At Our House®

Readers Speak On Smoking

By MARY TINLEY DALY

Since publication of the government report on hazards of smoking, cigarettes may not lie 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 it 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 at mine for years, but he gives me the 'so 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 house has 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 qualms He wants to stop smoking but hates to think of the added poundage which seems 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 addiction 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.

No, we didn't stop him. He stopped himself.

Now, we should like to give readers one of the finest letters ever 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 giving up cigarettes. When the very first indications of the smoking report came out (back in 1954), my husband—a long-range planner at heart — informed me that during the coming Lent (1955) we would give up smoking as a penance, then the next year we would give up smoking for Lent and for good.

"Two advantages, maybe three: If you are over 21, Lent means no food between meals, and the temptation to nibble and put on weight in lieu of smoking is avoided. Also, the trial run gives the smoker confidence, and takes away that fear of stopping 'cold turkey'!

"The third advantage, in our case, was that both smokers in the family stopped at the same time. I think either of us would have fallen right back into the old nicotine habit if we had attempted to stop smoking alone.

"I don't know about the Head of your House, but it took me years not to want a cigarette. (My city editor encouraged (?) me with the story about a newspaper reporter friend who stopped smoking. No strain; he didn't gain weight; he slept well nights; he was not nervous . . . he just couldn't write a line!)

"If you plan a follow-up to your column, feel free to digest my 'advice,' if you feel a personal experience worth mentioning."

'Kay"

Ed: Kay has been turning in expert copy, week after week sans smoking in spite of the warning of her city editor.

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Mass To Note Golden Jubilee

A Mass to mark the 50th wedding anniversary of Mr and Mrs. George F. McGrath, Sr. of 41 Medfield Dr. will be held Monday, Feb. 24th at St. Ambrose Church. A dinner for the immediate family will be held Saturday, Feb. 22 at the Colonial Hotel. Mr. and Mrs. McGrath have two sons, three daughters, and sixteen grandchildren. McGrath retired in 1961 as Irondequoit town assessor.

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. Cecelia's Church. The Rev. Bernard C. Newcomb officiated.

Frederick VanStrydonck was best man. Miss Virginia Lama 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

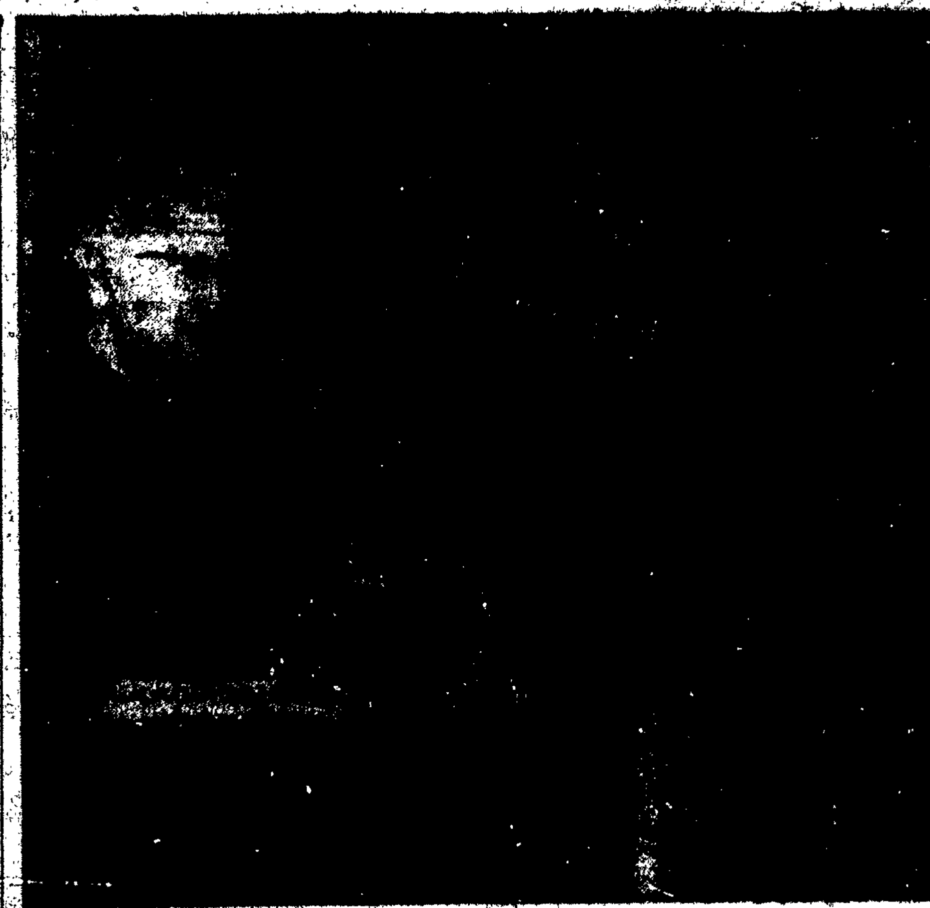
St. Casimir's Rosary and Sacred Heart Society of Elmira included the promotion of Catholic literature at its Feb. 12 meeting.

