

Thru The Looking Glass

It's Summer . . .

Keep Cool and Enjoy It!

By LOUISE WILSON

Let the ladies feel they have the close of Eleanor Lambert's American Designer's showings last month: "When I was driving to La Guardia"



Take me to Columbia

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IMPORTED INVER HOUSE RARE SCOTCH WHISKY

the close of Eleanor Lambert's American Designer's showings last month: "When I was driving to La Guardia"

So quite in addition to cooling colognes used lavishly following showers and baths for both cooling and cleaning purposes, — here are a few other suggestions to help you keep cool in the hot, humid summer.

1. Watch your weight. Extra pounds put a greater strain on heart and lungs, your body's cooling system.
2. Eat sensibly . . . meals low in bulk, carbohydrates and fat, high in protein.
3. Drink lots of water to prevent heat exhaustion.
4. Get plenty of rest and sleep.
5. Wear light-weight, loosely-woven, light-colored clothing. Cool shifts without restraint at the waistline are more comfortable than shorts and shirts.
6. Exercise moderately, preferably during the cooler hours of the day. Remember mad dogs . . . and English!

of the day. Remember mad dogs . . . and English!

7. Don't feel guilt-ridden if you just relax in your favorite chair under the shade of a tree or swing in a hammock. Move over!

8. Take plenty of tepid baths. The tepid water helps lower body temperature and tends to relax the mind and body.

9. Keep a bottle of cologne in the refrigerator when you're busy as a bee in the kitchen. Remove frequently and dab generously at pulse points wrists, crooks of elbows, back of neck, palms of hands.

10. After a long hike or shopping expedition, rest and relax feet by dipping in warm and cold water alternately. Foot powder and massage complete the "cure" so your feet will feel like dancing.

11. Fresh towels, fresh bed linen changed frequently make for the feeling of fastidiousness which contributes to a feeling of coolness.

12. Spray your pillow and sheets lightly with a favorite cologne nightly before retiring. While this may seem like the "end," it is. The delicate fragrance will help relax you and induce restful sleep.

Sweet dreams . . . and a cooler tomorrow!

Moose Units Leave For Jamestown

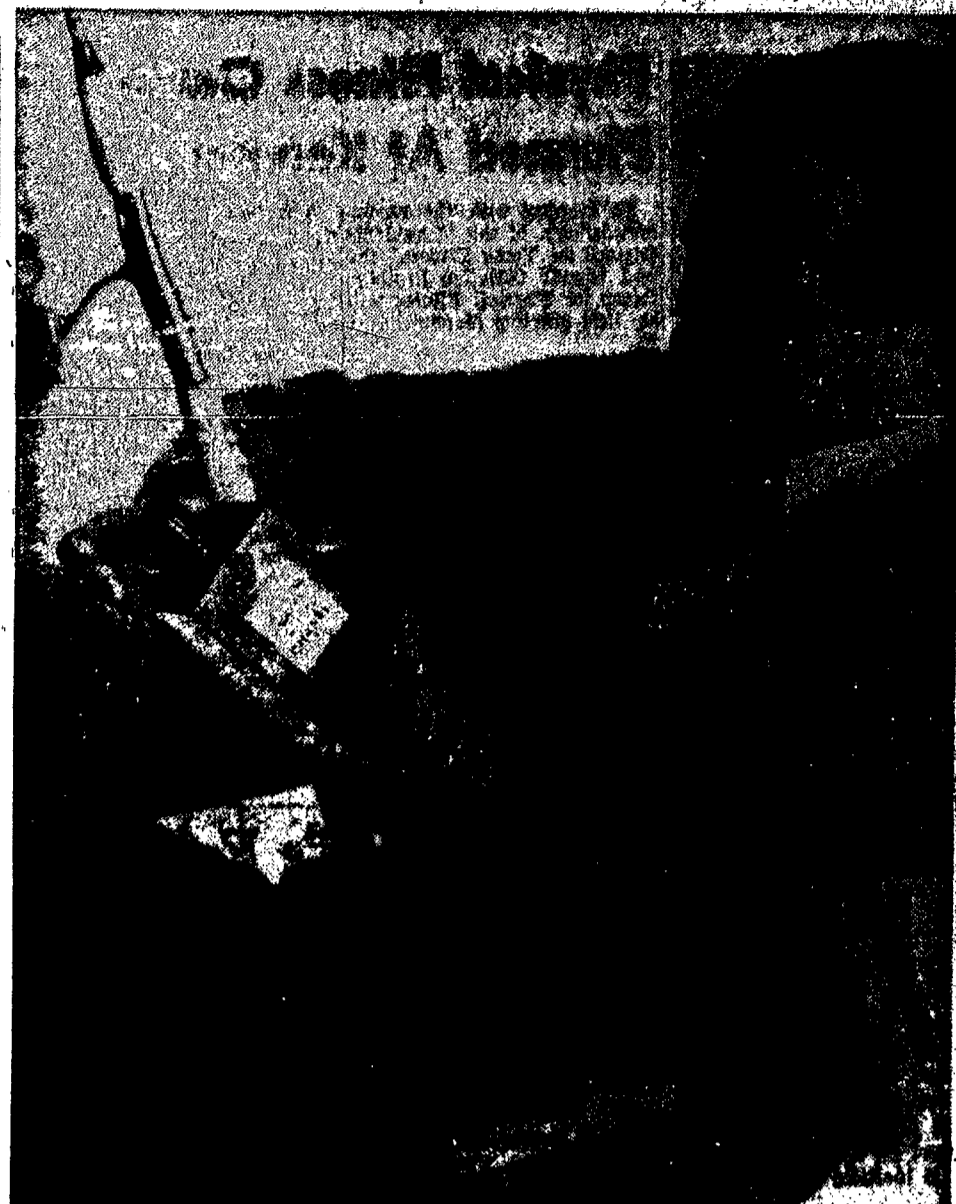
Rochester members of the Loyal Order of Moose and Women of the Moose will take part in the New York State convention, August 6 to 9 at Jamestown, N.Y.

