At Home With Trudy McNall

Meals With Lenten Theme

Lent is the time when homemakers can express the family's faith through food. The tradition of fasting predates the first Easter and has varied widely through the centuries but faith and food have always been closely linked.

Lent can take on deeper meaning through appreciation of the relationship of this season's foods to those of Biblical times. The Bible often refers to foods, particularly bread and fish. These are mentioned in the story of Christ when he came to the aid of his disciples fishing on the sea of Galilee—"Jesus came and took the bread and gave it to them, and so with the fish." John 21:13.

THESE FOODS became symbols—fish the symbol of Christianity and bread meant all food. Bread was life. A third common food was cheese. In the Valley of the Cheese Makers, near Jerusalem, cheese was purchased either as a product similar to yogurt as a dry curd to be made into a drink with addition of water.

The fishes of the seas, boiled or salted, and the hearth-baked breads are heritages from this past. The Old Testament speaks of raised bread to which dried fruits, honey and spices were added to make a "sweet."

The simple fare of Galilean fishermen—and meat was a rarity then—can inspire appreciation of this season. Here are some more Proven Recipes with wonderful ways to serve the traditional Lenten fish, bread and cheese.

TUNA ORIENTAL

1 lb. can stewed tomatoes
¼ c. ketchup
1 T. butter
1 c. Celery, cut into 1inch pieces
¼ c. flour
½ c. water
¾ c. instant dry milk
2 T. Soy Sauce
2-7 ounce cans Tuna, well drained or 1-13 oz. can
Chow Mein Noodles or Boiled Rice

Cook stewed tomatoes, ketchup, butter and celery in a 2 quart saucepan over medium heat until celery is tender. Mix flour and instant non-fat dry milk in a 2 quart bowl. Stir water and soy sauce gradually into milk mixture until smooth. Remove tomato mixture from heat, stir in the milk mixture. Then add tuna. Heat until steaming hot but DO NOT BOIL. Serve over chow mein noodles or boiled rice. Makes 4 servings.

You'll find that TUNA ORIENTAL served hot with salad and a beverage is the kind of meal that's sure to reclaim the family's flagging interest in Lenten Fare.

