

At Home With Trudy McNail

Make The Most of Ground Beef



Three Centuries In A Box

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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 OUT FOR 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 discolors 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 law requires that mixtures labeled "ground beef" contain nothing but beef. Exactly what goes into "hamburger" is up to the store. But hamburger ground beef are chopped beef are made from the lower grades of beef and from scraps left from meat cutting.

Beef fat is usually added and that is why both hamburger and ground beef often shrink more than ground round or chuck. High fat content is no drawback than you will buy hamburger or chopped beef. Many contractors 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

ITALIAN STYLE BEEF ROSETTA

Mix cornmeal, salt and 1 1/2 cups of water, add to the 3 eggs, beat well, water, cook stirring constantly until thickened. Cover and simmer 20 minutes. Pour into a greased 5 x 9 inch pan. Chill, cut into slices 1/2 inch thick. About 12 slices.

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

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 legal and medical groups.

ARCHBISHOP KUO was the only religious leader invited. He was represented by Father Albert O'Hara, S.J., sociologist from Springfield, Mo., both of whom teach at the National University here.

Father O'Hara had also figured in an interview in Formosa's influential English-language daily, The China News. It was one of a series seeking views on birth control.

In an earlier interview of the series, Dr. Chiang Mon-chen, director of the Sino-American Joint Commission on Cultural Reconstruction, reported as consistent.

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 marched into St. Anne's Church to attend the Mass in full uniform to commemorate their graduation day.

Also in attendance were three faculty members at the School of Nursing: Miss Joan Szabadi, Science and Pedagogical instructor, also advisor to the Newman Club; Miss Madeline Kennedy and Miss Norma O'Hara both clinical instructors in the Medicine and Surgical and Pediatric courses respectively.

It is hoped by the nurses that this ceremony will become a tradition to be carried on by future graduates.

Latin Honors Won At St. Agnes

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

Superior merit achievement certificates were awarded to Mary Ann Berg, a senior; Linda Dittman and Mary Alice Lawrence, juniors for scores above 100. In addition, honorable merit achievement certificates for scores between 80 and 99 were given to thirty-seven more Latin students of the school - 22 juniors, 11 sophomores and 4 freshmen.

Students from all four years of the Latin department participated and the awards were won by members of eight various class groups. These awards were presented by Sister Rose Alma, principal, at a special awards assembly held on June 9 at the school. At the same time, various sports achievement pins were given to students by Miss Shirley King, Physical Education instructor.

Representing the Rochester Junior Chamber of Commerce, Gordon Gray presented Sharon Kelly, senior, with an award for her essay describing the student government day in which she participated, together with representatives of the other high schools of the city, last March.

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Hungary Bishops Take State Oath

Budapest - (RNS) - Archbishop Josef Gross 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 Ivan Dobi (at far left), are Auxiliary Bishop Imre Klambert, Bishop Ferenc Rogics of Pecs, Archbishop Lajos Legaly of Pannonia, and Father Bela Varadi. Archbishop Legaly also took the required oath. The ceremony took place in Budapest following a government order in March requiring all clergy then 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 "confess" themselves in confession when they commit these violations. 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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GOD LOVE YOU!

By MOST REV. FULTON J. SHEEN

The Holy Father, John XXIII, recently spent forty-five minutes with the National Directors of his 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 his desire to educate the faithful to the purposes 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 Catholic Church as a whole. It serves no one group or area of the world, but the whole world. Now it includes Latin America in its aid.

2) There are 300 missionary societies in the Church but no missionary society aids any other missionary society. It is our duty to thank the faithful friends who help in their support. As the Father of a 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.

3) In order to assure equality of distribution, the Holy Father said that he must be "first and principally aided" by those who are nearest to him. 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 have the means to aid them. Hence he has his Society for the Propagation of the Faith to gather funds from the faithful - not funds really, but faith, SACRIFICES.

4) Every cent the faithful give to the Society for the Propagation of the Faith goes to the Holy Father, No Diocesan 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 part of the Holy Father's Mission Treasury. He alone, through a committee appointed by him, has the right to allocate that money to the mission territories and societies.

5) 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.

6) 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.

7) Tell others about the Pontifical Society for the Propagation of the Faith, take up collections in your office for the Holy Father, put into your own capital, make acts of self-denial, send 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 reparation for a wrong done long ago..." to Mrs. L. C. for \$20.00 "After a year's prayers 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, 366 Fifth Avenue, New York 18, N. Y. or your Diocesan Director Rev. George S. Wood, 50 Chestnut Street, Rochester 4, N. Y.

Advertisement for Cravenette Invisible Umbrella by Staub. Features a picture of a woman with an umbrella and the text: 'Cravenette' makes fabrics water repellent, yet keeps them soft and fresh too. For pickup and delivery service, call 10% Cash & Carry. The name you trust.

AND THEN THE LOCUSTS CAME

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

MASS IN HONOR OF THE SACRED HEART WILL BRING UNTO US SPIRITUAL STRENGTH TO YOU... THE OFFERING WILL SUPPLY NECESSITIES OF LIFE FOR YOUR MISSIONARY PRIESTS IN THE NEAR EAST.

THE LORD HAS SPOKEN TO ANTONY and JOSEPH. He has spoken and they have answered. They have applied for admission to the seminary at Alway and they have been accepted as candidates for the priesthood. However, each boy must have a sponsor who will be willing to pay his expenses of \$100 a year for two years, plus books, and temporary traveling. 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 offering goes 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 union with the poor. They are so dear to the Sacred Heart. Both girls have been accepted but each must now obtain a sponsor who will pay her necessary expenses of \$150 a year for the two year period of novitiate training. You may be able to work with the poor of Egypt with your hands and your heart. It can do it through your hands and your heart. Why not add 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 HERE CAN BE FOUND IN A LAND WHERE THERE IS ENOUGH TO EAT. \$10 WILL FEED A FAMILY FOR A WEEK!

HOW CAN YOU SHOW YOUR GRATITUDE BY A FEW WORDS? 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 will 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 some generosity. You can share your love and gratitude for your father with the poor of the missions who come to the House of God: Candles... \$25 Mass book... \$25 Cigarettes... \$10 Sanctuary lamp... 15 Altar stone... \$2 Crucifix... 25 Mass bells... 5 Mass vestments... 50 Picture... 12

WHILE YOU PLAN TO VACATION FROM WORK AND FAMILIAR SURROUNDINGS WHY NOT GIVE A TONGUE TO THE REFUGEES... COULD YOU SPARE \$5 FROM YOUR VACATION MONEY TO HELP AN OUTCAST?

Advertisement for Near East Missions. Francis Cardinal Spellman, President. Catholic Near East Welfare Association. 480 Lexington Ave. or 46th St. New York 17, N. Y.

Large advertisement for Golden Wedding. Text: Golden Wedding QUARTS \$4.99. Includes a picture of a bottle and a list of items: BLENDED WHISKEY - 86 PROOF - 30% STRAIGHT WHISKEY - 70% GRAIN NEUTRAL SPIRITS - JOS. S. FINCH DISTILLING CO., ALADDIN, PA.