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

It proposed to enable members to become more acquainted with material available for 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.



SUGGESTED READING will be displayed at the annual Book Tea on Sunday, Feb. 23 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 Toole 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 Wishing Well. Discussing plans are from left, the Rev. John V. Rosse, hospital chaplain; Carol Steigerwald, chairman; Caroline Manuele, program; and John Lynaugh, president.

St. Mary Grads Set Breakfast

Miss Caroline Manuele, class of 1962, 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 Wishing Well, 1190 Chili Ave.

Guest speaker will be Sister Muriel, S.S.J., a member of the Nazareth College faculty.

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

Rosarians See Retreat Slides

Cenacle 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 Kondik.

Corning Knights Plan Annual St. Patrick's Fete

Corning—The annual St. Patrick's Day dinner party of Corning Council, Knights of Columbus, will be held at the K. of C. Home at 6:30 p.m. Saturday, March 14, it was announced following a committee meeting last week.

George Vergamini, Grand Knight has named Mr. and Mrs. Edward J. Griffin as general chairmen.

Other committee members: Mr. and Mrs. Joseph Daley, decorations; Mr. and Mrs. James Johnston, entertainment; Mr. and Mrs. Louis Green, dinner; Mr. and Mrs. John Kostolansky, dining room; Mr. and Mrs. Raymond Older, hospitality, assisted by Mr. and Mrs. William Roberts, Mr. and Mrs. Al Connaughton and Mr. and Mrs. Bernard Miller.

Mr. and Mrs. Dudley McLaughlin, Mr. and Mrs. W. W. Babcock, Mr. and Mrs. Thomas McHenry and Mr. and Mrs. Thomas Finneran are in charge of tickets.

Tickets may be obtained from any member of the committee on Vergamini. It was noted that no reservations will be taken after March 8.

Library Open Feb. 22

The Rochester Public Library, main library and all branches, will be open for regular hours of service on Washington's Birthday. Main library hours are 9 a.m.-9 p.m. and branch hours, 2-9 p.m.

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[illegible]

FATHER [illegible]

The committee [illegible] Mrs. Clarence L. Harbort, CDA co-chairman, include the Mesdames William Davis, Robert [illegible], [illegible] Floyd P. Wilcox, Duane Padgett, James Brown and Miss Anastasia [illegible].

Events Reported At St. John's

Rev. Miroslav J. Myschyshyn, pastor of St. Nicholas Church, Elmira Heights, talked on "East and West — Bridges and Barriers" at St. John the Baptist Rosary 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 members present.

The King, Clifton Foll, and the Queen, Mrs. Theresa Strusinsky, were crowned by Mrs. Francis Haber, chairman, preceding the dinner.

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

A communion-breakfast for Rosary Guild members is scheduled for March 8 after 8:30 a.m. Mass at the Mark Twain Hotel. Mrs. Ann Watts is chairman and the speaker will be Sr. [illegible], S.S.J., 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. 23. 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 announced are Mrs. Jane Agad, Miss Dorothy McCluskey, Mrs. Diane Cusick. At the meeting at which the new members were admitted, 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.

MRS. JAMES HANSS

Hanss-McDonald Wedding Held

Miss Margaret M. McDonald, daughter of Mrs. G. Kenneth McDonald of [illegible] St. and the late Mr. McDonald, was married Feb. 15 to James F. Hanss, son of Mr. and Mrs. Walter O. Hanss of Manica St., in St. Augustine Church. The Rev. Walter Carron officiated. The bride was given in marriage by her brother, G. Kenneth McDonald.

