

**SPIRITUAL EXERCISES
AT THE CENACLE**

Spiritual exercises will be conducted at the Cenacle Retreat House, 393 East Avenue, Rochester 7, during the month of July as follows:

- RETREATS:**
 July 3-11 Eight Day Retreat - Rev. John Hayes, S.J.
 July 14-15 Girls, 10-11 years - Rev. John E. O'Malley
 July 17-19 Married Women - Rev. Charles E. McInerney, S.J.
 July 21-22 Girls, 12-13 years

NOCTURNAL ADORATION:
 1st Wednesday, July 1 - 7:30 p.m. Mass at 6:45 a.m.

**At Home With Trudy McNeil
Preserve, Conserve
Strawberries**



This would be a good week to preserve, conserve or freeze strawberries for future enjoyment. It makes a woman feel "creative" when she turns the abundance of summer into tasty foods which will bring sun-ripened flavor to her table in winter.

Although strawberries from nearby gardens appear on the market from the early part of June to mid July, the peak of the harvest usually comes around the last two weeks in June. This year's strawberry crop is expected to be slightly above average, but 17 percent less than last year's large crop.

HOW TO FREEZE STRAWBERRIES: Pick choice, red-ripe, best-tasting berries; work with speed and care; package properly. After you can have strawberries and cream and strawberry shortcake—the real thing—next winter.

HANDLE WITH A LIGHT TOUCH. See photograph. Keep the fingers outstretched and swirl the berries thru cold water (add ice on a hot day) to remove sand and soil. Be gentle, be quick. Quick because they'll get water soaked if they linger in water. Leave the green caps on so berries won't lose color. Wash a pint at a time. Drain in colander.

DIRECT PACKAGING. Remove berry caps. Place berries one layer deep on tray or cookie sheet lined with absorbent paper toweling. Now the short-



Handle Strawberries with a Light Touch

A shorter boil makes brighter and more delicious jams and jellies.

Here's a recipe for a short-boil strawberry jam which has a beautiful color and a "just-right" texture.

STRAWBERRY JAM
 4 1/2 c. prepared fruit (about 2 quarts ripe strawberries)
 7 c. (3 pounds) sugar
 1 box (1 1/2 oz.) powdered fruit pectin
 First, prepare the fruit. Wash completely, one layer at a time, about 2 quarts fully ripe strawberries. Measure 4 1/2 c. into a very large saucepan.
 Then make the jam. Measure sugar and set aside. Add powdered fruit pectin to fruit in a sauce pan and mix well. Place

over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil-hard 1 minute, stirring constantly.

Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly. Prevent foaming fruit. Label quickly into jars or glasses. When panned into the half pint tapered jars (by Ball Brothers) you do not need to use paraffin. Jams and jellies seal with regular Mason sized Dome Lid and screw band. Comes in half pint, pint and one and one half pint jars. Wonderful for all kinds of canning and also for freezing. If using regular jelly glasses, cover jam at once with 3/4 inch hot paraffin. Yield: about 11 medium glasses or about 8 half pint jars.

COURTIER-JOURNAL
Friday, June 26, 1959

**Madelyn Sullivan
To Head PR Unit**
 Madelyn H. Sullivan, assistant vice president of Community Savings Bank, was elected president of Rochester Chapter of the Public Relations Society of America at the annual meeting of the group last evening (June 18, 1959) at the Oak-Hill Country Club.

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**First Catholic Grade
School in Formosa**

Trappist (N.C.) The Immaculate Heart of Mary Fathers will open the first Catholic grade school in Formosa this fall.
 This pioneer effort is hailed by missionaries here. They are increasingly aware that elementary schools are essential if the faith of the next generation of Catholics is to be preserved. Elementary schools are not only a considerable financial burden, but also a considerable spiritual loss. This is why the Church labors to make Africa free in the African way, through 32 native negro bishops, 1900 negro priests and 5000 negro Sisters.

