

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 reaching 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 quails. 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 get out 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.

Also, 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 'ending' 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 my 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 at night; he was not nervous; he just couldn't write a line!)

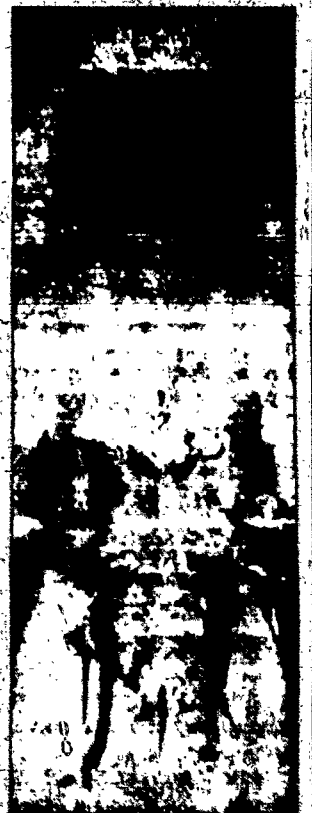
"If you plan a follow-up to your column, feel free to digest my 'advice.' If you feel a personal experience worth mentioning."

"Kay"

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

Mass To Note Golden Jubilee

A Mass to mark the 50th wedding anniversary of Mr. and Mrs. George P. McGrath, Sr. of 41 Medford 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 1951 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 Ln., were married Feb. 1 at St. Cecilia's Church. The Rev. Bernard C. Newcomb officiated.

Frederick Vahstrydonok 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, librarian and literature chairman, displayed "An easy climb to pleasure" which featured a step-by-step guide with colored papers 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 for informative Catholic reading.

PROGRAMS PLANS were discussed for a Day of Reflection 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.



Father Vogt Slated For Book Review

"God on the Secular Campus," by Richard Butler, O.P., national chaplain of Newman Clubs since 1949, will be reviewed at the annual Book Tea Sunday, Feb. 23, in the Catholic Daughters room, Church and State Sts., Elmira, from 3 to 5 p.m.

FATHER OTTO VOGT, Newman Club chaplain at Elmira College, will do the review. Father Vogt is the former moderator of the Tioga-Tompkins Diocesan Council, DCCW. The book deals with the present and future position of religion on American university campuses.

The committee including Mrs. Clarence L. Hastings, CDA co-chairman, includes the Messengers William Davis, Robert Masia, Piero Masia, Floyd P. Wilcox, Duane Padgett, James Brown and Miss Anastasia Kosinski.

Events Reported At St. John's

Rev. Mikolaj J. Myrachychn, 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 70 members present.

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

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

A communion-breakfast for Rosary Guild members is scheduled for March 3 after 8:30 a.m. Mass at the Mark Twain Hotel. Mrs. Ann Watts is chairman and the speaker will be Sr. Bernice S.S.J., Instructor, School of Nursing, St. Joseph's Hospital, Elmira.

AOH Welcomes New Members

Ladies Auxiliary, Ancient Order of Hibernians, Ancient Communion and Breakfast will be held Sunday, Feb. 23, Mass at 8:30 a.m. in St. Peter and Paul's Church, Elmira. It will be followed by breakfast at 10 a.m. in Mark Twain Hotel.

Three new members inducted are Mrs. Jane Agan, Miss Dorothy McCluskey, Mrs. Diane Gustik. At the meeting at which the new members were inducted, Jane Collins discussed plans for the State Conviviality in Elmira, Wednesday, June 24 to Saturday, June 27.

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

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 St. 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 1963, 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 St. Peter and Paul Church. Breakfast will follow at the Wishing Well, 1150, 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 Slider

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 Ana Kondak.

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 chairman.

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. A. 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. McHenry.

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.-5 p.m. and branch hours, 2 to 4 p.m.

Sugar-Spun Look



Make all eyes turn your way—crochet these pretty shapies for year-round wear. Cloud-spun hats—a flattering effect, created by veiling, threaded through triple crochet. Pattern 734, directions to fit all sizes.

THIRTY-FIVE CENTS in coins for this pattern—add 15 cents for each pattern for first-class mailing and special handling. Send to: Catholic Courier Journal.

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

Send 25 Cents for our 1954 NEEDLECRAFT CATALOG. See 208 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.

