Dear Miss Culkin:

think this is true?

Dear Reader:

to change.

family tradition.



ALUMNAE MEMORIAL MASS and luncheon plans for Sunday, Nov. 11 at Our Lady of Mercy Motherhouse Chapel are being made by these alumnae: (from left) Mrs. Margery Byrd Callan, decorations; Mrs. Josephine Baron Marice, chairman; Mrs. Olive Kress McHugh, co-chairman. Mass is at 11 a.m.

Nutrition Unit Sets Meeting

967

The Study Group on Nutrition Education in Nursing, a The Genesee Dietetic Associ- alumnae, Sunday, Nov. 11, at ation will meet in the Nurses' 11 a.m. in the Motherhouse Kress McHugh, co-chairman; lake is regulated. Residence of St. Mary's Hospi-Chapel, 1437 Blossom Road. tal School of Nursing on Monday, Nov. 5 at 3:30 p.m.

ervisor, a Head Nurse and all for \$1 per family to help defray made by Monday, Nov. 5, are and activity, but when people problem, we recommend that ester Schools of Nursing have been invited to discuss methods tion and service.

Miss He len C. Fleming, Nutri- to the Mass and luncheon.

Church, Saturday, Oct. 27.

Mr. Whalen, 82, of 82 Pome-

were the Rev. Paul Wohlrab

Deacon, and the Rev. James

William J. Naughton, John E.

and J. Exmmett Murphy.

George Whalen Rites

Offered By Priest-Son

Duffy and the Very Reverend Monsignors George A. Cocuzzi Requiem Offered

Also the Reverend Fathers Sunday, Oct. 14, 1963 at The erard Hafner, Edward E. Chimneys Nursing Home, 269

nessy, Francis J. Pegnam, Gerlinson spent most of her adult

ard C. Krieg. F. John Hedges, life in Rochester. She was a George M. Kalb, Thomas M. graduate of School No. 3, Roch-Reddington, J. Joseph O'Con-ester Free Academy and Gene-

nell, Con rad J. Sundholm, Rob- seo Normal School, now State ert A. Kelsher, William H. University College at Geneseo. Shannon, Robert J. Boyle, S.J.,

John A. Lynch, William F. She was active in the Catho-

Nolan, Richard C. O'Connell, lic Women's Club and Cenacle

Frank Valukevicius, Chaplain Retreat House. She was a mem-

Leo D. Ward, LCDR, USN., Ed-ber of St. Mary's Church and

win B. Metzger, James T. of the Rosary Society of Im-Wolfe, William Amann, William maculate Conception Church. A Brien, Ignatius St. George, delegation of the latter led by

Michael Volpe, James Moyni- Rt. Rev. Msgr. John S. Ran-

of the Police Holy Name Soci- Burial was in Holy Sepul-

ety, the Locust Club, the Po-chre Cemetery where the bless-

lice Benevolent Association and ing was given by Rev. Leo

the Rocheter Police Veterans Lynch. Arrangements by John

Alexander St.

principal in 1914.

funeral home.

Born in Brooklyn, Miss Wilk-

She taught at School 10 before being appointed School 25

dall recited the Rosary at the

J. Curran Funeral Home.

RADIO &

ELECTRICAL

More than 50 other priests At St. Mary's

Hester, Robert C. MacNamara, Oct. 17. John S. Whalen, Eugene H. Mc-

Farland, John S. Hayes, John

LeVeque, Anthony F. Calimeri,

Bernard Kuchman, Charles A.

Gerard Hafner, Edward E. Steinkirciner, Francis M. Fee-

ney, Francis J. Taylor, Andrew

W. Teus chel, Robert H. Fen-

Francis Vogt, Gennaro J. Ven-

Also the Reverend Fathers

han, William J. Spellecy.

MR. W HALEN was a member

Bennett, James F. Slattery.

Annual Memorial Mass Set For Mercy Alumnae

Our Lady of Mercy High School Alumnae, their weight. Even then, the over-cluding your own. You are the average person is not "ob of Rochester, brother of the spb-committee of the Genesee husbands, members of their families and friends are weight patient who is under a bound in conscience to judge scene" and could not be pro bridegroom, officiated at the Valley League for Nursing and invited to the Annual Memorial Mass for deceased physician's treatment for individuals on their own merits, scribed by law.

