e Sister Asia Talk

mas Marion, S.S.J., the English faculty College, was the the Asian Studies dnesday afternoon rs group meeting. was Tagore, Author r.

ture, Sister Thomas essed these basic Tagore's contacts st; second, the mind education and lit- third, the value e's thinking has for lization.

O called attention ideas which were his poetry, drama, s, essays, and lec- e of God and love

re in this series of s will be given by Bush, assistant pro- e History Depart- Yat Sen and Chi- ek on Wednesday pril 22 at 4 p.m.

Concert, Ball Set By Group

The Golden Anniversary Concert and Ball of the Rochester Echo Singing Association will be presented on Saturday evening, May 2, at St. Stanislaus Auditorium.

This year marks the 50th anniversary of the association which was organized by the late Joseph Kuzminski for the preservation of Polish musical culture.

Taking part in this year's program will be the Echo Male Chorus, the Echo Junior Chorus and guest soloist, Miss Rosemary Crawford.

THE ECHO MALE Chorus is directed by Thomas Donohue, Eastman School of Music graduate and organist and choir director at St. Margaret Mary Church; Miss Frances Grillone, a junior music major at Nazareth College, directs the junior group.

Miss Crawford has appeared with the Rochester Civic Orchestra twice during the current season, first in a concert version of "Naughty Marietta" and more recently as soloist in a Vienese program.

A junior voice major at the Eastman School of Music where she is a student of Julius Heuhm, Miss Crawford appeared with the Chautauqua Symphony last summer. She will make weekly appearances with that orchestra this summer.

THE YOUTHFUL soprano was awarded the Illinois State Outstanding Musician Award by the National Federation of Music Clubs in piano (1955) and voice (1956).

Proceeds from the affair will augment the Melvin Michalski Scholarship Fund. Tuition awards from the fund in the amount of $1300 are made annually.

Victor Bogaski is general chairman while activities of the music groups are being coordinated by Eugene Wardynski.

GOD LOVE YOU!

By MOST REV. FULTON J. SHEEN

* * *

Why is it that the food we eat when we are children so quickly passes into growth, strength and physical power whereas the spiritual food, the Eucharist Which we consume seems to produce no great strides toward our union with God? A stone added to a stone would quickly make a building; why then does not Communion added to Communion make us "grow to our full stature in Christ"?

The reason is to be sought in our cooperation with the Bread of Life. Just as some bodies lack the power to convert food into energy and growth, so too certain souls lack the power to convert Communion into sanctity. The lack is not on God's side, for the union with Christ in heaven will produce a rapturous felicity. The lack is on our part. True, we receive Communion, but we do not at the same time sacrifice, discipline or bring into subjection our selfish nature. We plant the seed of Divine Life, but we uproot no weeds.

This being so why not make sacrifices, now, of all that your lower nature holds dear. These sacrifices will have the most merit . . .

1) If you make them for the very poor and not those who already have much. Building a club room and bar in a large university will not be as useful to the soul as helping the lepers in India or Africa.
2) If you make your sacrifices to the Vicar of Christ
   a) because he has charge of all the missions of the world
   b) because he knows their needs better than you
   c) because the missionaries would rather receive from him than from you
   d) because he asked that he be first and principally aided.

All sacrifices sent to the Holy Father's own Society for the Propagation of the Faith are directed and given to him. All that you send to us we in turn will give to him.

GOD LOVE YOU to Anon for $2 "I know you asked for a dime but I'm sending a few dollars instead." . . . to E.D.J. for $100 "In thanksgiving for peace of mind." . . . to M.K. (20 years old) for $20 "I know the Missions can use this extra spending money better than I — it was an unexpected gift anyway." . . . to T.C. for $5 "Gave up the extra coffee things I enjoy and in the bargain got rid of an extra chin."

Red is the color of charity. In your charity we ask you to pray for the Missions and Missionaries in the Americas for whom the red decade of our WORLDMISSION ROSARY is offered. We will send you the rosary if you will send us a sacrifice of $2. (or more) along with your request for the rosary.

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 1x, N. Y. or your Diocesan Director Rev. George S. Wood, 50 Chestnut Street, Rochester 4, New York.

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Mercy Alumnae Plan Breakfast

Alumnae Association of Our Lady of Mercy High School is holding its annual Communion and breakfast on Sunday, April 19.

Mass will be offered by Rev. Richard Tormey at 9 a.m. in the Motherhouse Chapel. Immediately following, breakfast will be served in the gymnasium.

At this time the Class of 1959 will be officially received into the Alumnae Association.

