

Readers Speak On Smoking

By MARY TINKLEY DALY

Since publication of the government report on hazards of smoking, cigarettes may not be between so many lips as heretofore, but the subject of cigarettes, or smoking in general, seems to be on all tongues.

Probably one would have to be in a cloistered convent or a monastery where conversation is forbidden to get away from comments on "How I stopped smoking." "How I'm going to stop smoking." "How I wish I could stop smoking." and "Why in the world did I ever start smoking?"

For all we know, maybe the nuns and the padres chalk up their freedom from the habit as still another by-product of their religious way of life.

AT ANY RATE, the air is full of talk as if used to be of cigarette smoke, and this column is not immune.

Comes one letter from Mrs. A.F.D.:

"How did you get your husband to stop smoking for Lent? And then get him to stop smoking for good? I've been preaching it to mine for years, but he never made the 'what' treatment."

"When the doctor told him he should cut down on the number of cigarettes, he did. Then in a sudden spurt of something, he cut the things out altogether for two weeks. Our boys have never been more miserable. He would yell at the kids, and at me. 'Mr. Miserable,' we called him. Before the end of the two weeks, he was munching on chocolate candy all the time and gained five pounds."

"With the new report, my husband is again getting quails. He wants to stop smoking but hates to think of the added pounds which seem inevitable in his case."

"What would you advise? And did your husband gain around the middle when he cut out cigarettes?"

To Mrs. A.F.D., the Head of the House gained 30 pounds in six weeks after he quit smoking for Lent and for good. He then had to lick the addictions to sweets which became smoking substitutes. It was "will over matter" until the thing got squared away. From a three-pack-a-day man to a "No, thank you, I don't smoke" built in reaction has been quite a transition.

"We didn't stop him. He stopped himself."

Now, we should like to give readers one of the finest letters we received by this column, printed by permission of the writer. It is a picture of a splendid young couple, with husband definitely the "Head of the House," letter written by the wife, a fellow journalist.

Careful reading of this letter will bring inspiration.

"Can't resist 'sending' the Head of the House's plan for Sugar-Spun Look."

374

Mrs. Richard Cionitti

Nuptials Join Area Couple

Miss Nancy Elizabeth Ferguson, daughter of Mr. and Mrs. James Ferguson of Heberle Rd., and Richard N. Cionitti, son of Mr. and Mrs. Albert Cionitti of Sprucewood La., were married Feb. 1 at St. Cecilia's Church. The Rev. Bernard C. Newcomb officiated.

Frederick VanStydoeck was best man. Miss Virginia Lamm was maid of honor and Mrs. David Suberville, matron of honor. Ushers were David Ferguson and Nicholas Cionitti.

Catholic Books Display Shown At St. Casimir's

St. Casimir's Rosary and Sacred Heart Society of Elmira included the promotion of Catholic literature at its Feb. 13 meeting.

Mrs. Martha Stachowski, library and literature chairman, displayed "An easy climb to pleasure" which featured a step-by-step "colorful" paper around the frame and a wide selection of books were placed on the steps.

It is proposed to enable members to become more acquainted with material available in informative Catholic reading.

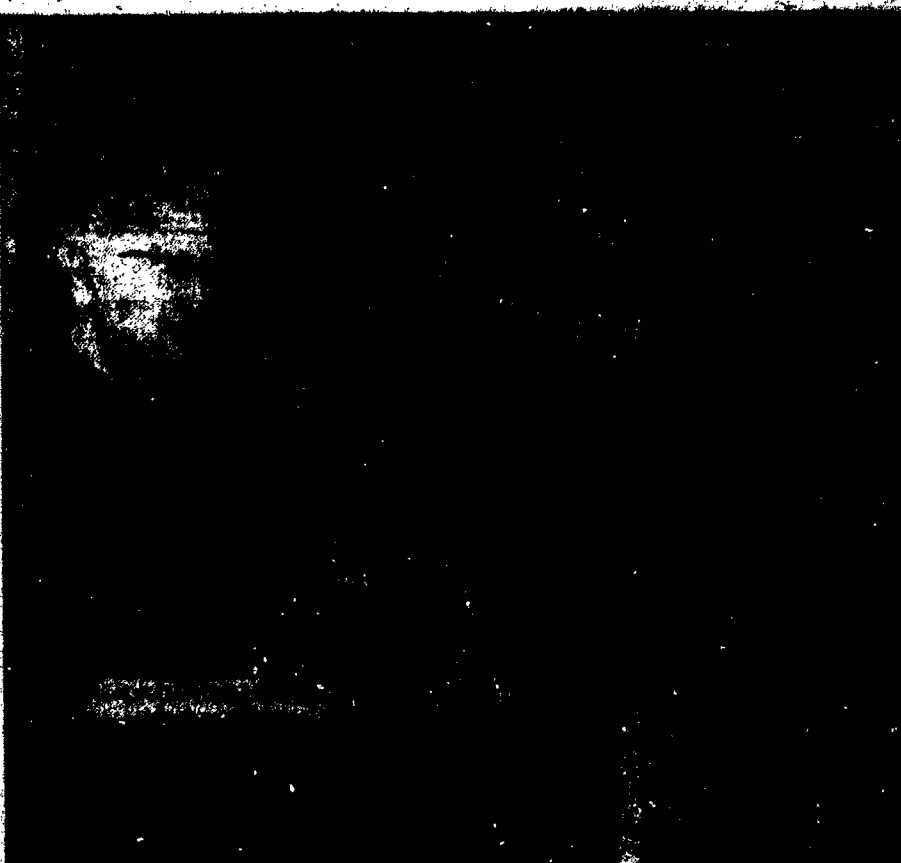
PROGRAMS PLANS were discussed for a Day of Recollection for women of the parish to be held under auspices of the society in March.

