

At Home With Trudy McNall



Lenten Variety

Lenten meals can be the simplest, most delectable meals imaginable. The secret is in knowing how to make the most of the many, many varieties of seafood available to the modern homemaker. Variety may be the spice of life but it is also one of the keys to successful meal planning.

Very few people realize how many varieties of fish are available on the market. Only about seven species of fish are well known to the average consumer from coast to coast, although there are actually about 160 varieties sold in the United States. Watch this column every week for delicious, different ideas.

Baked Stuffed Fish. Using a whole large fish such as whitefish is a dramatic entrée. When you purchase it, have fish dealer clean, dress and remove the back bone but do not cut in two. Stuff fish with bread, mushrooms or other favorite stuffings. If you can't get a fresh whole fish, try stuffing fish steaks (halibut, salmon, or swordfish) just place stuffing between 2 fish steaks. Bake as for whole fish.

Baked Stuffed Fish. 3 or 4 pound fish, dressed 1 1/2 teaspoons salt Bread stuffing 4 tablespoons butter

Clean, wash and dry fish. Sprinkle inside with salt. Stuff fish loosely and sew the opening with needle and string or close with skewers. Place fish in a greased baking pan. Brush with melted butter. Bake at 350 degrees for 40 to 60 minutes or until fish flakes easily when tested with a fork. Remove string or skewers and serve at once. Serves 6. For BREAD STUFFING: Sauté 1/2 cup chopped onions and 1/2 cup chopped celery in 1/2 cup butter. Add 1 teaspoon salt and a dash of pepper. 1 cup dry bread crumbs and for a gourmet touch 1/2 teaspoon thyme.

Note for calorie counters: You might like to know that most fish are comparatively low in fat content. Although beef, for instance, may be about 33 per cent fat, ham 30 per cent, most fish are under 5 percent. Even those fish with a comparatively high fat content rarely have a count above 14 percent. Besides these "fat" fish like salmon and mackerel, are wonderful sources of vitamins A and D.

IS IT OR ISN'T IT? tuna fish? A tuna fish sometimes tastes as if it were made with chicken.

GOD LOVE YOU! By MOST REV. FULTON J. SHEEN

BECAUSE WE LIVE in a civilization in which religion is so often considered an individual affair, we are apt to forget that Christianity regards religion as corporate. We are bound by the same Divine law, but we are also held responsible for the hunger, the cold, the ignorance and the sufferings of everyone in the world. When we pray we say, "OUR Father" not "MY Father"; we say, "give US this day OUR daily bread" not "Give ME this day MY daily bread."

WE ARE with Christ, co-sufferers of the world. As St. Paul said: "I help to pay off the debt which the afflictions of Christ still leave to be paid for the sake of His Body the Church." In other words, as Christ suffered in His Body for the salvation of the world, so we unite ourselves to His sufferings through self-denial for the sake of His Mystical Body the Church.

IF IT were not for noble Catholic souls who deny themselves the world would long ago have been overwhelmed with wickedness. The Catholic who does not feel the lashes and the persecution visited upon four million Catholics in China has failed in his vocation! Would a mother or a father be indifferent to the suffering of their sick child? Then how shall we who belong to the family of the Church not feel the trials of our brothers in Mission lands as our very own agony?

IT IS not physical pain alone that makes us one with the fellowship of the saints on earth; it is also the pain of going without something in order to give or serve another that makes us all one in Christ. The Church is like a great telephone exchange in which we are able to communicate our sacrifices to others so that our tiny impoverishment becomes their enrichment through the prolongation of the Cross in Christ.

IT IS not for the sake of material aid of the Missions only that we beg you to mark yourself with the sacrificial nails of Calvary; it is for the sake of your own sanctification as well. Happiness is not in self-seeking but in self-surrender.

IN THE office where you work or your factory, or your neighborhood become an inspiration to the happiness of others, by soliciting sacrifices for the Propagation of the Faith. At the end of the month send them to the Holy Father through your Diocesan Director or the National Director. The only unhappiness is self-seeking; the truest inner-peace comes from self-denial for the sake of life in Christ in the Mission world.

