

At Home With Trudy McNall

Make The Most of Ground Beef



What a multitude of delicious dishes can be made with ground beef. Did you know that about two-thirds of the families throughout the land use ground beef at least once every week. So the problem is this . . . how do we make the most of ground beef.

KEEP AN EYE ON QUALITY. The best way to be sure of what you are getting is to buy from a market you know is dependable. This is important since meat loses its identity when ground.

Other guides watch for bright red color, ground meat ground rapidly if not fresh. Watch for high proportion of lean meat. Buy right . . . consider price in relation to use. The economy buy is "hamburger," "ground beef" or "chopped beef," depending upon the store where you buy.

The products are likely to be about the same, although the label "ground beef" contains nothing but beef. Exactly what goes into "hamburger" is up to the store. Hamburger, ground beef and chopped beef are made from the lower grades of beef meat—scraps—left from meat cutting.

Beef fat is usually added and that is why both hamburger and ground beef often shrink more than a plain ground round or chuck. High fat content is no drawback than you will buy hamburger or chopped beef, many homemakers use it for such dishes as chili, meat balls and meat loaf.

GROUND CHUCK is preferred by some for patties and Salisbury steaks; the flavor is

GOD LOVE YOU!

By MOST REV. FULTON J. SHEEN

The Holy Father, John XXIII, recently spent forty-five minutes with the National Directors of the Society for the Propagation of the Faith who gathered from all parts of the world for their annual meeting in Rome. He recalled his happy days as National Director of the same Society in Italy, and he made his directors to educate the faithful to the purpose of his Society for the Propagation of the Faith. To that end we set down the following points:

- 1) The Society for the Propagation of the Faith does not belong to any particular missionary society, but to the Holy Father and to the Church.
- 2) It serves no one group or area of the world, but the whole world. Now it includes Latin America in its aid.
- 3) There are 300 missionary societies in the Church but no one missionary society aids any other missionary society. A does not aid B, nor does B aid C. Each society cares only for its own — thanks to the faithful friends who help in their support. As the Father of the family must love and serve all his children, so too the Holy Father has the responsibility of caring for all the 135,000 missionaries in over 700 scattered areas of the earth.
- 4) In order to assure equality of distribution, the Holy Father said that he must be "first and principally aided." He alone appoints the missionaries; he alone sends them into the mission fields; without a mandate from him no missionary may go into a foreign land. But he who has authority over the missionaries, must also be the one who gives them. Hence the Society for the Propagation of the Faith to gather funds from the faithful — not funds really, but rather, SACRIFICES.
- 5) Every cent the faithful give to the Society for the Propagation of the Faith goes to the Holy Father. No Director, no National Director, no Bishop in the world may touch that money, for once given to the Society for the Propagation of the Faith it becomes property of the Holy Father. His mission treasury is alone through a committee appointed by him, has the right to allocate that money to the mission territories and societies.
- 6) This Society thinks in terms of the universal needs of the Church. What would happen to the missions if the French aided only the French missionaries, and the Dutch helped only Dutch missionaries and Americans helped only Americans? The Church would become nationalistic, fragmented and narrow. It is absolutely inconceivable, for example, that the Holy Father would aid only Italian missionaries. He has to aid them all regardless of nationality. So our sacrifices must not be used exclusively for our own nationalists but for our missionaries, wherever and wherever they are.
- 7) The Holy Father has greater knowledge of the needs of Africa, Asia and Latin America than any of us. It would be sheer presumption on our part to decide in all instances where our charity should go. Furthermore, in aiding the Vicar of Christ we make an act of faith in the Primacy of Peter.
- 8) Tell others about the Pontifical Society for the Propagation of the Faith; take up collections in your office for the Holy Father; help in your own chapel makes acts of self-sacrifice — your sacrifices — NOW — PLEASE.

GOD-LOVE YOU to Mrs. H. for \$10. "I'm going to send a little each month to ease my conscience and make restitution for a wrong done long ago." . . . to Mrs. L. C. for \$3.00 "After a year's prayer to the Blessed Mother my brother-in-law found work." . . . to C. A. P. for \$185.50 "This is a sacrifice out of love that I have promised."