Matron of honor was Mrs. Maureen Bigenwald. Peter Rhodes was best man and John J. Bigenwald, usher.

Engagement

At a family dinner Feb. 16, Mr. and Mrs. Joseph P. Gagliano of 10 Maybrooke Road announced the engagement of their daughter Constance Barbara to Army Specialist Thomas E. Berndt, son of Mr. and Mrs. William E. Berndt of 257 Navarre 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. 3 has been set for their wedding date.

[illegible]

The Council commends the [illegible] initiative shown [illegible] Herman Goldberg, superintendent of public schools, [illegible]

[illegible] that no single plan for school integration is perfect, and that some of these will entail some inconvenience to some people, we feel that the long-range common good involved deserve our wholehearted support."

"We urge all the members of our Council to devote themselves to the struggle for full citizenship for all the minority groups of America."

"Mindful that our Catholic bishops have told us that 'the heart of the race problem is moral and religious' we must feel a special responsibility to meet this national challenge thru this local opportunity."

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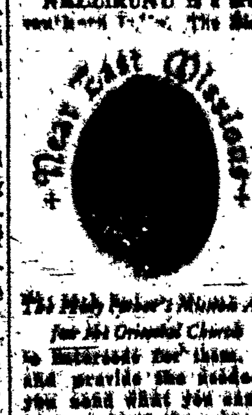
NELLIKUNU is a [illegible] in the city of TRICHUR, in southern India. The Sisters of St. Clare opened a small house there to take care of children, especially young girls. The number of these has increased to 150 and now the Sisters are compelled to turn many away. There just isn't enough room for more. The Sisters lack even a chapel for themselves and a place for a chaplain . . . Sometime ago, they began the necessary enlargement program but had to stop for lack of money. Their appeals for funds met little response for the people were as poor as themselves . . . The Bishop has asked us to intercede for them. $3,500 is needed to enlarge the school and provide the needed chapel and chaplain's quarters. Will you send what you can—$1, $5, $10 or more—now? You will be assured of the prayers of the Sisters and their charges.



The Holy Father's Mission Aid for the Oriental Church

LECTURE NOTE

A distinguished theater director has said: "The lecture is the most unsatisfactory method yet invented for getting across an idea." College students have long suspected this. We don't wish to lecture but we would like to plant an idea . . . Why not send your LENTEN SACRIFICE this year to the missionaries in the Near and Middle East? You can help in so many ways. For instance:

☐ FURNISH A MISSION CHAPEL. Vestments — $50, Monstrance — $40, Chalice — $40, Ciborium — $40, Tabernacle — $[illegible], Stations of the Cross — $35, Censer — $[illegible], Sanctuary Lamp—$15, Altar Linens—$15, Sanctuary Bell—$[illegible].

☐ EDUCATE A SISTER-TO-BE like — SISTER MARY JOB. The cost is $150 a year for two years.

☐ HELP EDUCATE A SEMINARIAN. One like DIAB L'AINE. The cost is $100 a year for six years.

☐ FOR SISTERS. A habit costs $[illegible]. Shoes—$[illegible]. A year's incidentals—$7.50.

☐ MEDICAL NEEDS FOR THE MISSIONS. $[illegible] provides a complete MEDICAL KIT. For $5, $10, $15, $20, $25 we can provide DRUGS, SPLINTS, INNOCULATIONS.

☐ SCHOOL SUPPLIES. A desk costs $4. A blackboard costs $1.50. For $5 we can provide BOOKS, CATECHISMS or SCHOOL SUPPLIES.

☐ FIRST COMMUNION DRESSES. It takes $10 to outfit a child for First Communion.

STRINGLESS GIFTS enable us to help where the Holy Father thinks the need is great. Our missionaries do appreciate your MASS STIPENDS, often their sole daily support.

FOR . . JOHN XXIII

In his encyclical, Mater et Magistra, the late Pope wrote: "We all share responsibility for the fact that populations are undernourished." . . . You can share your foods by sending a FOOD PACKAGE to a needy PALESTINE REFUGEE FAMILY. Cost $10. This will help them through a month . . .

KINDLY REMEMBER [illegible] NEAR EAST WELFARE ASSOCIATION IN YOUR WILL. Thanks.

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