

White Sisters

Elect Superior

Meluchien, N. Y. (NC) — Mother Mechthildis, former provincial superior in Germany, has been elected fifth superior general of the congregation of the Missionary Sisters of Our Lady of Africa.

The election was held in the Sisters' motherhouse in Algiers, according to a statement issued by the U.S. Mother Superior's office here. The most commonly known as the White Sisters because of their distinctive white garb.

At Home With Trudy McNall

Fun, Food And Fresh Air

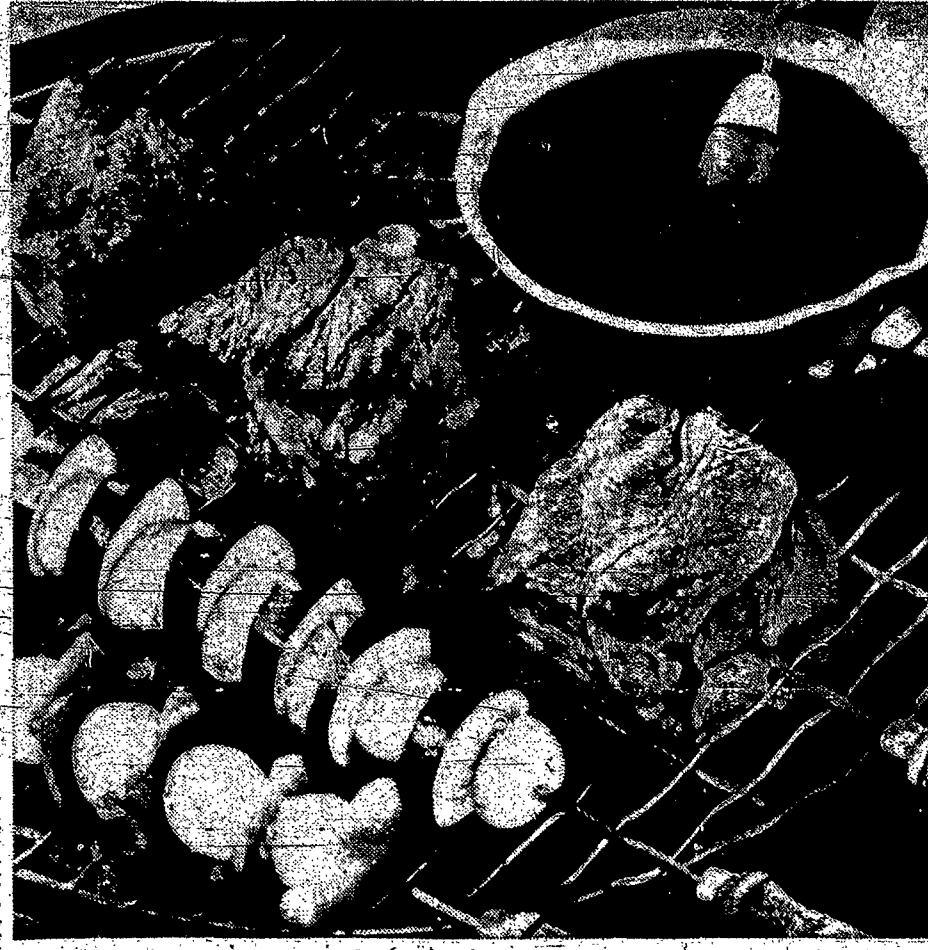
The picnic season is with us. Most every family loves to eat out-of-doors whether in a park, a woodland, or just their own backyards. It's time to spruce up the grill and your long-handled utensils and set up the barbecue table for another out-of-door cookery season.

You can serve almost anything you can cook indoors, at a barbecue providing it's good.

Steak is the favorite, but many will agree that chickens, ground meat, spareribs, and loin of pork are tantalizing and delicious when properly barbecued. The sauce gives them the extraordinarily delicious fragrance when cooking out-of-doors.

Beef kabobs are always popular and this is the way I like to prepare them. You'll need to buy special 3 inch squares of top round or tenderloin for these giant kabobs. By using these extra large cubes of beef, the meat can be grilled crusty brown on the outside and still have a pink center.