A Holy Hour on Thursday is to be conducted by Rev. Leonard P. Kujawski for the members and ladies of the parish.

Needlecraft Dept., P.O. Box 162, Old Chelsea Station, New York 11, N.Y. Print plainly PATERN NUMBER, your NAME, ADDRESS and ZONE.

Send 25 Cents for our 1954 NEEDLECRAFT CATALOG. See 206 designs to crochet, knit, embroider, smock... toys and gifts plus free pattern.

New 32 page QUILT BOOK—16 complete patterns include exclusive Presidential Quilt. Send for American Heritage Quilt Book—only 50 CENTS.



SUGGESTED READING will be displayed at the annual Book Tea on Sunday, Feb. 22 from 3 to 5 p.m. Event is sponsored by St. Christopher's Library and Court St. Rita, Catholic Daughters. In photo are Mrs. Charles Tools and Mrs. Clarence L. Hastings.



St. Mary's Alumnae Assn. will attend Mass at SS. Peter and Paul Church at 8:30 a.m. on March 1 followed by breakfast at the Washing Well. Discussing plans are from left, the Rev. John V. Rouse, hospital chaplain; Carol Stalgerwald, chairman; Caroline Manuele, program; and John Lynam, president.

St. Mary Grads Set Breakfast

Miss Caroline Manuele, class of 1944, announced that the Alumnae Association of St. Mary's Hospital School of Nursing will hold their annual Communion-Breakfast on Sunday, March 1.

Mass will be celebrated at 8:30 a.m. at SS. Peter and Paul Church. Breakfast will follow at the Washing Well, 1100, Hill Ave.

Guest speaker will be Sister Mariel, S.S.T., a member of the Nazareth College faculty.

Reservations are available at St. Mary's Hospital School of Nursing and from Carol Stalgerwald, chairman.

Rosarians See Retreat Slides

Catholic Retreat slides from Rochester were shown by Father John J. O'Connor at the monthly meeting of the Altar and Rosary Society of St. Charles Borromeo Church, Elmira Heights.

The meeting was held Thursday, Feb. 13, at 7:30 p.m. beginning with the recitation of the Rosary in the church.

Plans are being made for a retreat to be held at St. Charles on March 1. Chairman of the retreat will be Ann Kostelny.

Library Open Feb. 22

The Rochester Public Library, main library and all branches, will be open for regular hours on Feb. 22.

Service on Washington's Birthday. Main library hours are 8 a.m.-5 p.m. and branch hours, 9-3 p.m.

Gray's Carpet Cleaning Plant

251 Sanford Street

WALL-TO-WALL CARPET CLEANING, RUG CLEANING, EXPERT MOTH PROOFING

Satisfaction Guaranteed

Gray's Carpet Cleaning, 251 Sanford St., GR 3-4847

Father Visit

Rev. Michael J. Kuchynski, pastor of St. Nicholas Church, Elmira Heights, talked on "East and West—Bridges and Barriers" at St. John the Baptist Rectory Guild-Holy Name Men's Club dinner on Feb. 11.

The committee included Mrs. Lillian L. Manning, chairwoman; William Davis, Robert L. Linn, John M. Ford, P. J. Linn, James E. Linn, James E. Linn, and Mrs. Anastasia Kuchynski.

Events Reported At St. John's

Rev. Michael J. Kuchynski, pastor of St. Nicholas Church, Elmira Heights, talked on "East and West—Bridges and Barriers" at St. John the Baptist Rectory Guild-Holy Name Men's Club dinner on Feb. 11.

Mardi Gras decorations and the crowning of a Mardi Gras King and Queen, selected by lucky numbers, added to the enjoyment of the 75 club members present.

The King, Clifford Fulk and the Queen, Mrs. Theresa Strusinsky, were crowned by Mrs. Francis Haber, chairman, presiding the dinner.

On Feb. 23 a baby sale will be held after Mass with Mrs. Agnes Kruchow as chairman.

A communion-breakfast for Rotary Guild members is scheduled for March 2 after 8:30 a.m. Mass at the Mark Twain Hotel.

Mrs. Ann Watts is chairman and the speaker will be Dr. Mendel S.S.L., Instructor, School of Nursing, St. Joseph's Hospital, Elmira.

AOH Welcomes New Members

Ladies Auxiliary, Ancient Order of Hibernians, annual Communion and Breakfast will be held Sunday, Feb. 22, Mass at 8:30 a.m. in SS. Peter and Paul's Church, Elmira, to be followed by breakfast at 10 a.m. in Mark Twain Hotel.