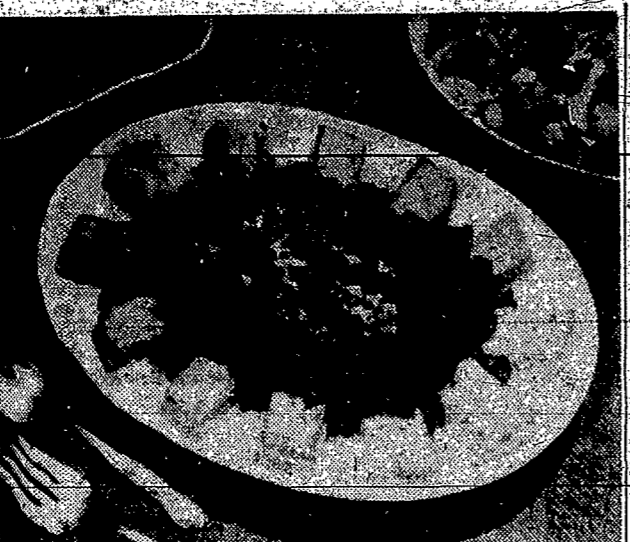
Cut out this column, pin your sacrifice to it and mail it to Most Rev. Fulton J. Sheen, National Director of the Society for the Propagation of the Faith, 386 Fifth Avenue, New York 17, N. Y. or your Diocesan Director, Rev. George S. Wood, 50 Chestnut Street, Rochester 4, N. Y.

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ITALIAN STYLE BEEF POLENTA

Mix cornmeal, salt and 1 1/2 cups of strawberries and cold water, add to the 3-c. boiling water, cook, stirring constantly until thickened. Cover and simmer 10 minutes. Pour into a greased 5 x 9-inch pan. Cut into slices 1/2 inch thick. (About 12 slices) Cut with dairy and brown lightly in shortening.

CORNMEAL MUSH (known to the Italians as Polenta), is a staple in the Italian diet. You can make it a day in advance, if you wish, and fry just before serving. This recipe for Beef Polenta is ideal for a buffet service meal. Plan to serve it mixed green salad. Make sure it's fresh and crisp and toss with an oil-vinegar dressing. Buttered peas or green beans will complete the entrée. For a simple dessert, serve chilled dishes of fresh rhubarb themselves.

REMEMBER THAT a quick freezing of the entire package of ground beef is important. The distance from the center to the outside of the meat affects the freezing time. Shaping the ground beef in a roll, rather than leaving it in a large mass, will shorten freezing time if you do not shape the patties themselves.

U. S. Aid Groups Push Birth Control

Taipei, Formosa — (NC) — Archbishop Joseph Kuo of Taipei was one of the few opponents of birth control at a meeting on the subject sponsored by the Junior Chamber of Commerce here. . . . Taking part in the discussions were representatives of the government, U.S. aid organizations, the Formosa Family Planning Association and local medical groups.

Strong Nurses In New Rite

Sunday, June 7, marked the inauguration of a new ceremony for young student nurses at Strong Memorial Hospital. Twenty-one graduate students matched into St. Anne's Church to attend the 8 a.m. Mass in full uniform to commemorate their graduation day.

Latin Honors Won At St. Agnes

Honors in the National Latin Examination sponsored by Auxilium Latium Magazine have been given to St. Agnes High School. It was reported this week. Two students, Janet Estephan, a junior, and Joann Elitz, a sophomore, received the highest possible awards, Gold Medals, for having achieved such a score of 115 points out of a possible 120.

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Three Centuries In A Box

Woodstock — (NC) — Three hundred years of American Catholic Church history are stored away in the archives of 80-year-old Woodstock College, Jesuit school of theology here.

Boxed and filed, the history of the Jesuits' Maryland Province, which dates back to the founding of the English Jesuit Mission of Maryland in 1624, is tucked away in a corner of the college's O'Rourke Library.

The material covers the activities of the Jesuits in Maryland, eastern and central Pennsylvania and, to some extent, New York and the New England states. There are letters, sermons, records, books, ledgers, diaries and other documents.

There are some 230 letters and 50 sermons of Archbishop John Carroll of Baltimore, first Bishop of the American Catholic Church, covering a period from 1770 to 1824. There, too, are the papers of Father John McElroy, S.J., covering the period from 1805 to 1858, including 20 diaries and 100 letters of the first commissioned Roman Catholic chaplain in the U. S. Army, central Maryland trailblazer and founder of Boston College.