To get this degree of doneness that most beef lovers prefer, the beef kabobs should grill about 20 to 30 minutes. The picture shows you how a tempting barbecue grill looks. To accompany the beautiful beef there's a sauce made with bouillon base for marinating and daubing during cooking, plus vegetables cooked on skewers right along side of the beef and French bread spread with garlic butter and sprinkled with a little parsley.



Beef Kabobs Over Charcoal

larger broilers usually have less water.

Broilers are perishable so do not purchase too far in advance. Chicken can be held only two or three days. It pays to hurry home with broiler purchases, loosen their wrappings or loosely rewrap them in wax paper (so that air can circulate around the bird), and store in the coldest part of the refrigerator.

How about some hard cooked eggs for your picnic or barbecue. One of the best buys is a dozen eggs. How can you hard cook eggs without boiling them? To begin with, take the eggs from the refrigerator about one-half hour before you plan to cook them... or bring them to room temperature in warm running water. (This discourages cracking during cooking.)

Then place three cups of cold or lukewarm water in a saucepan for the first egg, and add enough additional water when cooking more eggs, so that the water will completely cover them. Cover the pan and bring the water to a boil. This done, remove the saucepan from the heat and allow it to stand. The eggs remaining in the water for 15 minutes.

Then promptly cool the eggs in cold running water... or ice water. As a result, the shells will come off easily... and you will have avoided the dark ring which you sometimes find on the side of hard cooked eggs. Incidentally, if you will peel the eggs under running water, the shells will come off even more easily.

Take along a good old fashioned chocolate cake for dessert which no one can resist.

GOD LOVE YOU!

By MOST-REV. FULTON J. SHEEN

Nationalism means that the only missionaries who should be aided are those who come from the United States. Catholicism means that all missionaries from all countries and in all countries should be the object of our prayers, sufferings and sacrifices.

Take Africa for example, which is one of the most important missionary continents in the world. Here is the official record of the nationality of most of the priests in Africa.

Nationality	Percentage of Total	Number
African	16%	1,811
French	15.5%	1,717
Belgian	15.5%	1,717
Irish	10.3%	1,149
Dutch	10.1%	1,136
Italian	5.9%	660
German	4%	451
Canadian	3.3%	374
English	3.2%	358
Swiss	2.9%	328
American (U.S.A.)	2%	224

England, with a very small Catholic population actually has 120 more priest missionaries in Africa than the United States.

When you think of the missions, think Catholic! The world is bigger than your parish, your diocese, your country. Think of the missions in terms of the Holy Father, the Vicar of Christ. He, more than anyone in the world, knows all mission needs; he loves all missionary societies equally; therefore as he said, he must be "first and principally aided." Send your sacrifices to him who has the universal interests of souls at heart.

You send aid to him through his officially appointed representatives, the Directors of the Society for the Propagation of the Faith. No one may touch your aims. They go directly to the Vicar of Christ. Each day deny yourself a little luxury for the sake of Christ our Lord.

GOD LOVE YOU! Mrs. E.H.R. for \$3 "I needed to have a little extra money, and could find nobody, so I promised this money to the missions if I could get the job myself." ... to Ann, for \$2 "My roommate and I at college literally saved our pennies. Here is the result." ... to J.F.R. for \$100 "This is just a thank you for a spiritual favor received." ... to a group of "Brownies" for \$10 "We have just completed our first year of Girl Scouting. We saved this money for the missions by not buying construction paper, crayons, scotch tape, pin cleaners, paper dollies etc." ... to D.L. and Friends for \$3.50 "We had a little fair, and we want to send you half of the proceeds."

Have you a WORLD MISSION ROSARY to take away on vacation with you? If not, for your request and a \$2 offering, we will be happy to send you one blessed by Bishop Fulton J. Sheen.

Cut out this column, pin your sacrifices to it and mail it to Most Rev. Fulton J. Sheen, National Director of the Society for the Propagation of the Faith, 365 Fifth Avenue, New York 17, N.Y. or your Diocesan Director Rev. George S. Wood, 50 Chestnut Street, Rochester 47, N.Y.

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Incidentally, I don't like kabobs where the vegetables are cooked on the same skewers with the meat, and this is because the vegetables are always much overdone when you cook them this way. Try having separate skewers for vegetables.

