

Mass Said

For Victims

Hills, Hawaii (NC) — A special Memorial Day Requiem Mass was offered in St. Joseph Church here for some 55 residents of Hills reported dead or missing in the wake of a disastrous tidal wave.

The tidal wave, which struck Hills in the early morning hours of May 23, caused millions of dollars worth of damage here and left scores of persons homeless.

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BREASTS	59¢ LB.	LEGS	49¢ LB.
TENDER FRESH SPLIT BROILERS	39¢ LB.	TOP FROST 5-8 LB. OVEN-READY TURKEYS	49¢ LB.
BOSTON BUTT, 4-8 LB.	43¢ LB.	TEXAS, WHITE OR COMBINATION ARMOUR'S OR SCHRADER'S HOT'S	49¢ LB.
SHOULDER CUT PORK STEAK	49¢ LB.	LEAN FRESH WHOLE OR HALF PIECE GROUND BEEF	59¢ LB.
CENTER CUT HAM STEAKS	99¢ LB.	WHOLE OR HALF PIECE CANADIAN BACON	89¢ LB.
TASTY SEA SCALLOPS	55¢ 1 LB. PKG.		

Star MARKETS

At Home With Trudy McNeil



June Is Dairy Month

Trudy McNeil is seen daily, Monday through Friday, on "Home Cooking" from 9:30-10 a.m. on WROC-TV.

"June is in the meadows, June is on the hills, everywhere, everywhere her merry laughter thrills." It's that special time of year again. June rings up another anniversary — for June Dairy Month. June is the month of graduation, weddings, anniversaries and Father's Day.

As June gets under way, more and more of the long awaited spring vegetables will be coming to market such as asparagus, celery, onions, radishes, sweet corn, snap beans and new potatoes. Also the popular salad greens, lettuce and escarole. Shopping for all kinds of dairy products this June will be fun, for supplies will be plentiful.

There's a place for some dairy product in every meal of the day and in the meals between meals. Serve them "as is" or combine with other foods for main dish items, salads, casseroles, sauces, garnishes and desserts. Use them in cooking and baking. Dairy foods are so versatile and best of all they are so good for you, besides they even look good.

THESE ISN'T a dairy food that cannot be included in summer's best meals. With June here many families eat out doors or on the patio. Here is a wonderful main course called Buttermilk Stroganoff. Served over buttery noodles and accompanied by tossed leafy salad chock-full of crisp cool cucumbers, ripe and red skinned tomatoes, it is indeed a welcome menu.

Stroganoff is a flavorful meat dish especially favored by the Southeastern Europeans who like to use cultured milk products in most every meal. In our dish, buttermilk — so nice and low in calories — adds the distinctive tangy flavor of sour cream as it keeps calories down in a bare minimum for weight watchers. Buttermilk contains all the nutrients of whole milk save those vitamins found in the butterfat portion.

And now these, too, are added to many of the buttermilk sold in our markets. To make the stroganoff, cubes of beef are browned in delicious butter, then simmered in a tasty sauce. Just before serving button mushrooms and buttermilk are blended into the dish and heated through.