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

SOME FACTS ON AFRICA
 Politically the world is divided into two orbits: The United States and Soviet Russia. Spiritually, there is no orbit but Christ in His Church. That is why the Church labors to make Africa free in the African way, through 32 native negro bishops, 1900 negro priests and 5000 negro Sisters.

The religious population of Africa is as follows: Moslems 38%, pagans 32%, Protestants and Catholics 17%. Moslemism is growing twice as fast as Catholicism.

The South African government will not allow the native negro to vote. When Basutoland adopted its constitution it permitted 2000 whites to vote, thus returning good for evil.

Moscow broadcasts 43 hours a week to Africa, while the Soviet satellites broadcast 150 hours in English, French and Arabic. Communist China broadcasts 13 hours a week to Central Africa.

The Soviets formerly attacked every African leader who opposed them. Now, they praise them all, hoping to catch them in their nets.

Western civilization is superior to any other civilization, not because it is white, but because it is Christian. As the Western world loses its faith it loses its supremacy; as other parts of the world gain the faith they will revitalize civilization. The Soviet power is really "Western Christian civilization" with its science and mechanics, but without its Christ or rather with the spirit of anti-Christ.

Last year the Catholics of the United States each gave to the Holy Father 26¢ for the Missions of the entire world, or about 10¢ each for Africa. This year we will do better, please God. Each week take up a collection in your office, shop or neighborhood. A nickel, dime or quarter a week from each and at the end of the month send it to the Holy Father's Society for the Propagation of the Faith.

GOD LOVE YOU to Elizabeth for \$1. Enclosed is \$1 the amount I have been spending for strawberries. Because I love them... to a Mother of Eight for \$1. Here is my one dollar bill. I know what it is to go without the necessary things... to a High School Graduate for \$5. Upon graduating I received quite a sum of money. Because I love God and His poverty stricken children I am sending a little something to help them. To J.M. for \$2.50. I promised God the equivalent of \$1.25 for certain favors. The favors were granted, but I delayed my thanks, so here it is, doubled!

The **WORLD MISSION ROSARY** is so designed as to inspire prayers for the Mission fields of the five continents. The green decade is to be offered for the missions of Africa, green symbolizing the color of 15 forests and the sacred color of the rosary for whose conversion we pray. If you send us a sacrifice of \$2 along with your request for the **WORLD MISSION ROSARY** we will send one to you so that you may add prayer to sacrifice.

Cut out this column, pin your sacrifice to it and mail it to Most Rev. Tullon J. Sheen, National Director of the Society for the Propagation of the Faith, 368 Fifth Avenue, New York 17, N.Y., or your Diocesan Director Rev. George S. Wood, 50 Chestnut St., Rochester 4, N.Y.



Doctor, 35, Sails To Life of Charity

New York — Joseph C. Foust, M.D., with his wife and children before leaving the United States to devote his life treating sick natives of Tanganyika as

an act of "Christian charity." The Roman Catholic family from Ionia, Mich., will settle in the village of Mboya, on the south-central plains of Tanganyika. Dr. Foust, a general practitioner is sponsored by the foundation For All Africa, Inc., a nonsectarian group devoted to furthering "person-to-person" contacts between Africans and Americans. Noting that the foundation has limited resources, the 35-year-old doctor said he was paying for the move to Africa out of his personal savings. (RNS Photo)

Georgetown Gives Medical Degree

Dr. James A. Usseleman, the N.Y., and received his Bachelor's degree in 1955 following completion of his premedical studies. Usseleman of 82 Lansdale St. was graduated from the Georgetown University School of Medicine, Monday, June 8. He received a Doctor of Medicine at the university's 100th-anniversary commencement exercises in Washington, D.C.
 Dr. Usseleman will go on active-duty with the U.S. Navy and will take his internship at the Naval Hospital in Chelsea, Mass. He is married to the former Anne M. Wiegand of Rochester, N.Y. He has one daughter, Kathleen Anne age 11 months.

The Weekly Note From Mr. Pepsi

Summertime, some women will avow, is the time when it's too hot to cook and all the relatives come for dinner!