- Beef-Q Sauce**
- 2 c. beef bouillon
 - 1/2 c. salad oil
 - 1/2 c. minced onion
 - 2 t. ketchup
 - 1 t. brown sugar
 - 3 t. vinegar
 - 1 t. Nance's mustard
 - 1/2 t. salt
 - 1/2 t. smoke flavored salt (optional)
 - 1/2 t. paprika
 - 1/2 t. pepper
 - 1 clove garlic, minced
- Combine ingredients. Simmer 30 minutes. Use for marinade and basting beef. It's a good idea to marinate the chunks of beef in the sauce for 30 minutes. (Be sure and keep in refrigerator.) Barbecue 20 to 30 minutes. When cooked, slip the chunks of meat from the skewers. Slice and serve.

Vegetables Kabobs

Alternate on skewers. Unpeeled slices of zucchini marinated in melted butter and mushroom caps marinated in French dressing. Small whole COOKED onions and squares of green pepper. Start to barbecue the vegetables after the meat has been turned so they won't overcook.

To complete the main part of the meal, slice French bread diagonally, but not through the bottom crust, and spread with garlic butter. Wrap the bread in aluminum foil and heat over the coals, sprinkle with parsley before serving.

The barbecue sauce is wonderful for chicken also—in this old world of ours there are many things which don't make sense. One of them is the very low price at which chicken broilers and eggs are selling.

When broiling the chickens, marinate them in the sauce and then, when barbecuing them, turn the halves every 8 to 10 minutes and brush with sauce. Cook until leg bone twists easily in its socket. When buying broilers, select fresh looking, plump ones that are free of skin blemishes and pin feathers.

Meat half way on their journey by Valerian Cardinal Gracias, Archbishop of Bombay, the pilgrims, starting from four separate centers walked eleven miles to Mount St. Mary's Basilica in Bandra, a Bombay suburb, where the Cardinal preached at a special evening Mass.

He made particular mention of the Kerala Catholics' refusal to reopen their schools in protest against a new education law which, among other things, requires teachers in the private schools to be appointed from lists approved by the government.

"Remember," he told the pilgrims, "the most serious issue in Kerala is that of tyranny versus freedom. Negligence and failure to use the rights given by democracy will only promote a rapid growth of dictatorship. The intrusion of the state into areas of culture and private life must not be permitted."

Cardinal Gracias strongly re-futed Communist charges that the Church in Kerala was "engaging in politics."

American Destiny

Witness To Freedom

Pittsburgh — (RNS) — Bishop John J. Wright of Pittsburgh and in the love of God and one of our Creator; they are two clearly called into being to demonstrate to the Jaded, divided, Old World.

Bishop Wright cited the relationship between religion and patriotism and termed the two "twin virtues."

"Religion and patriotism are twin virtues," he stated. "Supernatural love of the devout for the faith and their natural love for the fatherland flow and integrate."

Indecent Literature
Fort Wayne — (NC) — The Indiana council of the Knights of Columbus has announced that 25,000 members are being organized throughout the state to combat indecent literature.

Ceylon Catholics Vow Defense Of Schools

Colombo — (RNS) — Roman Catholic Archbishop Thomas B. Cooray of Colombo warned that any attempt by the state to take over the country's Catholic schools will be resisted by Catholics even unto the shedding of our blood.

The archbishop was referring chiefly to proposals for the nationalizing of all denominational schools made by the Buddhist Advisory Committee, which has strong influence with the ruling party in Ceylon.

Addressing a prize-giving ceremony at the Ave Marie school in Negombo, Archbishop Cooray described "the campaign against the denominational schools" as "a relentless effort to absorb institutions of this nature into a soulless, lifeless, godless system of education."

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Calypso's Cousin Baptized

Alexishafen, New Guinea — (NC) — A new Catholic hymnal just published here by Divine Word Missionaries contains the first collection of native New Guinea melodies known to have been set down in modern notation.

The melodies are somewhat similar to calypso.

Author of the hymnal is Father Bernard Harrison Fisher, S.V.D., from Sabula, Iowa.

Piano-playing Father Fisher decided it was possible to put native melodies in modern notation when he happened to hear a few missionary playing native Christmas melodies by ear on his flute.

