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General information folder and schedule of classes to be held is now available.

Write, telephone or call for your copy.

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9 A.M. to 5 P.M. Friday; 9 to 3 P.M. Sat.

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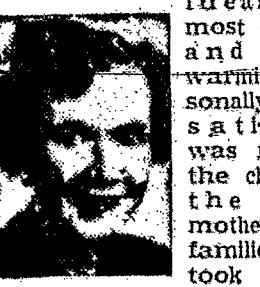
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DOINGS AT THE DALY'S

By Mary Tinley Daly

Response to the "Bread-and-Butter" column of a few weeks ago—a plea for budget-saving ideas—was most generous and heart-warming. Personally, great satisfaction was found in the charity of the many mothers of families who took time to share their experiences.



Mary Daly

From time to time, we hope to publish most of the splendid ideas.

Let's start off with "Our Daily Bread"—an idea sent in by Martha O'Keefe of Washington, so well expressed that, with Martha's permission, we reprint parts of her budget-saver.

"My single best way to reduce the food bill of a large family," she says, "is to have home-made bread always. It costs about 12 cents a pound, which is less than any store-bought bread—and a great deal less than the best."

"THE CHIEF reason this daily bread is so helpful to the budget, is that it is so good. The children eat lots of it."

There are eight young O'Keefes, the eldest 16 years of age.

Martha writes that once, in a 48-hour period, the younger O'Keefes ate eight loaves, though that is exceptional.

"Whether for a binge or a steady diet," Martha continues, "it is nutritious so that bread becomes what it should be—the staff of life."

Certainly the O'Keefes show the effects of excellent nutrition—plus a splendidly rounded home life. Bodies are firm and pink, minds keen and alert, emotions and sense of humor are a plus...

As to the "how" of her bread making, Martha says, "I am fortunate in possessing a 50-year old bread-making machine in which I can make eight loaves at a time—one ovenful. But, even by hand, it takes only ten minutes of kneading to make four loaves. And, the scolarly Martha adds, "remember that the ancient meaning of 'loaf' was 'the maker of the loaves.'"

WE WERE so intrigued with Martha's 50-year old machine and the ease with which it operates that we tried to get its duplicate. Matter of fact, it is the same kind of contraption my mother had many years ago—

"Our Daily Bread"

By Mary Tinley Daly

and her homemade bread will always be a fond memory. Recently we were looking down the aisle in every store where we applied—we might as well have been asking for a horseshoe forage...

Does any reader know where such a contraption can be purchased?

Even without it, we followed Martha's recipe and though it causes a bit of arm work the result is well worth it.

Here is the basic recipe with various additions:

For one loaf ("Though no one should be bothered with one loaf," Martha says) use one and a third cups of liquid and one pound of flour (and remember, "a pint's a pound, the world around").

For six: Start with a pan in which eight cups are marked. Put a little water in it and melt one stick of margarine. Add six teaspoons salt and six tablespoons sugar for one-third of a pint of molasses, rich in iron, one can of evaporated milk (because fresh milk must be scalded and is therefore a nuisance), and enough warm water to make eight cups of a warm mixture. Dissolve one or two envelopes of yeast in a quarter cup of warm water and add to mixture.

Use one envelope of yeast for about four hours rising time and maximum economy; two envelopes for faster results, if it is late in the day.

Add one-third jar of wheat germ so good for children and adults.

Toss in a box of raisins occasionally, not figured in the 22 cents per pound cost, but good nourishment.

Finally, add six pounds of flour. Stir in as much as possible and when stirring in is impossible, knead by hand. (With a machine like Martha's your problems of kneading are needless—poor pun!)

Let rise, punch down, and shape according to the instructions in most cookbooks.

These are Martha's directions as they-day-bread-maker. (We advise consulting said cookbooks for detailed instructions as to kneading with the help of your hands as my grandmother used to tell us—watching for elasticity, double-knead, etc.) Once over the course, you can do it easily.

FOR FRIENDS, Martha advises: "Add up to a cup of sugar and butter and you'll have sweet bread like Emma Arden's eggs as part of the liquid, citron, nuts and raisins in holiday times. Use all white flour or part whole wheat or part corn meal, or perhaps some soy bean flour. Make it a different way every time, and you'll never have a failure!"

First, get the basic... You'll save money and give your children a treat. Again, quoting Martha, "The children's playmates consider it a privilege to have a slice of fresh bread, hot out of the oven. Could one feel generous and friendly providing plain bread and butter to guests otherwise?"

We've tried Martha's recipe—perfect! Only hope that the response of your family and friends is as favorable.

Special Race Heads Fairgrounds Events

A 25-mile, 50-lap stock car race will head the final program of the season at the Monroe County Fairgrounds at 8 p.m. Friday, Sept. 12.

In addition, the "Powder Puff Derby" for women drivers, postponed from last week, will be staged.



Staten Islanders Visit New York

New York — (RNS) — Cardinal Spellman, Archbishop of New York, presents a religious memento to Mr. and Mrs. Austin McGowan of Staten Island, N.Y., and 12 of their 15 children to mark their visit to St. Patrick's Cathedral here. Mrs. McGowan won an expensive prize in a nation-wide slogan contest sponsored by the National Shoe In-

stitute. The McGowans could have gone anywhere but chose to spend their week-long holiday in New York, five miles from their home, "to see the sights familiar to almost every out-of-town visitor." They spurned the Grand Canyon or other famous landmarks to explore Manhattan which most of them had never seen. The trip was the family's first vacation together.