You may readily agree with that at one time or another, but you can prepare yourself for entertaining over the holiday. You stock up this weekend with all the things like salad materials, cold meat, tuna fish, and other delightful makings for tasty, cool, summertime meals.

In making your plans to be sociable, don't forget Pepsi-Cola. If you haven't already heard, Pepsi now comes in a "Single Drink" size for those with the single size thirst. The regular and the hostess bottles are still available, of course.

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KINDA SNEAKY
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CRESCENT BEACH HOTEL
 Then ASK HIM For MINK But THAT'S WOMEN For YOU. Intuition TELLS THEM JUST WHEN THE TIME IS RIGHT. Sweet Organ Music By Bernie George Helps The Act Along Plus Sam Stiles Fine Dance Band
 On Fri. & Sat. Nites Putting Him In A Relaxing Mood.
 Your Hosts—LORRAINE & RAY GEIS

"ONE GRASSHOPPER JUMPED OVER THE OTHER GRASSHOPPER"
 and a pleasant time is had by all as children go through their antics singing this favorite nursery rhyme. But there is deep sorrow and lasting suffering when the grasshoppers begin to jump in Ethiopia. They jump and leap over each other in their eagerness to devour the crops of the poor farmers who depend on the land for their livelihood. In one area (Marsaba) the crops have been destroyed for the last two years. The people have been reduced to the depths of suffering. Your missionary work like to provide them with a parish center to send chapel as well as provide for some of their material needs. To carry on this ambitious program of mercy he will need \$4,000. Can you help?
 YOUR MASS OFFERINGS ARE THE ONLY SUPPORT OF YOUR MISSIONARY PRIESTS... CAN YOU HELP THEM... AND AT THE SAME TIME HELP YOURSELF AND YOUR LOVED ONE!

SISTER SIMONS and SISTER PAULA have prayed many months in Our Lady of Perpetual Help (Feast June 27) and She has answered them. Her answer was a call to follow Her as Sisters of Our Lady of Perpetual Help in Lebanon. Each girl is willing and anxious to make the sacrifice, but each must find a sponsor who will pay her necessary expenses of \$150 a year during the two year period of novitiate training. Would you care to adopt a "child of Mary"?

Two sons of the Land of Our Lady, NAIM and MANOEL, wish to remain among the sciences and the people so well loved by Our Mother. They also wish to make Her known and loved by all their neighbors and countrymen. To do this they wish to enter the Seminary in Jordan. Priests are badly needed here but before each boy may be accepted, he must have a sponsor who will pay his necessary expenses of \$100 a year during the six year seminary course. Would you care to adopt a priest? Why not do it in honor of Our Lady of Perpetual Help?

IF YOU HAVE NEVER BEEN LONELY... IF YOU HAVE NEVER FELT UNWANTED... then you will find it difficult to appreciate the mental sufferings of those who have outlived their families and friends and find themselves alone and unwanted. To help these good people and to make the last days the best, we try to maintain Homes for the Aging in the mission fields of the Near East. You can help the dedicated nuns who devote themselves to this work by joining our HOUSE OF GOLD Mission Club. The dues are a prayer a day and a dollar a month.

WHY NOT CHECK YOUR WILL TODAY TO SEE WHETHER YOU HAVE MENTIONED CATHOLIC NEAR EAST MISSIONS... IT IS IMPORTANT TO US... AND IT IS IMPORTANT TO YOU!
 BEFORE YOU LEAVE ON YOUR VACATION BE CERTAIN you check your reservations... stop the milk... lock all doors... close all windows... AND just before you leave think of MONSIGNOR RYAN and his thousands of refugees... a vacation for them is simply a full meal... TEN DOLLARS will still feed a family for a week.

GIVE TO WIN THE WORLD FOR CHRIST
Near East Missions
 FRANCIS CARDINAL SPELLMAN, President
 Most Rev. Peter P. Toohy, N.Y. Secy.
 and all communications to:
CATHOLIC NEAR EAST WELFARE ASSOCIATION
 480 Lexington Ave., at 46th St., New York 17, N.Y.

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