

### Seton Groups In Action

**80TH BRANCH** of Seton Workers of St. Mary's Hospital and their husbands will be entertained at a party at the home of Mr. and Mrs. Fred Brown of 33 Greenbriar Dr. Saturday, Dec. 16 at 8 p.m. After the party all will attend the Christmas Ball at Brook Lea Country Club.

**40TH BRANCH** met Dec. 12. Mrs. Richard Segrows of 35 Garfield Ave. was the hostess. New officers were installed and plans made for the coming year.

**18TH BRANCH** will be entertained by Grace Murray in her home, 120 Eastland Ave. Saturday, Dec. 16 at 12:30 p.m.

**22ND BRANCH** will meet for lunch Wednesday, Dec. 20, at the home of Mrs. Donald Seebach.

#### Seton Luncheon

Seton Branch 22, of St. Mary's Hospital, will meet for lunch Wednesday, Dec. 20, at the home of Mrs. Donald Seebach.

#### Christmas Concert

The Christmas Family Membership Concert by the Rochester Philharmonic, under the direction of Samuel Jones, December 16th, at 2:30 p.m., in the Eastman Theatre, will feature the Inter-High School Chorus, directed by Donald Hayden, with Jamie Dyess, soprano, Ann Yervaniari, mezzo-soprano, James Wagner, tenor, and Victor Klimash, bass.

#### DEADLINE FOR NEWS MONDAY NOON

## Speaking of YOUR HEALTH...

By LESTER L. COLEMAN, M.D.

### Readers Are Asking...

WHAT is meant by the stripping method for the removal of varicose veins?

Varicose veins are enlarged dilated veins of the feet and legs. They are frequently seen in women and in men past the age of 45.

The veins of the leg contain tiny valves which normally prevent the blood from backing up and stagnating. When these valves become damaged by pressure, blood accumulates in the veins of the limbs.

Regurgitation is a common cause of varicose veins. Standing in one position for long periods of time at a job can cause it. Not all varicose veins need surgery to relieve the symptoms of general fatigue caused by this condition.

There are three major types of treatment. Stripping is only one of them. In some cases, a special solution is injected into the vein. This chemical causes a clot which closes off the vein. Then the blood is siphoned into another vein with perhaps better closing valves.

Another form of treatment is an operation by which specially chosen veins are tied and thus change the course of the blood flow in the veins.

Stripping is a special technique by which a long wire is threaded into the vein in the groin. The vein is then stripped almost like electricians use a "snake" to bring wire from one room to another. All types of varicose surgery is now relatively painless.

There are other forms of treatment for the removal and the tying off of the varicose veins. All of them are amazing. Dr. Coleman in care of this is effective in bringing relief to

Talk about eating your cake and having it too, a pleasant surprise awaited us as we prepared to start the 1967 Christmas fruit cake. There, stashed away in a tight tin can was a chunk of Judith Wilson's fruit cake.

How it escaped notice all these months, we'll never know since it was top favorite around our house during the 1966-67 holidays. Sliced very thin and served with a glass of wine, a cup of eggnog or coffee, 'twas perfect finish for a meal, a just-right snack for holiday guests.

And now, would you believe it, that cake, one year later, is even more delicious, moist and fully aged.

Reports from readers who tried Mrs. Wilson's recipe last year were overwhelmingly enthusiastic. Wrote one woman from Chicago: "When I saw it was a two-day operation, I hesitated about starting. And when I read further that 'Chief' Wilson (retired Chief of the U.S. Secret Service Frank J. Wilson) was pressed into service for the final stirring process, I wondered if my husband would be that cooperative. He was and we're both grateful for the best fruit cake ever to come into our house."

Now, as another Christmas looms, this column has received many requests for the how-to on the Wilson cake. So, with Mrs. Wilson's permission, we reprint the recipe, nearly 100 years old, that came down from an ancestor in Fredericksburg, Va.

patients, almost within 48 hours after the operation is performed.

The choice of a particular type of operation can only be made by the surgeon himself. Each individual case is carefully studied and evaluated before that decision is made. One procedure does not answer all of the problems for all patients.

Surgeons, especially specialists in vascular operations, are in the best position to choose the operation that will bring their patients the fastest, safest and longest-lasting benefits from surgery.

What is a strawberry tongue? Is it the same as a geographic tongue?

The tongue is known to be an excellent mirror of disease elsewhere in the body. Many conditions can even be recognized by the condition, appearance and moisture of the tongue.

In scarlet fever the surface of the tongue peels away and develops a strawberry red color. Physicians rarely see scarlet fever in vascular operations, but the tongue was an easily recognized sign of it.

Deep furrows of the tongue are not particularly attractive but are not serious or of any special medical importance. Geographic tongue is the term that is used to describe this odd appearance of the tongue.

**SPEAKING OF YOUR HEALTH**—Do not use hooks, hairpins or paperclips to remove a foreign object from the ears or nose.

Dr. Coleman welcomes letters from readers, and while he cannot undertake to answer each one he will use questions in his column whenever possible and when they are of general interest. Address your letters to Dr. Coleman in care of this newspaper.

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## Blueprint For Your Fruit Cake

By Mary Tinley Daly

### WHAT YOU NEED

Ingredients: 10 eggs, ¾ lb. butter, 2 cups sugar, 3 cups flour, 1½ boxes currants, 1 box seedless raisins, ½ box golden raisins, ½ lb. figs, English walnut meats from ½ lb. in shells, 1 cup blanched and slivered almonds, ½ lb. citron, 3 half-pieces each candied lemon and orange rind, ¼ lb. each red and green candied cherries, 3 slices candied pineapple (one each white, red, green), grated rind of one lemon (an essential ingredient), dessert spoon each of nutmeg and allspice, wine-glass of sherry, same amount of brandy.