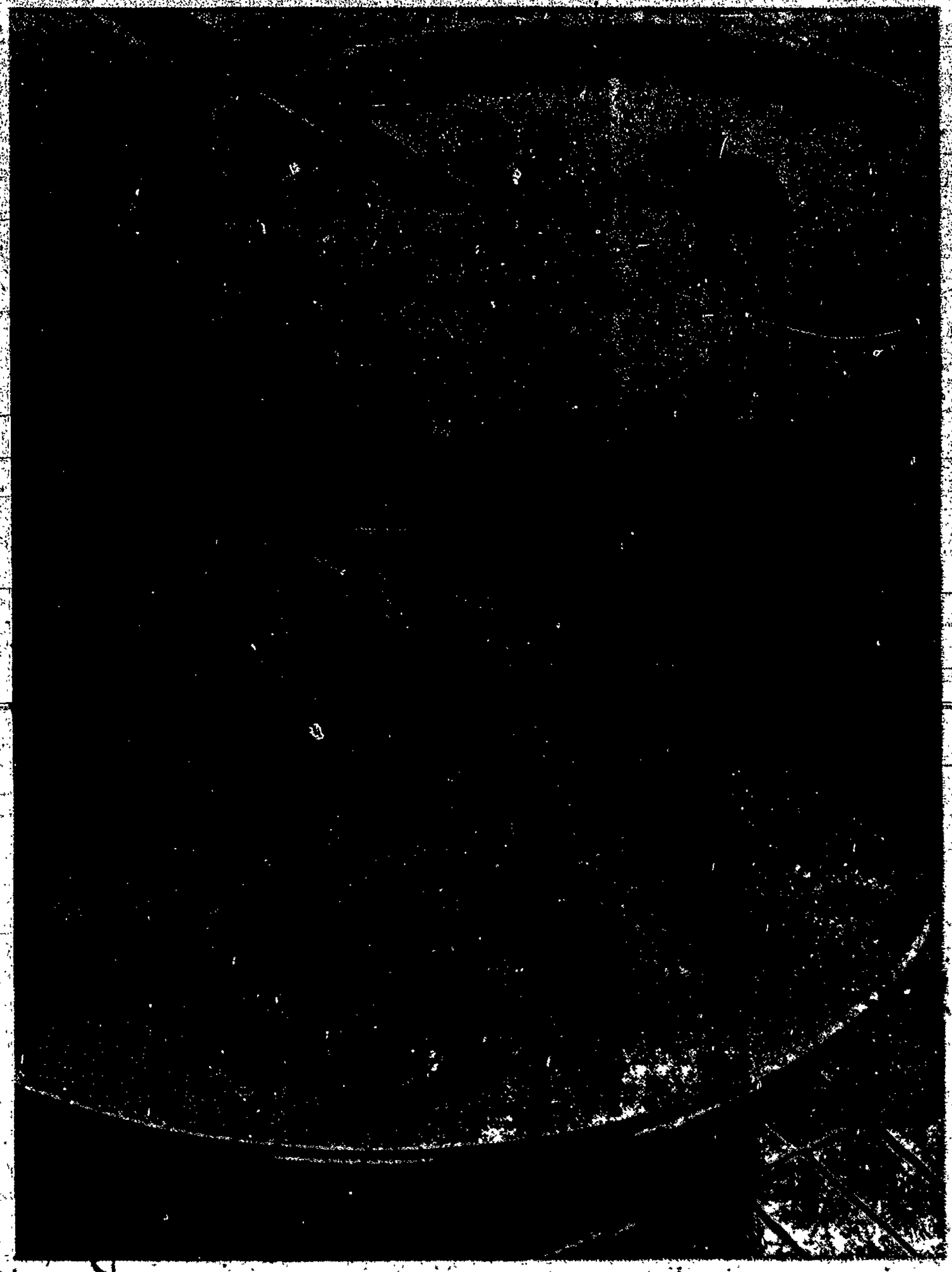
MUSHROOM CHEESE CASSEROLE

1 quart (½ inch) soft bread cubes
½ c. sliced mushrooms
1 c. grated sharp cheese
½ c. chopped celery
2 T. chopped onion
2 eggs, beaten
¾ t. dry mustard
½ t. salt
½ t. pepper
1½ c. milk

Alternate layers of bread cubes, mushrooms, cheese, celery and onion in a greased 1 quart casserole. Combine beaten eggs, mustard, salt, pepper and milk. Pour over bread in casserole. Bake in a slow oven 325 degrees for one hour. Makes 6 servings.

March has been proclaimed "NATIONAL EGG MONTH." You'll find eggs particularly helpful in planning nutritious, protein-rich, non-meat Lenten dishes. You can put eggs to good use in any meal of the day, from a hearty and nourishing breakfast to start the day right straight through lunch, dinner, snacks and even company entertaining.

Whether you serve eggs "as eggs" or in some other way, they help to round out your family's nutritional needs. Think of the ways you use them almost daily, to thicken a custard or sauce, to leaven a cake, to make mayonnaise, to bread or coat cutlets, croquettes, fish and seafood, to bind a meat loaf, stuffings or patties, to complete a casserole and to garnish salads and horsd'oeuvres. Try this substantial luncheon, or dinner casserole.



EGGS ALA KING

1 medium onion sliced
1½ c. sliced mushrooms
2 T. minced green pepper
3 T. butter
3 T. flour
½ t. salt
⅛ t. pepper
2 c. milk
1 T. chopped pimiento
6 hard-cooked eggs, quartered
1 egg yolk, slightly beaten
3 T. cream

Saute onion, mushrooms, green pepper in butter. Add flour, salt and pepper. Blend. Gradually add milk, and cook until thickened. Add pimiento and hard-cooked eggs. Add a little of the hot sauce to the egg yolk, then combine mixture. Add cream. Serve immediately with parsley rice.

PARSLEY RICE: Combine 1½ c. regular rice, 1½ t. salt and 3 c. water, in saucepan, cover. When mixture begins to steam, turn heat to low for 25 minutes. When rice steams, allow lid to remain ajar for 5 minutes to keep rice from boiling over. Add ¼ c. chopped parsley and serve with Eggs ala King.

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THE WEEKLY NOTE FROM MR. PEPSI:
March 17th is the anniversary of St. Patrick.
The legend of St. Patrick, patron saint of Ireland, driving the snakes out of Ireland is probably the best-known story about him. England and Scotland both claim to be his birthplace. At the age of 16, St. Patrick was carried off to Ireland by a band of marauders. After six years in captivity, he returned to France. In 432, as Bishop of Ireland, he returned to his beloved country of the shamrock. Although the Roman Catholic religion had been introduced into Ireland before St. Patrick's time, he was the first to spread it widely.
"Ah, 'tis a fine day, me lads, for the wearin' o'-the-green, an' for doin' a fine Irish jig!"
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Red Held Prelate Dies In China

Hong Kong —(NC)— Bishop Simon Chu, S.J., of Haimen, one of six original Chinese bishops consecrated by Pope Pius XI, died Feb. 22 while under communist house arrest, it was learned here. He was 91.

The message revealing Bishop Chu's death gave no news of the cause. It was known, however, that the outspoken Jesuit opponent of Red China's persecution of the Church had been in failing health since suffering an attack of pleurisy two years ago.

Bishop Chu was placed under house arrest on September 8, 1955 for refusing to cooperate with the schismatic "Patriotic Association of Chinese Catholics." A fellow Jesuit Ordinary, Bishop Ignatius Kung, S.J., of Shanghai, was imprisoned the same day.

The aged Bishop Chu was violently condemned during a "patriotic Catholic" congress in Nanking in December 1957. The communist press reported at the time that "all of the delegates" protested against Bishop Chu for "trying to carry out the reactionary political line of the Vatican."

Last November, the Red-controlled "patriotic association" declared that Bishop Chu was no longer Bishop of Haimen, and a schismatic bishop was consecrated illicitly to replace him.