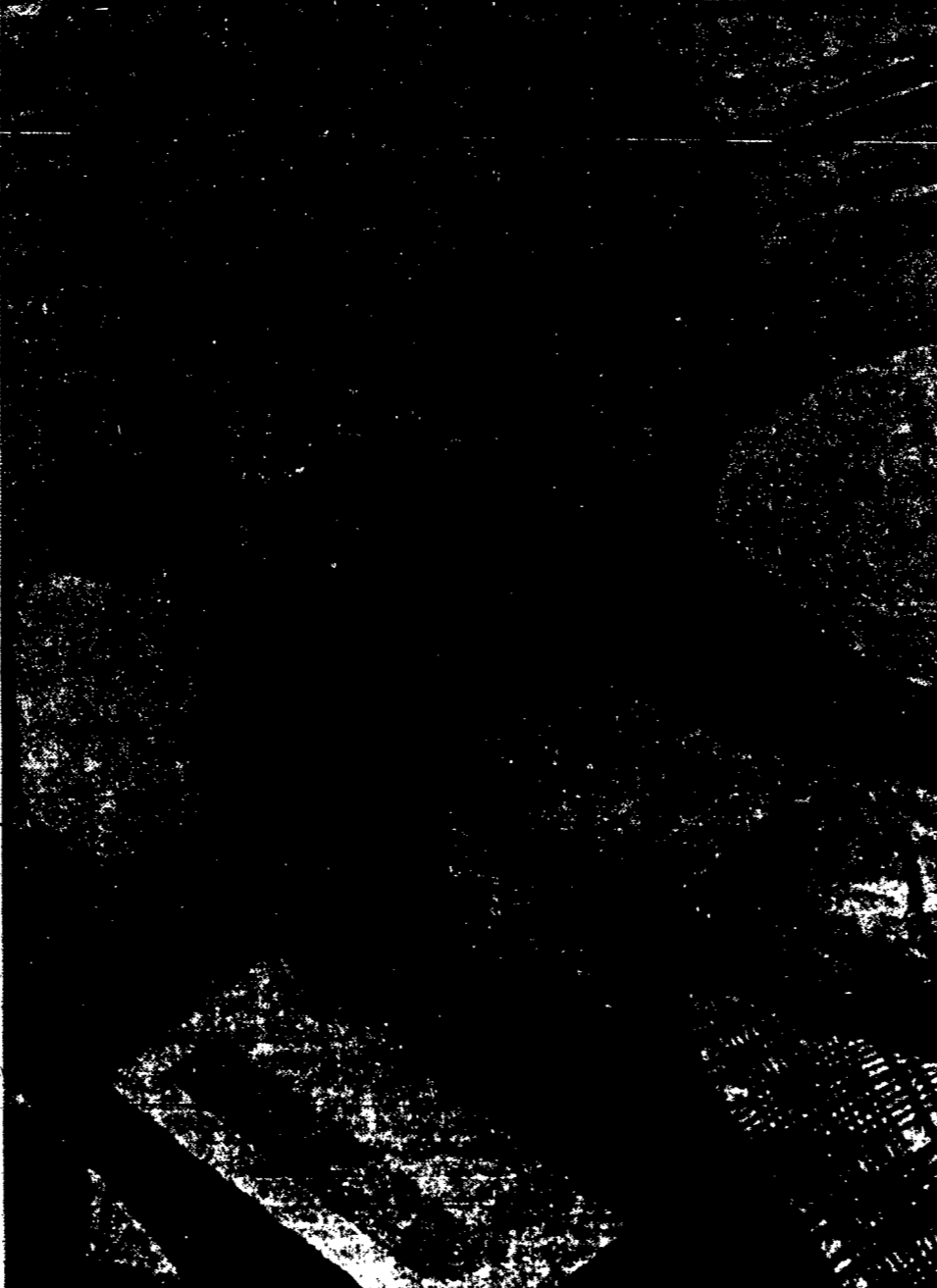
Since the stroganoff cooks by itself for two hours, you might like to prepare the dish in an electric frypan, letting it simmer on the back porch — if an electric outlet is handy. Or cook the stroganoff in the kitchen, bringing it out to the patio and serving it from a chafing dish as pictured.

French bread always tastes best slathered and slathered with creamy butter. For extra flavor and flair, put the bread into the oven for just a few minutes until the butter heats to a melting goodness. Naturally milk is the indoor and outdoor beverage to accompany stroganoff. Serve it well chilled in tall glasses.

BUTTERMILK STROGANOFF
6 servings

1/4 c. flour
1 t. salt
1 1/2 pounds beef, cut in cubes
1/8 t. pepper
2 T. butter
1 c. sliced onion
1 clove garlic, minced
1/2 c. water
1 t. Worcestershire sauce
2 T. ketchup
1 4-ounce can button mushrooms
3/4 c. buttermilk

Combine flour, salt and pepper. Coat cubes of meat with this mixture. Brown meat slowly in butter in a large pan.



BUTTERMILK STROGANOFF

When brown on all sides, add onion, garlic, water, Worcestershire sauce, ketchup and liquid drained from canned mushrooms and buttermilk and cook only until heated through. Serve over noodles or rice.