A DIRECTOR of a Rochester in the school cafeteria. In ad-School of Nursing, a staff nurse, dition to the food each family Byrd Callan, decorations. a Public Health Nurse, a Sup-will bring, the committee asked

invited as honored guests of

Reservations for all to be inherited characteristics may have an influence on appetite

PARENTS AND members of Baker Lowry, 574 Harvest Dr., change their eating habits, they, her pastor, and enlist his help words "sadistic, 'masochistic, Nov. 1. of improving nutrition educathe families of the deceased are UN. 5-5975; Eileen Miller too, can lose weight. the Alumnae Association, both Kraftschik, 131 Thurlow Ave., Actually, most overweight prejudices of her mother. He indefinite." HU. 2-7901; Helen Bauer Gugel, people readily admit that their will be able wisely and prudent

Hospital School of Nursing's educational program will be chairman announced the follow-hostess for this meeting.

187 Chili Ave., ID. 6-6747, and overeating. They say they just one avery happy and success line committee heads: Olive new Cir., Pittsford. DU. 1-2076

Sacred Heart Given Charter

He was a patrolman 37 years ship in Washington, D.C.

roy St. a retired city police- before he retired in 1949. A nite danger signal for those THE CHARTER formally rec- over 40. man and a former street car native of Lima he lived in Vicmotormans, died Oct. 24, 1962 tor and was a graduate of Victor ognizes affiliation of the local High School. He was a charter unit with the national organiza Dear Tina: Assisting Monsignor Whalen

Assisting Monsignor Whalen

teer Fire Department.

High School. He was a charter that the Catholic University of America. Pupils of Grade 8 eat even the smallest and driest eat even the smallest eat even the smalle comprise the local Club mem-He is survived by his wife, bership.

IN ATTENDANCE were the Right Reverend Monsignors Arthur E. Ratigan, William J. Mary, and his son, Monsignor Whalen. Burial in Holy Sepul-ganized Club are: Geryle Tracy, and different nationality, but with vice - president; Shephen Gormican, vice - president; Christine Knauer, recording and corresponding secretary and John Monsignors Arthur E. Ratigan, William J. Mary the Company of the newly or ganized Club are: Geryle Tracy, and different nationality, but with whom otherwise she can find the company of the newly or ganized Club are: Geryle Tracy, and different nationality, but with whom otherwise she can find no fault, can best be answered by quoting from a Ligurorian by quoting from a Ligurorian by president. sponding secretary; and John by quoting from a Liguorian McCafferty, George W. Eckl.
Gerald C. Lambert, John M.
Duffy and the West Lum, committee chairman,

pamphlet, "What Young People Ask About Lafe, Love and Mar-Team of Challengers Civics riage" by D. F. Miller, C.SS.R. Club is one of the thousands of Catholic Civics Clubs chartered in the United States for the express purpose of developing in the United States for the express purpose of developing in the control of the formed, responsible young citifew or perhaps a small colony

Requiem Mass for Miss Lor- zens. Included were the Reverend etto de Sales Wilkinson was The theme of this year's ity. The prejudiced person had Fathers John Merklinger, Raymond Wahl, Daniel Burns, celebrated by the Rt. Rev. Msgr. program is "Build Better Local an unfortunate experience with C.S.B., Edward J. Foy, Austin James C. McAniff, P.A., Vicar Government." Club members one such person. Or the only Hanna, John Ruth, C.S.B., General of the diocese, in St. theme from Young Catholic Raymond G. Heisel, Francis E. Mary's Church, Wednesday, Messenger, national current affairs weekly for students in grades 69. Monthly articles in MISS WILKINSON, former-the periodical point up the ly of 267 Oxford St., principal fundamentals of good citizenof School 25 for 32 years be ship and suggest practical proj

Call for Insurance

"Usually these prejudices

fore she retired in 1946, died ects for the club members.

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Losing Weight

By ANNE CULKIN

to be heavy and there is noth neighbors. With illogical think dealt with sex perversion and ing we can do about it. Do you ing and unchristian unkindness, masochism. the prejudice agains≢ a few grew to embrace everybody of

the same nationality.

ed, as much as scientists and mans, or all people of any natutional issues involved. doctors who really have strong tionality, and who made this a reasons for their convictions be reason for refusing consent to IN ONE case, Louis Finkelcause they are based on scienthe marriage of one of their stein and Louis Schaeffer, prolific studies. A booklet printed children to such a one, we have prietors of a Times Square book by the Metropolitan Life Insur-this to say: You are doing a store were convicted of violat-

glandular disorders is able to not by your unreasonation lose weight when his food inings against their nationality the court rejected, Harold Zucktake is regulated.