Fred Benway, governor of Rochester Lodge 113 will head officers to the convention and Mrs. Thomas Mancuso, senior regent of the Moose Women will do the same for that group.

Bea Walton will be hostess at the Rochester buffet luncheon Saturday night assisted by Governor Benway and Secretary Gordon Walton.

Best man was Frederick J. Perkins and ushers were Richard E. Seeber Jr. and Paul Trautman.

Catechists For Portugal Lisbon, Portugal — (NC) — Nearly 1,600 lay catechists have been trained in the archdiocese of Lisbon in the past three years. Manual Cardinal Gonçalves Cerejeira of Lisbon told an outdoor rally that soon all school children in the archdiocese will be receiving religious instruction.



MRS. RICHARD TRAUTMAN

Wedding Held At St. John's

Miss Donna A. Gottry, daughter of Mr. and Mrs. Frank J. Gottry of Ridge Rd. W. and Richard W. Trautman, son of Mr. and Mrs. William R. Trautman of Chestnut Hill Rd. East Aurora, were married Aug. 1 at St. John the Evangelist Church, Greece. Men as sign of George W. Eckl, great uncle of the bride, offered the Nuptial Mass and the Rev. Henry Atwell received the vows.

Miss Rosemary Gottry was maid of honor for her sister and bridesmaids were Miss Joan Gottry and Miss Patricia Gottry.

Best man was Frederick J. Perkins and ushers were Richard E. Seeber Jr. and Paul Trautman.

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Insurance Class At St. Bona U.

St. Bonaventure, N.Y. — A course of instruction in general insurance will be offered this Fall in the evening session of St. Bonaventure University. Prof. Leo E. Keenan, Jr., Director, announced today.

The program is for training and preparation of applicants to take the examination for agents licenses under section 115 and for brokers' licenses under section 119 of the Insurance Law of New York State, he said.

"The course," Prof. Keenan added, "is officially approved by the Insurance Department of New York State. Persons who seek licenses as agents or brokers are required to complete this course prior to taking the state examinations."

Classes will meet Monday and Wednesday evenings from 7:00 to 9:00 pm for a total of 33 sessions. Registration for the Fall term of the evening session is scheduled Sept. 16 and 17.

Mrs. Francis Palozzi

Palozzi-Farrell Nuptials Said

Miss Linda Jean Farrell, daughter of Mr. and Mrs. John P. Farrell of Clay Ave., became the bride of Francis J. Palozzi, son of Mr. and Mrs. Michael Palozzi of Holmes St., Aug. 1 at Sacred Heart Cathedral. The Rev. P. David Finks officiated.

Miss Paula Scarsella was maid of honor and bridesmaids were Miss Joanne Palozzi, Miss Joyce Sharick and Mrs. Denise LaLonde.

Robert J. Farrell was best man and ushers were Maurice LaLonde, Robert West and Eugene Mazola.