GOD LOVE YOU to a tune that is old for \$1 "My allowance for the Missions" to L.G. for \$3 "Today being my mother's Saint-Day I want to thank God for giving me a wonderful Mother" to E.L. for \$3 "This coming week I'll begin a new series of tiny sacrifices. It's been fun being a vegetarian for two weeks" to Mrs. H.H. for \$7.50 "Here is the cost of a dozen red roses my husband was going to give me when our son was born. We don't need roses to remind us to thank God for such a beautiful and healthy baby and you can put the money to far better use."

ON THE yellow decade of the WORLD MISSION ROSARY you pray for the suffering people of China. Send us your offering of \$2 along with your request for the rosary and we will send one to you. And the WORLD MISSION ROSARY remind you to constantly pray and deny yourself for the sake of the poor of the world.

Cut out this column, pin your sacrifice to it and mail it to Most Rev. Fulton J. Sheen, National Director of the Society for the Propagation of the Faith, 366 Fifth Avenue, New York 17, N.Y., or your Diocesan Director, Rev. George S. Wood, 50 Chestnut Street, Rochester 4, New York.

TUNA DELIGHT
1 1/2 cups raw potato, cut in 1/2 inch cubes
1/2 cups diced raw carrot
1 small onion, chopped
1/2 cup diced celery
1/2 cup diced green pepper
1 cup water
1 teaspoon salt
3 tablespoons chopped parsley
1-7 ounce can tuna fish
1 can cream of chicken or celery soup
2 slices bread, buttered

Combine potatoes, carrots, onion, celery, green pepper, water and salt. Cook covered for 10 minutes or until vegetables are just tender. Stir in parsley, tuna and soup. Mix well, pour into buttered 1 1/2 quart casserole. Remove crust from bread and cut into triangles, place on top of casserole. Bake at 400 degrees for 20 minutes or until hot and bubbly. Serves 4 to 6.

WHEN IS A PIE NOT A PIE? Answer: When it's a Washington Pie. Make your own favorite 2 layer, 9 inch plain cake or try this recipe for a light and airy 2 egg chiffon cake that makes this "pie."

WASHINGTON PIE
2 egg whites
1/2 cup sugar
2 1/4 cups cake flour
1 cup sugar
3 teaspoons baking powder
1 teaspoon salt
1/2 cup salad oil
1 1/2 teaspoons vanilla
1/2 cup milk
2 egg yolks

Beat egg whites until foamy. Gradually beat in 1/2 cup sugar. Continue beating until very stiff and glossy. Sift dry ingredients into another bowl, add salad oil, half of the milk and

the vanilla. Beat 1 minute, scraping sides and bottom of bowl constantly. Add remaining milk and egg yolks. Beat 1 minute. Gently fold in egg white mixture. Pour batter into 2 paper-lined, 9 inch cake pans. Bake at 350 degrees for 30 to 35 minutes. When cake is cold, spread your favorite jelly between layers. Sprinkle top with confectioners sugar. Leave the sugar snowdrift plain or make a diamond-shaped check-board like design using back of knife and moving it lightly across the sugar.

(Mrs. McNall stars in the "Home Cooking" show each weekday afternoon at 2:30 on WROC-TV, Channel Five.)

Pope Urges E. Germans Hold Firm
Vatican City — (NC) — Pope John XXIII has exhorted German Catholics behind the Iron Curtain to remain "firmly trustful and not to bend" to communist oppression.

The Pontiff's message came in the form of a letter to the German Bishops dated December 23 but only recently released in the latest issue of the Holy See's "Apostolicum Sedes."

THE POPE first assured the German hierarchy of his paternal affection. He recalled that he had visited Berlin, Munich, Cologne and Aachen in the past, and added:

"Our compassionate thoughts go to those people who suffer tribulations within the frontiers of Germany, and who are all the more dear to us the more they are oppressed by harshness and difficulties."

The Pope told the congregation that "love of Mary is love of Christ. He is our Saviour. Mary, His mother, in the light of the Redemption, is our universal mother. We see Mary intercede for us with Jesus, her Son, to obtain graces, even of temporal and earthly nature."

POPE JOHN recalled that as legate of the late Pope Pius XII he went to Lourdes last March to open the new underground basilica there dedicated to St. Pius X. He said St. Bernadette's example should induce all Christians to place reliance on "confident and humble prayer, the exercise of penance, living penance themselves."

