

### Prayer Day Set By Knights

**Ithaca**—A Day of Recollection will be held on Sunday, March 5 by the Ithaca Council, Knights of Columbus from 2:30 to 5:30 p.m.

The talks will be given by Rev. Richard Murphy, Chaplain of the Ithaca Council.

The first part of the program will be at the K. of C. Home followed by Rosary, meditation and Benediction at Immaculate Conception Church.

The program was arranged by Father Murphy assisted by Elmer Birdie.

Transportation, for those who need it, can be had by calling 2-2831 or 4-0178.

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### Women's Group Sets Breakfast

Members of the Immaculate Heart Society of St. Peter and Paul's church, Elmira, will receive Holy Communion at the 8:30 a.m. Mass on Sunday.

Regular monthly meeting of the group will be held Monday following Benediction of the Most Blessed Sacrament at 7:30 p.m. in the church.

**PLANS WILL** be completed for the Father-Son Communion and Breakfast to be held March 12. Food will be prepared and served by the ladies under the supervision of Mrs. George Bragg.

The group is scheduling a rummage sale to be held Friday and Saturday March 17-18. Mrs. O. G. Steiner is chairman of this affair and the co-chairman is Mrs. Harry Osborn.

### Cheerleaders Tournery Set

The C.Y.O.'s Annual Diocesan Cheerleaders Tournament will be held on March 11 at the C.Y.O.

Representative squads from both diocesan high schools and grammar schools will compete in the contest.

**EACH GROUP** will perform three cheers: a fight, a team, and a novelty cheer. Judges will award the team trophy for first, second and third place on the basis of the squad's organization, formations, precision and enthusiasm.

These trophies, along with the diocesan basketball award, will be presented at the "Banquet of Champions" to be held Sunday, March 19, at the C.Y.O.

### Owego CDA Plans Supper

Owego—A covered dish supper will precede the regular meeting of Court St. Rose of Lima Catholic Daughters, of America, on Tuesday, March 7.

Mrs. Helen Rader and Mrs. Thelma Deuell will act as co-chairmen of the committee on arrangements.

A business session will be conducted by Mrs. Beatrice Cleveland, Grand Regent. Mrs. Cleveland urges all members having membership blanks to return them as soon as possible.

### Family Rosary Radio Program

Friday, March 3 — William Roeger, St. Michael's accompanied by Kolping Society.

Saturday, March 4 — Miss Joanne Huck, St. Helen's.

Sunday, March 5 — Angelo DiNieri, St. Philip Neri accompanied by Legion of Mary of St. Michael's.

Monday, March 6 — Charles Schmitt, St. Mary's accompanied by St. Thomas More Club.

Tuesday, March 7 — Carl Mancuso, St. Jerome, East Rochester accompanied by Catholic War Veterans.

Wednesday, March 8 — Robert Stutch, Holy Ghost, Coldwater accompanied by Men's Club of that parish.

Thursday, March 9 — John Petrych, Immaculate Conception accompanied by Laymen's Retreat League of that parish.

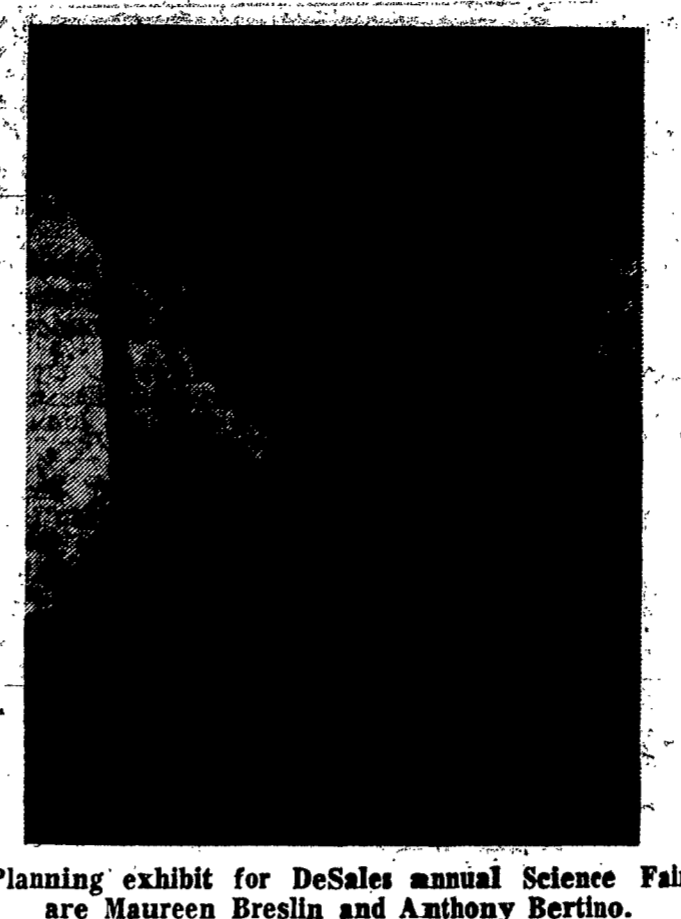
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Planning exhibit for DeSales annual Science Fair are Maureen Breslin and Anthony Bertino.

