes, however, is the more important improvement. Cooking classes may now pull out a mixing bowl, grease a tin, get the vanilla without moving away from the work table. All this is accomplished by having a Mix Center so arranged to con-

Family Center Offers Help To Alcoholic

Alcoholism has long presented a problem to society but only recently has this problem been discussed openly. It is a healthy sign that there is a decreasing tendency to speak in hushed terms of the person who is addicted to alcohol. Any social problem, such as alcoholism, is better dealt with when it ceases to be shrouded in secrecy but is spoken of frankly and honestly.

Executive Use

For purposes of definition and clarity, an alcoholic is thought of at the Catholic Family Center as a person whose excessive use of alcohol interferes with his daily life. When a man or woman drinks to the extent that it causes great unhappiness and disruption in the family group, when that person uses weekly earnings to buy alcohol instead of buying food or paying the rent, or when that person cannot report for work due to the after effects of drinking, it may be said that person is an alcoholic or at least has a problem with drinking.

The Catholic Family Center has, for some time, been concerned with the treatment of alcoholics. By treatment is meant the helping of a person with this problem to become a better adjusted person, to be a person who can live a satisfying and useful life in a socially acceptable way. The Catholic Family Center regards a person with the problem of alcoholism in the same way that it regards the person with any other problem which is of concern to him.

Excessive use of alcohol is often an attempt on the part of the person to escape from

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something unpleasant in his environment or within himself; when he is drinking, he has more self confidence and everything, in general, appears to be better.

It is a major part of the treatment of alcoholism at the Catholic Family Center to help the person see what it is that he is running away from. Because the alcoholic sees the same worker over a considerable length of time, a feeling of trust and confidence builds up, and the client comes to express his feelings more freely than he ever has previously and in this way, comes to know and understand himself.

Medical Service

Many times the person comes to see that instead of escaping from unpleasant factors through the use of alcohol, he has, as his self belief grows, enough ability to meet his daily difficulties.

Oftentimes the alcoholic has the additional problem of physical illness which has been caused by the excessive drinking, as a part of the treatment of the alcoholic, makes full use of the medical services and if it is felt necessary, the person is referred to the proper place so that he can regain his physical well being.

In conclusion, it might be well to repeat that at the Catholic Family Center the person with the problem of alcoholism is regarded as an ill person who can be helped, and the treatment is aimed towards the person regaining his physical and mental health.

REFUSED HANDSHAKE

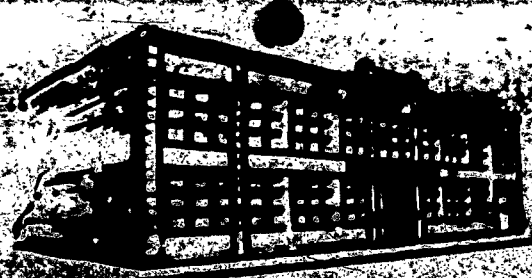
"The fingers of others which we refuse to grasp in handshake will on the day of Judgment bar our way into the Kingdom of Heaven."—Bishop Sheen.

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