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Jan. 4, 4 ports, 10 1/2 days, \$305	Feb. 12, 7 ports, 14 days, \$435
Jan. 5, 7 ports, 15 days, \$475	Feb. 19, 9 ports, 17 days, \$545
Jan. 17, 5 ports, 18 days, \$450	Feb. 28, 6 ports, 14 1/2 days, \$460
Jan. 22, 6 ports, 13 1/2 days, \$415	Mar. 8, 3 ports, 10 days, \$370
Feb. 3, 7 ports, 15 days, \$480	Mar. 21, 4 ports, 12 days, \$360

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1:00 P.M. - 8:00 P.M. — Eastman Building

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Complete brochure of courses beginning January 31 available in Evening College Office or call R.I.T. 546-6400, Ext. 320.

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At Our House[®] Fish Story

By MARY TINLEY DALY

The Pope reigning when was a girl—I'll not mention his name, too dating—probably never thought of abolishing restrictions against eating meat on Friday.

Ugh! I still remember Fridays in the Middle West, far removed from either coast, the Gulf, even from the Great Lakes. Transportation was slow, refrigeration inadequate, fish perishable as it is today. So to bring in the goodies from far away was exorbitantly expensive.

Special Treat
Only for special occasions, like a birthday falling on a Friday, or for Christmas Eve, could we afford oysters, shrimp, lobster—all seafood delicacies as much a part of Mid-Western fare these days as for those living close to sources of supply.

Friday, as a day of truly gustatory penance, is part of the memories of my Catholic girlhood. "Liz's see," Mama would say, planning her Friday dinner. "Last week we had salmon loaf (canned salmon), the week before it was tuna (canned). Now will it be codfish or catfish?"

"Macaroni and cheese!" my brother would shout.

"Eggs," we more figure-conscious girls voted.

We couldn't win always. Inevitably came that horrible codfish, dried and flakey in its little wooden box shipped from New England—dregs, we vowed, from year before last and destined by New Englanders to be eaten after repeated rinsings and heated in a bland cream sauce, it would raise a thirst exceeding that extolled by Rudyard Kipling in "Road to Mandalay."

Or, we'd have catfish, "nice and fresh," procured from a neighborly lad who had fished in local waters and who plunked the slimy catch with their grimy staring eyes into the kitchen sink.

"If you don't think of them as 'cat' fish," my imaginary sister Margaret said, "they won't look like cats and they'll even taste better."

Margaret could talk herself into anything. This proved it.

It's a past era, those Fridays of tuna, salmon, cod and catfish. Nowadays, no matter where you live, what your taste or income, there is a fish product to satisfy.

A recent report from Vatican City hints that Pope Paul VI has readied a bull lifting restrictions against eating meat on Friday, restrictions established as Church law during the reign of Pope Nicholas I, 858-867 A.D. (not the reigning Pope mentioned at the beginning of this column).

Neither niches nor any subsequent edicts mention that Catholics must eat fish on Friday. However, since fishery products provide a variety of good eating it's no wonder that 45 million Catholics in the United States turn to them for Friday fare. They must be joined by many others since

consumption of these products has expanded to 12 billion pounds in 1964, racking up a cool \$1.3 billion industry.

Abandon Fish?
Whenever the expected papal bull is issued, chances are the first Friday following its proclamation will find meat on your table and ours, for the novelty.

After that, likelihood is that Catholics will voluntarily impose on themselves abstinence from meat, probably on Friday. This will carry on the Christian tradition mentioned by early Christian writers Clement of Alexandria and Tertullian who lived more than two centuries after Christ. They noted this custom developed as an act of penance in commemoration of Christ's suffering and death on a Friday.

That Catholics, or anybody else, will abandon the use of fish seems highly improbable. An example of this is Spain where, after Catholics had been permitted to eat meat on most Fridays since the year 1809 upon dispensation of Pope Urban II, that country has become one of the great fish-eating centers of the world.