GRAY'S Carpet Cleaning advertisement. Includes text: 'Give Your Rug a Beauty Treatment with the Latest in Modern Cleaning Methods. From Our New CARPET CLEANING PLANT 251 Sanford Street. WALL-TO-WALL CARPET CLEANING. RUG CLEANING. EXPERT MOTH PROOFING. Satisfaction Guaranteed. GRAY'S Carpet Cleaning. Rochester's Favorite for over 20 Years. GR 3-4947 - 251 Sanford St. GR 3-4949'

Community Savings Bank advertisement. Includes text: 'When does your money start earning 4 1/4%? THE MINUTE YOU MAKE A DEPOSIT! 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 faster-than-ever savings. Community SAVINGS BANK. Corner Main and Clinton - Midtown Arcade. Corner Exchange and Broad - 424 Bridge Road West. 300 Waring Road Shopping Center. Corner Main and Church, Westfield. MEMBER FEDERAL RESERVE BANKING COMPANY.'

DCCW Resolves On Race Issue

At the quarterly board meeting of the Rochester Diocesan Council of Catholic Women held in Webster, Feb. 16, the following statement was unanimously adopted:

"This Council commends the encouraging initiative shown recently by Herman Goldberg, superintendent of public schools, and by the Rochester Board of Education in reducing racial imbalance in the public school."

"Recognizing that no single plan for school integration is perfect, and that the best of these will entail some inconvenience to some people, we feel that the long-range common good involved deserves 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.'"

Hanss McDonald Wedding Held

Miss Margaret M. McDonald, daughter of Mrs. G. Kenneth McDonald of Somerset St. and the late Mr. McDonald, was married Feb. 15 to James F. Hanss, son of Mr. and Mrs. Walter O. Hanss of Monica 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 Bigonwald, Peter Rhodes was best man and John J. Bigonwald, usher.

Engagement

At a family dinner Feb. 13, Mr. and Mrs. Joseph P. Gagliano of 100 Maybrook Road announced the engagement of their daughter Considine Barbara to Army Specialist Thomas E. Berndt, son of Mr. and Mrs. William E. Berndt of 27 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.

FARMERS SHOES INC. 31 EAST AVE. Foot Health is becoming more important for women, children & men. Special consideration for Mass and Priests. Directing JOHN J. MOORE Member of St. Ann's Parish

WIN CCA Points! For YOUR Club. GEO. M. CLANCY JR. Geo. M. Clancy-Caring Co., Inc. 6 Civic Street GR 1-3110

INDIA - A SCHOOL UNFINISHED

HELLKUND is a small quarter in the city of TRICHUR, India. The Sisters of St. Clare opened a small school there to take care of children, especially the poor. The number of children 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 a chapel for themselves and a place for a chapel... Some time ago, they began the necessary arrangements for a new building but had to stop for lack of money. Their appeal for funds has been responded to by the people who are now in the process of building a school. The Sisters are looking for the money to complete the school. Will you please help them? You will be assured of the prayers of the Sisters and their charges.

LECTURE NOTE

A distinguished lecture series has been held in the most-unsatisfactory method yet invented for getting across ideas. College students have long suspected this. We don't wish to lecture but we would like to plant an idea... Why not give your LENTEN SACRIFICE this year to the missionariness in the Near and Middle East? You can help in 50 many ways. For instance:

- FURNISH A MISSION CHAPEL. Vestments - \$30, Missionariness - \$40, Chalice - \$20, Ciborium - \$10, Tabernacle - \$25, Stations of the Cross - \$15, Censer - \$10, Sanctuary Lamp - \$15, Altar Linens - \$15, Sanctuary Bell - \$5.
- EDUCATE A BROTHER-TO-BE like - SISTER MARY JOE. The cost is \$100 a year for two years.
- HELP EDUCATE A BROTHERMAN. One like DIAN L'AMIE. The cost is \$100 a year for six years.
- FOR SISTER. A little assistance, \$2000-25. A year's maintenance - \$7.50.
- MEDICAL NEEDS FOR THE MISSIONS. \$20 provides a complete MEDICAL KIT. For \$50, \$100, \$150, \$200, \$250 we can provide DRUGS, SUPPLIES, INOCULATIONS.
- SCHOOL SUPPLIES. A desk costs \$4. A blackboard costs \$1.50. For \$5 we can provide BOOKS, CATECHISMS or SCHOOL SUPPLIES.
- FIRST COMMUNION DRESSING. It takes \$10 to outfit a child for First Communion.

STRINGLESS GIFT enable us to help where the Holy Father thinks the need is great. Our missionaries in apostolic work MASS STIPENDS, from their apostolic support.

FOR JOHN XXIII In his encyclical Mater et Magistra, the late Pope wrote "We all share responsibility for the fact that populations are unbalanced..." You can share your goods by sending a FOOD PACKAGE to a needy FALLENHIVE REFUGEE CAMP, I.L.C. Camp #11. This will help them through a month.

KINDLY REMEMBER... NEAR EAST WELFARE ASSOCIATION IN YOUR WILL. Thomas

Near East Missions advertisement. Includes text: 'FRANCIS CARROLL SPELLMAN, President. 480 Livingston Ave., at 44th St., New York 17, N.Y.'