One of the most pleasant and easiest foods to eat during the warm weather is cottage cheese. Cottage cheese has just the cool freshness needed to make the hottest day seem more comfortable. Try cottage cheese with fruit salads or in combination with fresh garden vegetables.

Cottage cheese appeals to weight-watches because of the comparatively low amount of calories — a 4 ounce serving of skim milk cottage cheese contains only 100 calories. Here's a recipe for a delightful June dish, Pineapple Cottage Cheese Mold, recommended by U.S. Department of Agriculture home economists.

PINEAPPLE COTTAGE CHEESE MOLD
2 t. unflavored gelatin
3 t. cold water
1 c. pineapple juice or juice plus water

2 T. lemon juice
2 T. sugar
Pinch salt
1/2 c. drained crushed pineapple (9 ounces)
1/3 c. chopped celery
1/3 c. cottage cheese

Sprinkle gelatin on cold water and soak for a few minutes. Heat fruit juices, add sugar, salt and gelatin. Stir until gelatin is dissolved. Chill until thick enough to hold solid food in place. Stir in pineapple, celery, and cottage cheese. Chill till firm. 4 servings.

Dr. William Callahan Last Rites Held

Funeral Mass for Dr. William M. Callahan, a Rochester physician for 39 years and member of St. Mary's Hospital staff was offered in Our Lady of Good Counsel Church, Friday, May 22.

Bishop Kearney gave the final blessing at the Mass.

Doctor Callahan died unexpectedly May 22, 1968 at his home, 331 Thurston Road.

He served in Texas with the Army Medical Corps in World War I.

Dr. Callahan was a member of Rochester Council, Knights of Columbus, Men's Club of Our Lady of Good Counsel Church, Rochester Academy of Medicine, Monroe County and American Medical Associations and General Practitioners Association.

SURVIVING ARE his wife, Mrs. Helen A. Callahan; one daughter, Sister Mary Pius, Mercyhurst College, Erie, Pa.; three sons, William M., John E., Robert J. Callahan; two sisters, Sister Mary Celeste of Sisters of St. Joseph, Watertown; Mrs. Kathryn Loftus; several nieces and nephews.

Dr. Callahan was born in Rochester and attended Immaculate Conception School, St. Andrew and St. Bernard's seminaries and was graduated from Canisius College in 1917. He

was graduated from University of Buffalo Medical School in 1921.

Burial was in Holy Sepulchre Cemetery. Arrangements by Alvah Halloran and Son Funeral Home.

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St. Hyacinth Mothers Begin Plans For Dinner

Auburn — Plans are now underway for the annual June dinner to be held by the St. Hyacinth Mothers' Club of St. Hyacinth school area.

New officers elected for the 1968-69 year will be installed at this dinner. Taking office will be: Mrs. Edward J. Wrobel, president; Mrs. Raymond S. Wilson, vice president; Mrs. Michael Horbal, recording secretary; Mrs. Leonard A. Sikora, financial secretary; Mrs. Joseph Kozol, publicity chairman and Mrs. Mitchell Lewicki, program committee.

A SPECIAL PROGRAM is being prepared for the evening by Mrs. Edward Kosowski and Mrs. Ted Komysalovicz.

Guests of the evening will include the Rev. Jerome Holubowicz, pastor; the Rev. Edward

Kurdziel, assistant pastor, the Rev. Andrew Skiba, assistant pastor, and Mrs. Catherine Kravinske, no longer in charge of St. Hyacinth school area.

Mrs. Cecil Saunders and Mrs. John Mierzwa are in charge of reservations and arrangements. They are being assisted by Mrs. Walter Zerk, Mrs. Sigmond Kubarek and Mrs. Stanley Rydzowki.

COURIER-JOURNAL
Friday, June 3, 1969

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Belgian King Honors Bishop

Providence — (NC) — Bishop Russell J. McVinnery of Providence was decorated with the cross of Officer of the Order of Leopold from the King of Belgium.

The award was in recognition of services the Bishop rendered in connection with the participation of the Holy See at the 1958 Brussels World's Fair.

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