Value of fish in the diet, not only for its taste, but nutritionally, was recently brought out by the American Heart Association, reaffirming its stand on the importance of polyunsaturated fats, such as those in fish.

Even "fish-haters" might be surprised to learn that the magic ingredient in duck, growth in poultry, and accounting for its recent drop in price, is fish. According to the U.S. Fish and Wildlife Service, this "fish in a chicken" is menhaden, a fish used for fertilizer and meal. Menhaden amounts to a third of the total catch in the United States and its effect on poultry is phenomenal.

All the world is awaiting the Pope's pronouncement.



GIFT TO "GRADUATE." Sister Teresa Edward presents a Christmas gift to Mamie Travis, one of her Home Economics "graduates" from last summer's Lighted Schoolhouse program. Several of Sister's summer students toured St. Agnes High School recently. Other participants on the tour were Marley Hooper, Ernestine White, Annie Jones and Josephine Williams. Uniformed St. Agnes student Karen Wilson and other classmates served as hostesses.

Nuns Help Formulate Adult Education Plans

Sister M. Jamesetta, co-director of ABC's Lighted Schoolhouse Program, and Sister Teresa Edward, chairman of the Home Economics Department of St. Agnes High School, are currently assisting in the development of a curriculum of adult basic education for the New York State Bureau of Continuing Education.

Pioneer work for the new curriculum began at the State Education Building, Albany, during Christmas Week when consultants from New York State met for three days under the direction of Dr. Vivienne Anderson. That part of the curriculum now being constructed is intended for use with adults of first through fourth grade literacy. Development of material for those with a literacy level above that of fourth grade will begin in mid-April.

On the basis of the instruction in home economics which she gave in conjunction with this summer's Lighted Schoolhouse Program, Sister Teresa Edward was assigned to the Health and Nutrition division of the curriculum. Sister Jamesetta is assisting in the preparation of that section which will concern Parent Education as it is related to their children's attendance at school.

Other sub-committees include the following: Consumer Education, Practical Government, Family Life, English as a Second Language, Citizenship, Elementary Equivalency, and Film-strip and Narrative.

To Be Wed

Geneva—Dr. and Mrs. Joseph F. Lersch of Arnold Park, Rochester have announced the engagement of their daughter, Suzanne M. Lersch to E. Louis Guard of Bartmouth St., Rochester, son of Mr. and Mrs. Louis H. Guard, 311 Washington St., Geneva.

The Crib A 3M Plant

Yesterday's festive Epiphany closed the Christmas season and there were few holiday decorations left. One last picture deserves attention, however. Here is the crib built by the men at the Minnesota Mining and Manufacturing Co. on Hudson Ave. following a suggestion by Elmer LaMartini. 3M officials authorized a spotlight on it during the Christmas period.

Geneva GI Finds 'No Room at Inn'

Geneva—"There was no room at the inn"
A Geneva sailor had this experience in Jerusalem on Christmas Eve.

Terry M. Scherer, USN, Aviation Ordnanceman 3-c was one of a group of American sailors on Christmas furlough from the Mediterranean 8th Fleet, who spent the night in the lobby of a Jerusalem hotel.

Hotels brought out extra cots as an estimated 20,000 visitors from such faraway spots as Taipei, Texas, New Delhi, and Helsinki descended on the Holy Land.

Terry is the son of Mr. and Mrs. Robert Scherer of 95 Garden St. He is with Guided Missile Division on the USS Forrestal, third largest aircraft carrier in the Navy.

In a recent letter to his parents, Terry told of his forthcoming holiday trip to the Holy Land. He left ship on Dec. 24 at Beirut and went to the airport for a flight to Jerusalem where he expected with other sailors to be able to stop at a hotel. Apparently everything in the line of reservations had been oversold.

On Christmas Day the sailors visited the Mount of Olives, Garden of Gethsemane and Bethlehem. They went also to the old city and visited the Christian shrines, Way of the Cross, the Holy Sepulchre, Calvary, and some Russian excavations.