"I knew that what he could play on his flute, I could play on the piano," Father Fisher said, "and if I could play on the piano, I could also write the music for it."

Prior to that time it was assumed that native melodies could not be reduced to modern notation.

The flute-playing missionary was Father Henry Aufenanger, S.V.D., stationed at Koudu in the New Guinea Western Highlands. Father Aufenanger, an anthropologist, has been interested in New Guinea melodies for the past 20 years.

Father Fisher's modest hymnal, "Katolie Sing Bok" covers 29 pages and contains 13 native melodies. All notation is by Father Fisher and the text is chiefly by Father Aufenanger.

Although very little is known of native music structure, the evidence seems to indicate that cadence, not pitch, is the more important element.

"The native melodies have more resemblance to the Hebrew psalms than to modern rhythm," Father Fisher said, "although one melody appears to be in three-quarter time."

The tonal structure of New Guinea native music is believed by some to be pentatonic—having only five tones. But Father Fisher has found as many as six of the usual eight tones that are found in Western music.

Priest Named To Aid Blind

Washington — (RNS) — The Rev. Thomas J. Carroll, Roman Catholic priest from Boston, Mass., has been appointed to the National Advisory Council on Vocational Rehabilitation, Secretary of Health, Education, and Welfare Arthur S. Flemming announced here.

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It is often quoted as a description of the lasting power of young love. It is also a description of a "very old love." The love of your missionary priest for his flock.

The priest at Negombo (Sinhalese) has served his flock for more years than he will admit (for fear of being sent on vacation by his bishop), and yet his devotion to these poor people is stronger and deeper than the day he first arrived at this desolate outpost.

Soldiers and robbers, storms and pestilence have come and gone while his mission remains on this outpost of civilization. He never complains, but recently he asked our help in building a permanent chapel. Who could refuse such a request? We could not... we sent him \$2,500 relying on your generosity. Did we make a mistake? We think not. We are confident you will want to help \$2,500 is the amount.

HAVE YOU CHECKED YOUR WILL RECENTLY... HAVE YOU MENTIONED THE CATHOLIC NEAR EAST?

STRENGTH FOR THE ARMS OF CHRIST is the best description we know for a stringless gift. Sometimes we become so concerned with organization and its many parts that we may lose sight of the basic facts. The CATHOLIC NEAR EAST MISSIONS are well organized... we operate with an absolute minimum for administration and appeal... BUT... it is not we who have done this. Rather it is Christ, Himself, working through you and through us who has done all this. It is HIS work and it is done by HIM among HIS people. Our Holy Father, the Vicar of Christ, has the chief responsibility for this work of Christ. Will you help him? A stringless gift makes it possible to help where it is most needed. **STRENGTH FOR THE ARMS OF CHRIST** before you leave on vacation? Send a stringless gift today!

A SIMPLE REMINDER... MASS OFFERINGS ARE THE SOLE SUPPORT OF YOUR MISSIONARY PRIESTS!

"THERE ARE TWO VERY GOOD BOYS..." at least to speak the neighbors of JOSEPH and FRANCIS. Their bishop thinks so too! As a matter of fact the Bishop would like to send these two boys to the seminary to study for the priesthood — a dream they have long cherished. Before they can begin, however, each boy must have a sponsor who will be willing to pay \$100 a year for necessary expenses during the six year course. Would you care to help in the formation of a priest?

GLAD YOU JOINED THAT VACATION CLUB LAST YEAR... IT IS CERTAINLY PROVING ITS WORTH NOW! WHY NOT JOIN A MISSION CLUB... IT WILL PAY EVEN GREATER DIVIDENDS NOW AND IN THE LIFE TO COME... THE DUES ARE A DOLLAR A MONTH AND PRAYE A DAY FOR THE WORK OF THE CLUB!

SISTER MARY ANN and SISTER MARY GRACE are very anxious to become Christ Sisters so that they may give their lives to the poor and unfortunate members of the Mystical Body. You can help them—in fact somebody must help them. Each girl must have a sponsor who will be willing to pay her necessary expenses of \$150 a year for the two year period of apostolate training. Christ has called these two girls to give their lives in His service... perhaps He has also called you to help them!

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Send all communications to:
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