Finally, we checked into the airport to go back east.

"Sorry, ma'am, you're overweight."

We had suspected this all along, what with all that good food, but it did seem as though the young man at the ticket counter might not be quite so blunt.

"I mean," he explained, "your baggage is more than 40 pounds."

This, now, was more acceptable. Retrieving our baggage, we went into the ladies' room

At Our House

Excess Baggage

By MARY TINLEY DALY

The very thought of visiting San Francisco, especially in July, 1964 sent this columnist into a fit of excitement.

"You'll love it, Mom!" Markie from experience, corroborated what she had always heard about the Golden Gate City. "It's suave, sophisticated and friendly. And everybody is well-groomed at all times," she emphasized. "Now, let's see about your clothes."

Together, and in plus-90 degree heat, we went over clothes — my own and Markie's which she generously offered.

"None of these dreary pastel cottons you wear around here," came the High Fashion edict. "The dark cotton suit will be O.K. for the plane, and if you should find a warm day you could wear it again, but press it every time."

"Press it?"

"Sure, with my travel iron." She brought out a compact iron in its case, tucked it into a corner of one of my suitcases. "Be sure to press these dark dresses, the knits will be all right with the steam in the shower. Now, you'll need a coat."

Ygh! The coat dug out of the back of the closet, looked hot, felt even hotter.

So, armed with sophisticated clothing for the sophisticated San Francisco, came expanding luggage, according to the bathroom scale on which it had been weighed, was well under the 40 pound allowance. Thus a blithe get-away.

San Francisco was all we had imagined, and more! Weather, cool and crisp, we welcomed the warmth of the coast.

Onset of press and public had, for this Republican Convention strained the city to the utmost. News rooms buzzed; cables of radio and TV were everywhere; sound trucks outside every point of political activity for the one-year-in-four frenzy of oratory. Crowds swarmed hotel lobbies, pickets marched outside in clothing that put our "drab pastel cotton" right up into Class A. (Bare feet and dishabement were the rule). Nevertheless, there was a gentle acceptance of all this in the City of St. Francis. Even the police were tolerant.

CHINATOWN was really our undoing, weightwise. Here we found interesting games to be added to the family toy box, then some handmade ceramic mugs, perfect gifts, but I'm afraid we were carried away.

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the Ancient Mariner

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AFRICA: EIGHT HOURS BY MULE

IN A MALARIA-INFESTED VILLAGE MILES AWAY, a parishioner is dying. FATHER JOHN GHEBERGHIUS takes the Blessed Sacrament and goes to him by mule. The trip by mule sometimes takes eight hours. Catholics are few and scattered in the African lowlands, and there are no roads. . . FATHER JOHN lives in GHILAS, one of 10 villages for which he is responsible. He seeks his own meals outdoors, over an open fire. His "rectory" is a structure thatched but made of mud, which serves also as a shrine to him.

SHARE YOUR BLESSINGS!

WHATEVER YOU GIVE to the Catholic Near East Welfare Association is used, under the direction of the Holy Father himself, to help the needy in 18 countries in which Catholics are a very slim minority. Gifts of any amount are welcome. . . To help regularly, tell us you want to join one (or more) of these \$1-a-month clubs:

- CHRYSOSTOMS (educates poor boys for the priesthood)
- MARY'S BANK (trains Sisters-to-be)
- DAMIEN'S THEE LEEPER CLUB (cares for lepers)
- THE BASILIANS (maintains mission schools)

MASS FOR YOUR INTENTION!

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BETHLEHEM: A CHILD FOR YOU

READY FOR MEX, their faces glancing, 42 happy little girls will kneel tonight in BETHLEHEM to thank God for "parents" they have never seen. . . The offspring of Palestine refugees, the girls get love and care from the Sisters of the Apostles in the Pontifical Mission Orphanage. The "parents" they pray for are American Catholics who pay \$10 a month for their support. . . Write us now, if you or your group would like to "adopt" one of these girls, or an orphan equally as needy. Or send \$3.50 to buy an orphan a pair of shoes. The Sisters in BETHLEHEM will welcome your help.

Dear Monsignor Ryan
Enclosed please find.....\$.....

Name

Street

City

Near East Missions

FRANCIS CARDINAL SPILLMAN, President
Mgr. Joseph T. Ryan, Nat'l Sec'y

Send all communications to:
CATHOLIC NEAR EAST WELFARE ASSOCIATION
320 Madison Ave. at 42nd St. New York, N. Y. 10017