The Genevan attended Mass in the Church of the Nativity at

Pre-Cana Series Listed For OLPH This Month

Engaged couples will find the next series of Pre-Cana conferences located at Our Lady of Perpetual Help School hall, 1069 Joseph Avenue. They begin on Sunday, Jan. 9 at 3 p.m. and will continue through the subsequent Sundays of January.

Certificates will be issued to those attending the series. These should be presented to the priest who is attending to the marriage preparations for each couple. It is permissible to begin on Sunday and complete the series in four weeks time.

Each session will last approximately two hours. No previous registration is necessary. A fee of \$1 covers cost of literature and other items.

The Genevan attended Mass in the Church of the Nativity at

DEADLINE FOR ALL NEWS MONDAY NOON

Father Gerald Dunn, Director of the Family Life Bureau will open the series with a talk on "God's Plan in Love and Marriage." The second conference on Jan. 16 will have a panel composed of Mr. and Mrs. Carlton Servas and Mr. and Mrs. Ted Cooper discussing "The Practical in Marriage."

Dr. Arthur Florack will speak on "A Catholic Doctor Looks at Marriage," on Jan. 23. Concluding the series will be Father Walter Cushing, Associate Director of the Family Life Bureau, whose topic on Jan. 30 will be "Spirituality in Marriage."

Benefit Plan Listed For Employees At Grinnell Travel

Grinnell, one of the oldest travel agencies in the United States and the first in Rochester has come up with another first.

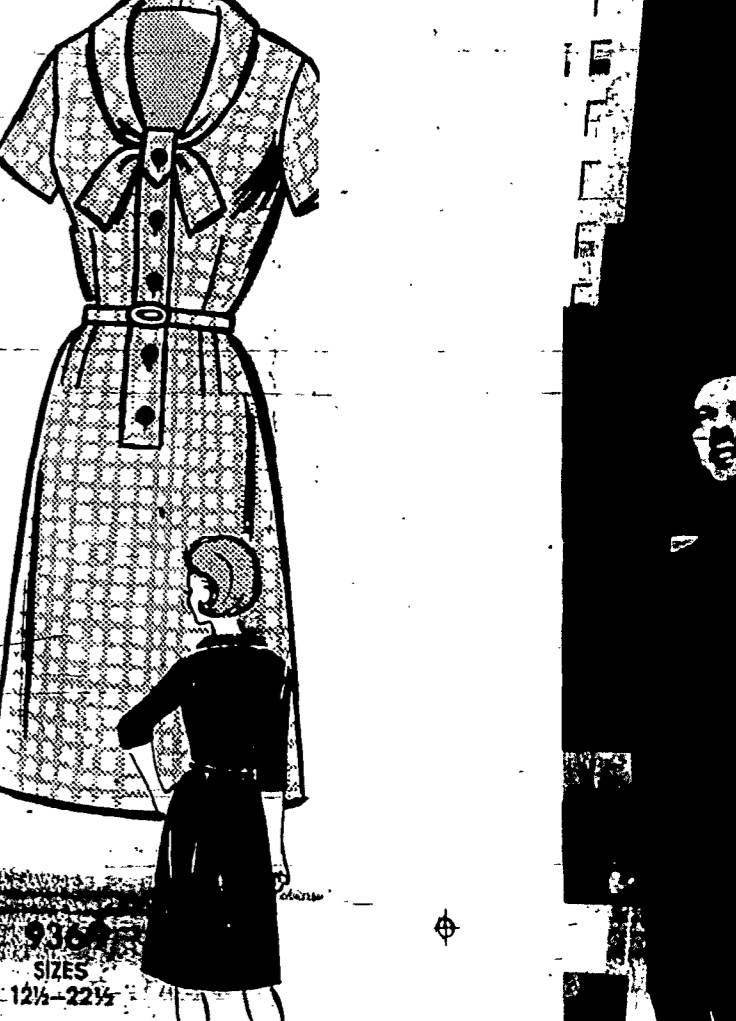
Newell Grinnell, president of the organization announces a profit-sharing and retirement plan which will benefit all employees over 22 years of age who work more than five months a year.