Mrs. Robert Parker will be toastmistress for this event.

CHAIRMAN OF the breakfast is Miss Mary Frances Schey, assisted by chairman of reservations, Miss Mary Gardner. Serving with Miss Gardner are Mrs. William McHugh, GLenwood 3-7468M, Mrs. Gerald Skerrett, BUtler 8-1745, and Miss Joanne Leinberger, HUbbard 2-9254. Mrs. Anthony Borrelli is in charge of decorations.

Tickets are $1.75 and reservations may be made by contacting Miss Gardener, BUtler 8-9503, or her committee on or before Wednesday, April 14.

Movie Gets High Rating

New York — (RNS) — "Embezzled Heaven," the recently-released motion picture based on the novel by Franz Werfel, has been granted a special accolade by the National Legion of Decency.

The Legion placed the picture in its A-1 classification (morally unobjectionable for general patronage), and added that "this film — inspirational in theme, artistically produced, outstanding in entertainment value, and judged praiseworthy by Catholic critics — is recommended to the patronage of Catholic people of all ages."

It is the second film to be so recommended, the first having been "The Inn of the Sixth Happiness." The honor is in keeping with a directive of the Episcopal Committee for Motion Pictures, Radio and Television, set up by the Roman Catholic hierarchy to encourage the promotion of outstanding films.

"Embezzled Heaven" details the experience of a simple peasant woman who evolves a plan for eternity by trying to buy herself a seat in heaven. The late Pope Pius XII is shown in several scenes. The script and completed film were approved by the Vatican and represent the first and only time that any Pope has appeared as an integral part of a full length dramatic film.

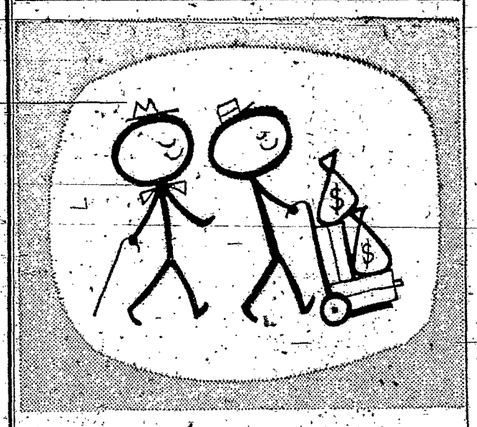
Dance Listed By Collegians

Student Board of Governors of St. John Fisher College announces the R.O.T.E. (Results of the Election) Dance to be held tonight, April 10 at the Rosina O'Doherty Kearney Auditorium on the campus, from 9:30 p.m. to 12:30 a.m.

Frank DeLaus, chairman, states that the results of the elections for next year's student Board of Governors will be announced during the intermission of the dance.

The two presidential candidates are Joseph Polizzi, leader of "The Fishermen Party" and Patrick Pietropaoli who heads "The Crusaders."

Music for the dance will be provided by the Dunlaps.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Casserole Dinners

Do you have a few extra minutes today? Tomorrow, next week, or month when time is of an important factor you may wish you had used this time to advantage. Are you the kind of a cook who would love to turn out a meal at a short notice?

Casserole dishes are the answer to your questions. You can make them ahead, have them in your freezer all ready to pop in the oven at a moment's notice, or you can prepare dishes in the morning, place in refrigerator ready to put in the oven and have piping hot for dinner. You can team a casserole with a salad, French bread, fresh fruit or a delicious dessert, or you can turn a casserole dinner into an oven meal.

Steam a fresh or frozen vegetable in a covered casserole and bake a dessert at the same time. Here are some tips for making a perfect casserole . . . choose fish, meat or cheese that can take long, slow oven cooking if necessary, use crisp, fresh vegetables that won't lose texture; use flavorings, spices and herbs with care so they will enhance rather than dominate the dish.

When a majority of the ingredients are raw or only partly cooked, the casserole should be covered for at least a part of the cooking time. If you are making a casserole out of left overs or if the foods are cooked, it is seldom necessary to cover the casserole. When making a casserole for dinner why not double the recipe and freeze one for a future emergency. Here is an excellent casserole dish which may be frozen. It is especially good made with fresh asparagus.