Eighteen cardinals were among those who heard the Pope. He had previously given an address in which he stressed that priests, especially during Lent, must not only preach penance but give personal example to the faithful by prayer, the exercise of penance, living penance themselves.

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Air Force Honors Homefront Nuns

Richmond, (NC) — The U.S. Air Force presented a Testimonial of Service to the Sisters of the Visitation at their Monte Maria Convent here.

THE AWARD was conferred by Bishop John J. Russell of Richmond. It was given to the nuns for their help in promoting "Operation Homefront" at the Thule Air Force Base, Greenland.

"Operation Homefront" was organized by two Catholic chaplains, Father (Capt.) Robert Adams of the Boston Archdiocese and Father (1st Lt.) Charles T. Reese, O.M.I., now in Louisiana.

The complex was designed to encourage Catholics at the base to receive Communion once each month for a loved one at home, and to encour-

age friends and relatives of the servicemen to receive Communion monthly in return.

At the request of Father Reese, who had served as chaplain at the convent here before entering the Air Force, the Visitation nuns printed cards sent

monthly to persons designated by the servicemen. The cards notified them that Communion had been received for their intention. The nuns also printed announcements explaining the program, and prayer for its success.

Father Reese later reported that "Operation Homefront" helped bring 60 per cent of the Catholics at the Thule base to Communion at least monthly.

He lauded the nuns' contribution both through their printing work and through the "powerhouse of prayer" they provided.

Crime Deterrent

London (NC) — Home Secretary R. A. Butler has appealed to Britain's religious welfare organization leaders to mobilize the moral energies of the nation and build up its resistance to crime.

As the cabinet minister responsible for control of crime, Mr. Butler convened a private meeting in his headquarters of representatives of groups concerned with family life, education and welfare.

Movies Face State Control

Albany — (NC) — Identical bills to clamp down on obscenity in motion pictures and movie advertising have been introduced in the state senate and assembly.

Three bills have been introduced in each house of the Legislature. They would require motion picture exhibitors to obtain a license from the state; forbid use of advertising

which is "obscene, indecent, immoral or disgusting, or of such a character that its exhibition would tend to corrupt morals or incite to crime," and prohibit advertising of anything not actually in the motion picture advertised.

COURIER-JOURNAL
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Buy 'Jenny' In Quarts and Save!

5 full glasses in every 32 oz. quart!

GENESEE Beer

Look for this display in your favorite store. It's the place to get sparkling Genesee in economical quarts!

The Genesee Brewing Co., Rochester, N. Y.

Washington Pie, a patriotic dish for Sunday's celebration.

Lourdes Throng Told Prayer To Mary Honors Christ

Vatican City — (RNS) — Pope John XXIII drove across Rome in a glass-roofed limousine to attend an overflow thanksgiving service in the Basilical of St. Mary Major marking the close of the Lourdes Centenary Year.

The year was inaugurated in February, 1958, to mark the 100th anniversary of the apparitions of Our Lady of Lourdes to St. Bernadette Soubirous. More than 5,000,000 pilgrims from all parts of the world visited the shrine during the year to take part in special solemnities there.

After assisting at Benediction and the singing of a Te Deum, the Church's traditional hymn of thanksgiving, the Pope gave a talk in which he described veneration of the Virgin Mary as a cornerstone of Catholic faith and devotion.

"Adoration of Jesus the Saviour," he said, "is always at the center of our faith. Blessed Mother, it is through Mary that one goes to Jesus."

The Pope told the congregation that "love of Mary is love of Christ. He is our Saviour. Mary, His mother, in the light of the Redemption, is our universal mother. We see Mary intercede for us with Jesus, her Son, to obtain graces, even of temporal and earthly nature."

and a solid and secure practice of piety."

The Pope said, "Many, unfortunately, have neither faith nor hope." Still others, he stated, are trying to forget reality, although the moral evils that exist cannot be ignored.

"It cannot be disregarded," he said, "that the present accumulation of moral disorders and of childish and sacrilegious attempts to oppose divine sovereignty and the holy law of the Ten Commandments is deplorable."

"It is only through discipline and repentance," the Pope concluded, "that progress can be made toward social and spiritual well-being."

Eighteen cardinals were among those who heard the Pope. He had previously given an address in which he stressed that priests, especially during Lent, must not only preach penance but give personal example to the faithful by prayer, the exercise of penance, living penance themselves.

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