BISHOP CHU was born in Shanghai on October 30, 1868. He entered the Society of Jesus at the age of 20 and was ordained a priest on July 28, 1898. Pius XI established the Vicariate Apostolic of Haimen in August, 1926, naming Father Chu its first bishop.

The Bishop-elect and five other Chinese priests traveled to Rome, and were consecrated by Pius XI in an historic ceremony in St. Peter's that October. They were the first natives of China to become bishops in modern times. Only one of the six survives — 79-year-old Joseph Hu, C.M., of Taichow, who is understood to be in jail for the Faith.

Bishop Chu became Bishop of Haimen in April, 1946, when the vicariate was raised to the status of a diocese.

IN A STATEMENT written less than six weeks before his death, Bishop Chu voiced his unswerving loyalty to the Holy See. He said also that the communist regime had isolated him "like a contagious leper." The statement, which reached here shortly after word of the prelate's death, is dated January 15. In effect a last testament, it states:

"With all my heart, I profess my fidelity and my attachment to the See of St. Peter and I put all my trust in the Divine Heart of Jesus. He will have pity on me.

"I have been condemned as a reactionary because I have disavowed the attacks on the authority of the Vicar of Christ and because I would not sanction the patriotic association without the approval of the Holy See. I have been isolated like a contagious leper. I have been confined to my room and I live alone. My priests have been prevented from visiting me and from consulting me.

"I would have been cast into prison but for my age. Despite the continued vexation and attacks to which I have been subjected, I preserve inviolable fidelity to all the instructions and decisions of the sovereign Pontiff."

In 1955, when the Reds placed Bishop Chu under house arrest, they subjected him to daily interrogations for six consecutive weeks. But he did not yield to join the "patriotic church."

Irish Priest Marks 50 Yrs.

Miami Beach —(NC)— Irish-born Msgr. William Barry, 73, a founder of Barry College for women here and pioneer publisher of Florida's first Catholic newspaper, will commemorate his 50th anniversary in the priesthood on St. Patrick's Day, March 17.

The Monsignor was born into a family of 18 children at Inagh, County Clare, Ireland. Three other members of the family entered religious life. He is a brother of the late Bishop Patrick Barry, fifth spiritual head of the St. Augustine diocese.

New Church Building Tops Record

Washington —(RNS)— Church construction opened 1960 with a new January record, the Census Bureau reported here.

New construction totaled $78,000,000, a slight seasonal decline from December but $5,000,000 higher than the mark for January, 1959.

Government officials have predicted that 1960 will be the first billion-dollar year in history in construction of religious edifices in the United States. The January report bears out the forecast.

Meanwhile, construction activity by the nonpublic schools and colleges, most of which are church-related, held steady at $48,000,000 during January, the same level of construction activity as December and the same as for January a year ago.

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Pope's Delegate Says

Retreats Give Perspective

Washington — (NC) — A spiritual retreat gives a "perspective of what we are, why we are in this world and of our eternal destiny," the U.S. representative of Pope John XXIII declared here.

Archbishop Egidio Vagnozzi, Apostolic Delegate to the U.S., told 800 men of the Loyola Retreat League at their annual Communion breakfast, that a retreat is the "most powerful means of recharging our spiritual life."

He said that American Catholics are "far above average" in the practice of their religion and in their cooperation in the work of the Church.

He warmly commended the introduction of the dialogue Mass in all churches in the Washington archdiocese as a means of letting the laity "participate more intimately in the spiritual benefits of the Mass."

The Archbishop said he has been edified by the growing interest of the laity in the life and work of the Church. He added: "This invaluable help comes at an opportune time when civilization is facing perhaps its greatest threat—atheistic communism."

Catholics "must join men of goodwill everywhere in the continuing and ceaseless fight against communism, he said.

"United by our faith, we have the solemn duty of helping to lead the fight against communism's terrible menace to our freedoms, and to the security of our homes, our families and our whole Christian way of life," he said.

Emphasizing that every communist, is a dedicated apostle of treachery, violence, deceit, sedition and falsehood, he said that every Catholic, "must be a dedicated Christian opposing by every lawful means the tyranny, slavery, oppression and terror of communism."

Nobody Claims Fiat, Navy Gives It To Priest

Naples —(NC)— The 74-year-old founder of a Catholic orphanage has been given an automobile (Fiat 500) which was unclaimed in the annual charity raffel conducted by U.S. Navy personnel in the Naples area.

He is Msgr. Raffaele Piccolo, who founded the Holy Name of Jesus orphanage.

The automobile was donated by the Fiat motor company for an annual charity drive by Navy personnel for needy orphans in the Naples area.

When no one claimed the auto after the raffle, a committee of "Operation Ambassador" officials, with the consent of the motor company, gave the auto to Msgr. Piccolo who traveled by bus about 11 miles daily between his church and the orphanage.

Silence On Religion Scored

St. Louis —(RNS)— A warning against attempts "to maintain a strict silence" about religion in a public school was cited in a major study document on the relation of religion to public education. The document was authorized for publication by the National Council of Protestant Churches' Division of Christian Education at its annual meeting here.

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