Father Adam Marshall, S.J., who has been called the first "chaplain" of the U. S. Army and served in the 1820s, left a diary which describes a cruise of the frigate North Carolina, and some letters, now in the archives.

OTHER LETTERS, diaries, records and documents were compiled by Jesuits who served as chaplains in the Mexican War and the War Between the States, as well as encouraging at missions in 18th century Maryland.

There are some 200 letters which were exchanged between Superior Turbide of Mexico and his chaplain, Father Jose Antonio Lopez during the period from 1816 to 1824.

Historians for years have looked upon Woodstock as a priceless source of material on the early growth of the Catholic Church in the United States.

The archives staff is headed by Father Edward A. Ryan, S.J., who was graduated from the University of Louvain, Belgium. He is assisted by three theology students at the college.

AND THEN THE LOCUSTS CAME

aid made a wasteland of the once comfortable and entirely Catholic village of Accur (Ethiopia). Before the plague these good people had built a Church, school and rectory. On top of their misfortune the government has now condemned their simple school as unsafe for the children. They must rebuild with the little left by the locusts. The cost will be \$2,500. Could you possibly help them in their need?

THE LORD HAS SPOKEN TO ANTONY AND JOSEPH . . .

He has spoken and they have answered. They have applied for admission to the seminary at Always and they have been accepted as candidates for the priesthood. However, each boy must have a sponsor who will be willing to pay his necessary expenses of \$150 a year for the six year course of seminary training. Perhaps the Lord has also spoken to you and invited you to have part in the "making of a priest." If He has you may pay the money in any manner convenient while your "adopted son" advances to the altar.

YOUR LAST WILL IS GOD'S WILL WHEN IT MAKES MENTION OF THE NEAR-EAST MISSIONS!

SISTER SILVIA and SISTER MARGHERITA wish to join the Franciscan Sisters in Egypt so that they may spend their lives in close work with the poor who are so dear to the Sacred Heart. Both girls have been accepted but, each must obtain a sponsor who will pay her necessary expenses of \$150 a year for the two year period of novitiate training. You may not be able to work with the poor of Christ with your hands but you certainly can do it through the hands of your "daughter in Christ." Why not adopt one of these nuns today and bring her to the poor and yourself closer to God?

AS YOU PREPARE FOR VACATIONLAND THINK OF THE REFUGEE CHILDREN BEHIND BARBED WIRE. THE BEST VACATION THEY CAN IMAGINE IS A LAND WHERE THERE IS ENOUGH TO EAT. \$10 WILL FEED A FAMILY FOR A WEEK!

HOW CAN YOU SHOW DEEP GRATITUDE BY A SHALLOW GIFT? You really can't and yet each year so many of us try to do just that in our selection of a gift for Father's Day. This year let your gift match your gratitude . . . let both of them be eternal! There are many ways of doing this and today we would suggest an article for a mission chapel given in the name of your father. We will send our beautiful gift card anywhere in the world to tell him of your generosity. You can share your love and gratitude for your father with the poor of the missions who come to the House of God.



Hungary Bishops Take State Oath

Budapest — (RNS) — Archbishop Josef Grosz of Kalocsa is shown taking the oath of allegiance to the Hungarian Communist constitution along with other Church dignitaries, as required by a 1957 government decree. Shown with him as they face President Istvan Dobi (at far left), are Auxiliary Bishop Imre Kisberk of Szekesfehervar and Bishop Ferenc Bogacs of Pecs. Archbishop Albert Leganyi of Pannonhalma, and Father Bela Varadi, Franciscan provincial also took the required oath. The ceremony took place in Budapest following a government order in March requiring all clergymen who had not already made the pledge of loyalty to do so.

Reckless Driving Said Confession Matter

Toulon, France — (NC) — Reckless driving has been made a matter for confession in this diocese. Bishop Auguste Gaudel of Frejus-Toulon published a list of traffic violations which penitents here "must accuse themselves of in confession" when they commit them voluntarily. Among them are speeding, passing without adequate visibility, taking the wheel while drunk or semi-intoxicated, driving without lights — either on purpose or because of negligence, and "taking risks in general."

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