Three new members inducted are Mrs. Jane Linn, Miss Dorothy McCluskey, Mrs. Diane Quirk. At the meeting at which the new members were inducted, Jane Coggins discussed plans for the State Convention in Elmira, Wednesday, June 24 to Saturday, June 27.

A trio from the Neighborhood House entertained with singing and dancing. Mary Traub talked on the origin and purpose of the Ancient Order of Hibernians, both in Ireland and the United States.

When does your money start earning 4 1/4%?

at Community

Savings really mount up fast at Community—now, faster than ever. At Community, you always get top-rate immediate interest from day of deposit compounded and paid quarterly—plus special help and extra services that make saving regularly easy for you.

Open or add to your account now for instant-never savings.

Community SAVINGS BANK

Corner Main and Clinton, a Midtown Arcade

Corner Exchange and Broad—424 Ridge Road West

300 Working Road Shopping Center

Corner Main and Church, Elmira

MAKES FEDERAL RESERVE DEPOSIT COMPULSION

Hans McDonald Wedding Held

Miss Margaret M. McDonald, daughter of Mrs. G. McDonald of Elmira, was married Feb. 15 to James F. Hans, son of Mr. and Mrs. Walter O. Hans of Macon, N.Y., in St. Augustine Church. The Rev. Walter Carver officiated.

The bride was given in marriage by her brother, G. Kenneth McDonald.

Matron of Honor was Mrs. Maurine Eighwald. Peter Rhodes was best man and John J. Eighwald, usher.

Engagement

At a family dinner Feb. 16, Mr. and Mrs. Joseph P. Gagliano of 10 Maybrook Road announced the engagement of their daughter, Constance Barbara Jo Army Specialist Thomas E. Berndt, son of Mr. and Mrs. William E. Berndt of 287 Narver Road.

Miss Gagliano is a graduate of Nazareth College, and Army Specialist Berndt is an alumnus of Clarkson College of Technology, Potsdam. He is presently stationed at the United States Army Support Center, Niagara Falls, where he was recently named "Soldier of the Month."

Oct. 2 has been set for their wedding date.

WIN CCA Points For YOUR Club

Geo. M. Clancy Jr. Carting Co., Inc.

4 Choke Street GR 2-3120

INDIA: A SCHOOL UNFINISHED

WELLSBURY is a good center in the city of WELLSBURY, N.Y. The Sisters of St. Clare opened a small house here to take care of children, mostly from the city. The house is now being expanded to 100 beds and will be ready for occupancy in the next few weeks. The Sisters have a plan for a chapel for themselves and a place for a chapel for the children. They are also planning to build a school for the children. They are also planning to build a school for the children.

LECTURE NOTE

A distinguished theater director has said: "The lecture is the most unattractive method yet invented for getting across an idea." College students have long suspected this. We don't want to lecture but we would like to plant an idea... Why not read your LECTURE SACRIFICE this year to the missionaries in the East and Middle East? You can help in an easy way, for instance:

- FOURNISH A MISSION CHAPEL. Vestments - \$50, Missionary - \$10, Chalice - \$40, Ciborium - \$10, Tabernacle - \$20, Bibles of the Cross - \$25, Censer - \$20, Sanctuary Lamp - \$10, Altar Linens - \$10, Sanctuary Bells - \$5.

- EMPHASIZE A BROTHER-SISTER. One like DAVE LAMBE. The cost is \$100 a year for two years.

- FOR SISTERS. A BIBLE case \$10. A year's necessities - \$10.

- MEDICAL NEEDS FOR THE MISSIONS. One provides a complete MEDICAL KIT. For \$4 \$10, \$15, \$20, \$25 and provides DRUGS, BANDAGES, HYPODERMIC.

- SCHOOL SUPPLIES. A book costs \$2. A blackboard costs \$1.50. For \$5 we can provide BOOKS, GAMES, TABLETS or SCHOOL SUPPLIES.

- FIRST COMMUNION BEREAVEMENT. It takes \$10 to outfit a child for First Communion.

STUDENTSHIP GIFTS. Write us to help where the Holy Father thinks the need is great. Our missionaries do appreciate your BIBLE OFFERINGS, often their sole daily support.

FOR JOHN KELLY

In his homily, Father of the Holy Spirit, the late Pope would "We all share responsibility for the fact that penitents are undisciplined." You can help your people by sending a FOOD PACKAGE to a needy FELLOW CHRISTIAN. Write for it. Cost \$10. This will help them through a month.

WINDY REMINDERS. Write us to help where the Holy Father thinks the need is great. Our missionaries do appreciate your BIBLE OFFERINGS, often their sole daily support.

Dear Margaret M. McDonald

Enclosed please find \$100.00 for the Holy Spirit.

Name: Margaret M. McDonald

Address: 10 Maybrook Road, Elmira, N.Y.

Near East Missions

FRANCIS CARROLL SPELLMAN, President

CATHOLIC NEAR EAST MISSIONS ASSOCIATION

480 Lexington Ave., 14th St., New York 17, N.Y.