As parents, you are indeed er, employee of a Times Square maid of honor for her sister. glandular disorders is able to not by your unreasonable feel-

and support in neutra lizing the and 'disgusting' are vague and

do sometimes makes it easier Knights Slate Some people develop the habit of overeating because James Shay good food and plenty of it is a

The Team of Challengers Anyone who is 10 per cent or the Elmira City Fire Depart to view exhibits and tour the Solemn Funeral Mass for George Whalen was offer- Civics Club of Sacred Heart more heavier than his desirable ment, will speak to members hospital in the School's Annual ed by his son, the Rt. Rev. Msgr. Leslie G. Whalen, pas-School this week received its weight is considered overweight of Elmira Council 229, Knights Open House for those interested tor of Our Lady of Lourdes Church in St. Andrew's official charter from the Com- younger, a little extra weight business meeting. Wednesday mission on American Citizen does no harm. For people over night, Nov. 7, at Columbus 30 it is not good. It is a defi- Center.

fire fighting methods.

Court Upholds State Smut Ban

Washington—(RNS)—In an action seen by observgroup of such persons ever en ers here as strengthening state laws against obscenity How can you lose weight i ountered was composed of re and pornography, the United States Supreme Court has

you cut down on food but stil. ent immigrants, who were can't lose? My three older sis ish, who lived on the wrong ters are stout, too, and my moth side of the tracks, who were conviction of three New York left standing the convictions ters are stout, too, and my moth er says that it is just our nature looked down upon by their books and photographs that courts against the dealers,

here as putting approval of the

The court refused, without Court on a broader interpretaopinion, to review the cases but tion of the authority of a state I'm sorry, but I don't agree that overweight is hereditary. But my opinion can't be honor-Italians, or all Poles, or Ger granted a review of the constitution of a state who which appeals to prurient ingranted as much as scientists and many or all poles, or Ger granted a review of the constitutions.

Marvin-Smith

Wedding Held ance Company, "Overweight and grave wrong, that is, you are ing the New York state law Underweight," has this to say committing a mortal sin, by ef against obscenity by possessing only Ann Smith, daughter of Mr. "Some people blame their overweight on metabolism (the rate at which their bodies use energy) and on the glands which regulate metabolism. In a few cases poorly functioning.

which regulate metabolism. In all other respects. unsuccessful appeal to the church. which regulate metabolism. In a few cases, poorly functioning "There are good and bad per Supreme Court that material Church." double ring ceremony and

IN A SECOND case which Nuptial Mass. Chapel, 1437 Blossom Road.

Immediately after the Mass, a tureen luncheon will be served in the school cafeteria. In addition to the food each family

Kress McHugh, co-chairman; take is regulated.

Heredity is often claimed as a cause of overweight. People do inherit body build as well as other characteristics. Some makes him a risk in marriage.

As parents, you are indeed book bazaar, was charged with selling books dealing with sadism and masochism, which sister of the bridegroom, were bore such titles as "Cult of the bridegroom, were bridesmaids."

Following a wedding trip to Follo Bondage Correspondence.'

Europe, the couple will make being received by Maureen from overweight families she talk the matter over with cessfully to argue that "the port Road, Macedon, after His attorneys sought unsue their home at 611 South Wayne-

Action of the Supreme Court

Open House At St. Mary's

High school students from a six county area converged on St. Mary's Hospital School of D. James Shay, a member of Nursing (today) Friday, Oct. 26 in nursing careers.

OPEN HOUSE was under the sponsorship of the Rochester Regional Hospital Council. Stu-Shay, a member of the fire dent nurses conducted the tours department for some 12 years, and held informal meetings will speak on fire safety and with the interested young

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VOTE Nov. 6

Polls Will Be Open From 6 A.M. To 7 P.M.



Since The Good Old "Cracker Barrel" Days

We ve progressed in many ways since the days of the pet-bellied steve. We're better informed and base our decisions on what we've read or keard of the years rather than on the off-times heated harangues of election time. It's been a good American custom to discuss issues that concern oir community . . . weigh the merits of argument . . . draw Intelligent conclusion. At the polls we have the privilege of expressing the dictators of our conscience in casting our vote for the men er women we believe will best serve our interests and the interests of our community. So we urge you to east your vote this coming Tuesday with

Intelligence and logical thought. It's your right it's your duty to make your proise in government heard!