Geneva Weddings

Geneva—Miss Mary A. Belz, daughter of the late Mr. and Mrs. Gustave Belz of Geneva was married to William E. Day, son of the late Mr. and Mrs. William Day, also of Geneva in St. Stephen Church, Sept. 1. The double ring ceremony and Nuptial Mass was performed by the Rev. Raymond P. Nolan.

Mrs. Edward Belz, sister-in-law of the bride was bridesmaid, Edward Belz, brother of the bride, was best man.

Priest Holds Top Post In Vermont Grange

Essex Junction—(NC)—A Vermont priest is believed to be the first Catholic clergyman to serve as a grange master in the 91-year history of the National Grange, which has almost a million members in 37 states.

FATHER FRANCIS A. Candon, 42-year-old pastor of St. Patrick's Church in Fairfield, was named to the grange post in that community two years ago.

But his selection received little attention until it was mentioned by Vermont grange master Harold J. Arthur during dedication ceremonies of the new horticultural building at the Champlain Valley Exposition here.

Father Candon is master of the 55-member Chester A. Arthur Grange in Fairfield. He is also the rural life director for the Burlington diocese.

AMONG WOMEN

Find God's Grace In Home

By Mary Lennon Snyder

Although the modern mother may find that the working conditions in today's homes are far different from those in her grandmother's day, she soon realizes that her duties to her children and her family remain essentially the same down through the generations.

No matter how labor saving may be the devices, no matter how well planned may be the home, no matter what income bracket the family finds itself in, the children need a mother's protection, supervision and love.

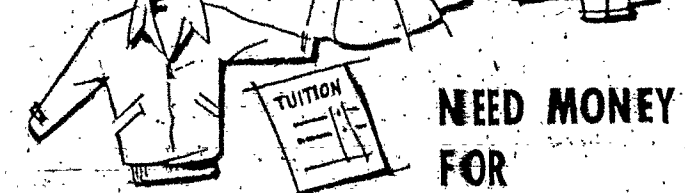
We might say, then, that although greater leisure is available to the modern home maker, this does not postulate a greater freedom. Most mothers, particularly of children of primary school age, find that their time for the pursuit of interests outside the home—no matter how good these may be—is limited.

THIS, TO THE regret of many mothers, prohibits the making of closed retreats, and in many cases, even a day of recollection. However, such a situation need not be an excuse but rather a challenge to find ways within the walls of the home to grow in God's grace.

The lives of various saints offer many suggestions. We recall the famous charge that St. Vincent dePaul made to his Daughters of Charity. We remember that St. Catherine of Siena advanced in holiness while closely restricted by household duties.

"I direct my intention to God and purpose to do it for a good end."

"Do likewise at the beginning of each of your tasks. Thus you will acquire much merit and give great glory to God."



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Daily Mass

Calendar

Sunday, Sept. 14 Finding of the Holy Cross (red), Gloria, 2nd prayer of 16th Sunday, after Pentecost, Creed, Preface of our Lady.

Monday, Sept. 15 Seven Sorrows of our Lady (white), Gloria, 2nd prayer of St. Nicomedes, Sequence, Creed, Preface of our Lady.

Tuesday, Sept. 16 St. Cornelius and St. Cyprian (red), Gloria, 2nd prayer of St. Euphemia, VR.

Wednesday, Sept. 17—Ember Day (Mass purple) as in missal, 2nd prayer of St. Francis, or Mass of Stigmata of St. Francis (white), Gloria, 2nd prayer of Ember day.

Thursday, Sept. 18 St. Joseph Cupertino (white), Gloria.

Friday, Sept. 19—Ember Day (Mass purple), 2nd prayer of St. Eustace, or Mass of St. Eustace (red), Gloria, 2nd prayer of Ember day.

Saturday, Sept. 20—Ember Day (Mass purple), 2nd prayer of St. Eustace, or Mass of St. Eustace (red), Gloria, 2nd prayer of Ember day.

—omitted at High Mass.

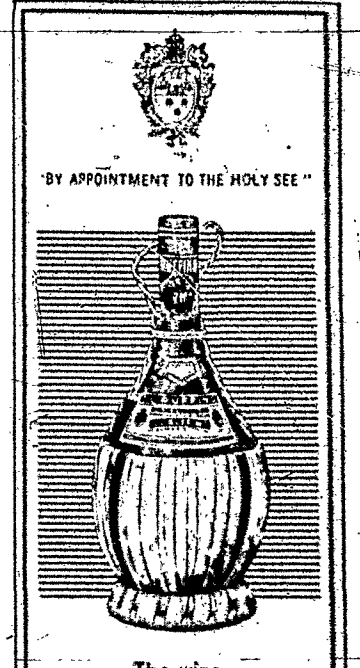
VR—Votive or Requiem permitted.

COURIER-JOURNAL 3-A

Friday, September 12, 1958

Pacing Stake Race

Harness racing's Cinderella standardbred heads the field, slated for the \$10,923 Trans-America pacing stake Friday night at Batavia Downs.



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