TUNA FISH, NOODLE AND ASPARAGUS CASSEROLE

6 T. butter
4 T. flour
1 t. salt
⅛ t. pepper
3 c. milk
1½ c. grated sharp cheese
2 cans Tuna Fish (7 oz.)
2 c. cooked fine noodles
2 pounds fresh asparagus, cooked or 2 pkgs. frozen
¼ c. diced pimientos

Melt butter, stir in flour, salt and pepper. Add milk slowly and cook until thickened, add cheese, stir until melted. Place tuna fish, noodles and asparagus in layers in well buttered 2 quart casserole, pour sauce over all. Dot with pimentos. Bake at 350 degrees for 20 to 30 minutes or until brown and bubbly. Note: If taking casserole from freezer increase baking time 45 to 60 minutes. Serves 8.

You will find lots of cabbage on the market and when supplies are at their peak the prices will be right. You can find many ways to use cabbage both in the raw state and cooked. When buying, choose a head that is solid, heavy for its size, and free from bruises. Notice the stem end, it should be closely trimmed.

Cabbage ranks with our citrus fruits in Vitamin C content and it is well to remember that the greener cabbage provides vitamin A. Care for cabbage in the right way, and it'll stay fresh for quite awhile in your refrigerator. Wrap it carefully, or keep it in a covered container. Gone are the days of the old cookbook that read steam cabbage 1 to 2 hours!

Nowadays we cook shredded cabbage only 5 to 8 minutes in a small amount of boiling salted water and we cook it covered. The short cooking time saves the delicate flavor and prevents loss of food value and also lessens that "cabbage odor" in the house. A nice salad to serve with a casserole dinner is one of cabbage and pineapple. To make 6 servings combine 1 c. shredded canned pineapple with 2 c. shredded cabbage. Blend with ½ c. mayonnaise, decorate top of salad with some diced pimiento or marasc ino cherries.

FREEZE A PIE for later enjoyment. One food that always reminds me of spring is rhubarb. Did you ever find your mouth watering for a favorite food only to realize it's out of season? Rhubarb is beginning to come to our markets and will continue to be plentiful as the home grown comes into production. While a particular food is in season why not prepare two dishes . . . one to eat now and one to freeze. Here is a favorite pie combining apples and rhubarb for a delicious dessert.

RHUBARB APPLE PIE

1 can (1 lb. 4 oz.) sliced apples
2 c. rhubarb, cut in ½ inch pieces
1 c. sugar
¼ t. salt
½ t. cinnamon
3 T. quick cooking tapioca pastry
2 T. butter

Combine apples, rhubarb, sugar, salt cinnamon and tapioca; mix well. Put into pastry lined 9 inch pie pan; dot with butter. Cover with lattice top pastry. Bake at 425 degrees about 50 minutes. FOR FREEZING: Prepare and bake pie, but reduce baking time to 40 minutes. Cool quickly. Wrap in aluminum foil or put in plastic freezer box; freeze. Unwrap pie and thaw by baking in a moderate oven 375 degrees about 45 minutes or prepare pie as above, but cover with a top crust — but do not cut slits for escape of steam. Put in plastic freezer container or box (to protect crust edge); freeze. Put directly in oven from freezer. Make slits in top crust after 5 minutes in the oven. Bake in hot oven 425 degrees about 1 hour.

(Mrs. McNall is the star of "Home Cooking" viewed each weekday at 2:30 p.m. on Station WROC-TV.)

Sister Christine Francis Takes Science Fellowship

Sister Christine Francis, S.S.J., Assistant Professor of Biology at Nazareth College has been awarded a National Science Foundation Fellowship for study at the third summer Institute for College Teachers of Botany at Indiana University, Bloomington, Indiana, June 22 to July 31. The award carries a stipend of $450 plus travel expenses.

The institute will include courses in Paleobotany, Mycology, Evolution, Cytology and Cytogenetics, Morphogenesis and Genetics, all given by outstanding, nationally - known scholars. Selection of participants was made by a committee of the Botanical Society of America.

IN ADDITION to air-conditioned and well-equipped laboratories and lecture rooms, temperature rooms, greenhouses, photographic rooms and a well-stocked herbarium will be available to all participants in the Institute.

In 1957 Sister Christine Francis participated in the Institute of Botany held at Cornell University and last summer in a workshop for college teachers in Human Physiology at Bucknell University.

BOTH OF these were financed by the National Science Foundation. She has her Master's degree in Biology from the Catholic University of America.

Savings are a stabilizer against upswings and downswings in the economy. If you aren't saving systematically, start buying U.S. Savings Bonds where you work.

Plans Dance

Capri Club will conduct a dance, Saturday, April 11 in Columbus Civic Center ballroom from 9:30 to 12:30. Music will be furnished by Joe Bennett and his orchestra. Admission is $1.25.

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