The plan, designed by Lincoln Rochester Trust Company, will give each employee a personal interest in the company both in earnings and retirement benefits. The longer the employee stays with the firm, the larger the benefits that will accrue.

Grinnell and a committee made up of management and employee representatives will administer the plan which became effective Dec. 15. The employee participants are not required to make any contributions to the plan.

Grinnell's profit-sharing and retirement plan is the result of long study and many years of planning by the company.

For Half Sizes Printed Pattern



Spend many happy days in this step-in with snappy tab trim and A-shape skirt. Note the low, slim collar and soft tie detail.

Printed Pattern 9369: Half Sizes 12 1/2, 14, 16 1/2, 18 1/2, 20 1/2, 22 1/2. Size 18 1/2 requires 3 1/4 yards 35-inch fabric.

FIFTY CENTS in coins for each pattern—add 15 cents for each pattern for first-class mailing and special handling. Send to: Catholic Courier Journal, Pattern Dept., Box 42, Old Chelsea Station, New York, N.Y. 10011. Print NAME ADDRESS with ZIP, SIZE and STYLE NUMBER.

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FILMS

FILMS OF M ARE DE

It's A Mad World—Stanie Irtibus comedy stars in wild an (Heid Over 3rd Little. Daily 1:30 popular prices.)

The Knack—who successful wild antics of t ceeds again in (live comments porry society's with sex. (Fu 7:20, 9:40 exc 3:35, 5:30, 7:30)

My Fair Lady—Lerner's outstand cal, Rex-Harri parbie, Audre makes an ent (Waring, Sat. Sun. 2, 5, 8: v cept Wed. 2, 8 i

Sound of Mus way story of t lly Singers is d ert Wise in li style. Beautif color, Julie An this delightful roe weekends days 8.)

CROSSWORD PUZZLE

ACROSS	6. Indefinite article
1. Drinking vessels	7. Yawning
2. Manner	8. N. Y.
3. Female horse	9. Yankee outsider
4. Prefix	10. Nearly
5. Exit	11. L'impreys
12. Ox of	16. Actual
13. Unit	18. Above
14. Toward the sheltered side	22. Raped
15. Distinctive noise	23. Carrs. for
17. Standard	24. Explosive
19. Rapid	25. Female rutt
20. Musical instruments	27. Metal
21. Beloved	29. Organ of hearing
23. Girl's nickname	30. Man's nickname
24. Prefix before	35. Dwarf
26. Noon	36. Unwanted plant
28. Afternoon party	37. Pesterm abn
31. Farce	
32. Alcoholic beverage	
33. Hebrew month	
34. Wooden pin	
36. Tawels	
38. Exiat	
39. West	
41. Float in air	
42. Telly	
43. Kind of bean (pl)	
48. Wanderers	
49. Fruit	
51. Native metal (pl)	
52. Parm	
54. Paradise	
55. Foundation	
56. Article of furniture	
57. Euphemism	
DOWN	
1. Household pets	
2. Single item	
3. Perfumed oilment	
4. Kind of su-	
5. Screw	

SOLUTION

38. Fleet of ships
44. Sol's name
46. Solar disk
47. Melody
49. Cray target
50. Man's nickname
53. Supercilious person
53. Prefix: down

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Family Radio L

The Family Radio is broadcast by WSAV, Auburn, and through the TV cable company. The following cities: El 8), Hornell (CH Corning at \$8.75

Friday, Jan. 7, Holy Rosary by Kolping Society

Saturday, Jan. 8, (celebrated) Driscoll, Blessed

Sunday, Jan. 9, Holy Rosary by Knights of C cil No. 178.

Monday, Jan. 10, St. Joseph's Holy Name Society

Tuesday, Jan. 11, Holy Name Society

Wednesday, Jan. 12, Holy Name Society

Thursday, Jan. 13, Holy Name Society

Friday, Jan. 14, Holy Name Society

Monday

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