### At Our House . . . Low Cost Menus

By MARY TINLEY DALY

From one of the "depressed areas" comes this request:

"Do you know any nourishing, filling, and by all means inexpensive meals for a family of seven? I read the recipes in the paper (go to the library for we can no longer afford to take a daily paper). The pictures practically make me drool. But, even the so-called 'economy' dishes are too high priced for us. My family is tired of the old standbys within our price range, hamburger served this way and that. Will you give me a tip? Seems that, during Lent, my family is hungrier than ever!"

Sincerely, Mrs. T.J.B.

"P.S.: My neighbor lets me read her Catholic paper when she has finished with it. I'll be watching your column."

### AT OUR HOUSE, too, Mrs. B., during Lent "the family is hungrier than ever!"

Everybody looks forward to that one "full meal, with meat" at the end of the middle of the day.

Here are a few ideas which may be of help. Low-cost menus you have not tried for a while:

On Sunday, you might serve a New England boiled dinner. The "ham" is not the expensive, cured ham you see in the newspaper. Taking the same is a pork shoulder, or "picnic." Gently simmer this until almost done, then add potatoes, cabbage, onions and carrots — all low-cost but nourishing.

Flavor of the meat permeates these vegetables so they require no further seasonings except salt and pepper. Take the meat out while vegetables are having their last 15 minutes of cooking. Remove heavy skin, put meat in a shallow pan in a hot oven for browning.

Serve it on a hot platter, surrounded by vegetables and you have a dinner to set Sunday apart as a culinary specialty. "Brown Betty" dessert (apples, stale bread, dabs of margarine and cinnamon) served with milk or lemon sauce tops this off.

**DON'T THROW** away the liquid your "ham" was cooked in. Mrs. B. Cover the pan, cool, remove congealed grease. This may be used bit by bit for later vegetable seasoning.

Depending on the appetites at your house, that "picnic" may provide another meal of baked potatoes with creamed ham.

When all the meat is gone,

### Science Fair Opens DeSales Vocation Month

Geneva—Vocation month will be introduced at DeSales High School on March 7 with the conducting of the annual science fair. Members of the "Nucleus," the school's science club, as well as many other members of science classes, are preparing an exhibition of their study and research.

**GENERAL SCIENCE**, both of an advanced nature as well as of a freshman level, and mathematics studies will be represented. Projects will be judged in the afternoon, and parents are invited to view the exhibits from 7:30 to 9 p.m.

The finalists chosen from

### Indulgences Studied By Mothers' Circle

Corning — February meeting of St. Ann's Mothers Circle was highlighted by a discussion of Indulgences led by Mrs. Harold Hills who was club hostess at her home.

The basic definition of an Indulgence was first reviewed by the members prior to general discussion. Most of the discussion was devoted to methods and means whereby the Catholic may obtain Indulgences.

The Rev. John A. Lynch, assistant pastor of St. Mary's Parish answered questions based on the discussion topic and others.

Copies of this month's agenda may be picked up at the home of Mrs. Plus Yorio along with the booklet "Lent and Holy Week in the Home." It is suggested that members pick up the agendas prior to the next meeting to be held at the home of Mrs. John Ruvola, Jr., 87 E. First St.

The American Heart Association is the only national voluntary health agency devoted exclusively to combating the heart and blood vessel diseases. The Monroe County Heart Chapter is the local affiliate.

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Mrs. Arlyn Walder, 618 Westminister Rd., Rochester 7, N. Y.

### A VACANT BARN

In the rear of a school building, in the village of KANIMANAGALAM in INDIA, is used as the parish church. The majority of the people of this village are non-Catholics but sixteen Carmelite Sisters staff a school there with an enrollment of about six hundred pupils. The barn being used for divine worship is on the same property as this school. The devoted work of the Sisters in educating the children of the village has taken the hearts of the people and converts are numerous. The barn-turned-church is enlarged on Sundays and Feastdays by bringing chairs and benches from the school to accommodate the increasing number of people who are in attendance; even so, many of the people must remain outside, some of them not able to see the altar. An appeal for help in building a Church (\$1,000 is needed) has come to us from the newly-appointed pastor. The Bishop of the Diocese adds this note to the pastor's appeal: "I am glad to recommend this appeal, because, if we are to continue to make converts in KANIMANAGALAM, the need of a parish Church is very great. The poor local Catholics will do their best in restoring manual labor."

**JERUSALEM**  
Thoughts of the Holy City, so frequently in our minds each Lenten Season, have always moved the devout to sadness in recalling the rejection of Our Saviour by the inhabitants of Jerusalem, and all that this implied in bringing about His Passion and Death. Those of us who are familiar with the story of the Partition of Palestine feel added sadness when we think of the Land of Our Lord now disastrously divided and thousands of people in exile.

Over one million people who fled their homes in Palestine in 1948 are still living in exile, dependent for their very existence on the charity of people from other countries since the host countries who received them are too poor to give them anything more than land to live on.

For the past twelve years our Association has been helping these people through contributions sent to us for this purpose. Again this Lent we are asking for donations so that at least a small measure of human joy might be brought to these poor people at Easter time. A gift of \$10.00 brings untold help to these Refugees in the way of food, clothing, shelter, medicine, education. If you could send us such a gift we will send you an Olive Wood Rosary from the Holy Land as a token of our and their appreciation of your help. Please help us again this Lent.

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