#### First Day

Method: First day—Pick over raisins and currants for stems, wash and drain at least three times, spread out to dry on several thicknesses of newspapers, change papers as they absorb water and let dry overnight. Soak citron in boiling water until soft enough to cut easily; if you use packaged buttered almonds, soak similarly. Prepare pans or pans (either one 12x3¼" deep, or two 9¼x3¼"). Line bottom of pans with white shelf paper, letting paper extend one inch or so up the sides. Line again with second paper, letting it extend an inch above top of pan. Do not grease. The cake will do it for you.

#### Second Day

Second day: Cut up all fruits, nuts and grate lemon rind onto paper and dredge all with one cup of the flour until each piece is flour-coated. Separate eggs, beat yolks until pale yellow. In separate bowl, beat butter until very light and fluffy, add to this remaining 2 cups alternately with egg yolks; add sugar gradually (high speed on mixer); add stiffly beaten egg whites and mix thoroughly.

At this stage, Judith Wilson recommends transferring batter to a huge bowl (we use a turkey roaster) and dumping the flour-dredged fruit and nuts on top to be mixed in evenly. This is very important and very arm-wearing, the cue for husband or other strong-armed individual to enter the picture. Lastly, add sherry and brandy. Blend but do not over-stir, to keep liquids from draining flour from fruit. Spoon into prepared pan or pans.

Bake at 300 degrees on bottom shelf of oven for 1½ hours, leaving oven door shut. At end of 1½ hours, turn heat to 325 degrees and bake one more hour or until cake is nicely browned. Let cool completely in pan on cake rack so air can circulate.

To store: Wrap cold cake in several thicknesses of cellophane kitchen wrap, then aluminum foil. Fasten with rubber bands to keep all air out. Store in cool place (garage or attic) in light tin cans (potato chip cans for example).

This is not a cheap cake, approximately \$8 at today's prices for the slightly more than seven pounds, but it "doctors" itself as it ages, requiring no addition of alcoholic spirits. Once you try this, you will find it is worth every cent of money spent on ingredients, every hour of effort.



## Will Head Widowed Parents Club

**CATHOLIC WIDOWED PARENTS CLUB** recently elected officers for the coming year. From the left are Gladys Kipp, corresponding secretary; Victor Yanaitis, vice-president; Kaeel Hadeed, treasurer, and Katherine Marlin, recording secretary, with Father Gerald Dunn, moderator. The president is James Aha.

## What's New... In The Parishes

**HOLY APOSTLES, Rochester.** The Knights of St. John Ladies' Auxiliary will have a catered dinner in the parish hall at 8 p.m. Tuesday, Dec. 19.

**HOLY FAMILY, The Eucharistic League** will entertain the nuns of the school at dinner at 6 p.m. Thursday, Dec. 28, in the Pine Room. Reservations must be made by Dec. 22 with Margaret Pickering, 235-3022, or Wilma Spain, 436-0481.

**OUR LADY QUEEN OF PEACE, Brighton.** The children of the parish will bring gifts for inner-city children to church this Sunday, Dec. 17. Sister M. Concepta, R.S.M., will distribute the gifts through the Mercy Sisters' Joseph Avenue center. Mrs. Raymond Bergan is chairman of the project.

**ST. THOMAS the APOSTLE, Irondequoit.** Toys for the St. Martin de Porres center will be brought by Rosarians to their meeting Wednesday night, Dec. 20. A Christmas party for the sisters, with entertainment by children of the parish, will follow devotions at 7:45 p.m. in the church.

### Theatre League Comedy

The Rochester Broadway Theatre League, a non-profit community organization, will present the wildly funny comedy hit about lovingly impossible teenagers, **THE IMPOSSIBLE YEARS** in the jocular play that ran for two full seasons on Broadway.

Mail orders are being accepted now. For information call 473-0671. The box office at the Auditorium Theatre, 875 East Main St. is open from 10 a.m. till 8 p.m. The box office number is 454-7743.

**GOOD SHEPHERD, Henrietta.** A concelebrated Mass at 6:30 p.m. in the chapel will be followed by the Altar and Rosary Society's annual tureen supper Monday night, Dec. 18, in the school hall.

**CORPUS CHRISTI, The Marie Burbank Singers** will be guests of the Mothers' Club at a Christmas party Monday night, Dec. 18, in the hall.

**ST. JANUARIUS, Naples.** A community theatrical enterprise involves the five churches of Naples this weekend. "The Gift of Teyvir," a Christmas play with Oriental flavor, will be presented in the Bristol Valley Playhouse at 3:30 p.m., Friday, Saturday and Sunday. After each performance the audience will be invited to have tea with the cast.

**HOLY ROSARY, The Holy**

Name Society and Men's Club and the Rosary Guild will have a Christmas dinner at 7 tonight, Dec. 15, at Amalfi's, St. Paul St.

**MOST PRECIOUS BLOOD.** The School Board will meet at 7:30 p.m. Monday, Dec. 18, in the school auditorium.

**ST. ANDREW'S.** The Holy Name Society will hold a Christmas party at 8 p.m. Thursday, Dec. 21, in the school auditorium. The Liederkrantz Choral Group will sing. Frank Becker is chairman.

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## Cenacle Lists Teen Retreat

Jesuit Father William Poorren, from McQuaid High School in Rochester will lead a weekend retreat for high school juniors and seniors Jan. 5 to 7, 1968. Conferences, films, discussion will center on what it means to be a Christian today.

For information and reservations, write or call Sister Ann Norwood at the Cenacle, 271-8755.

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THE HOLY FATHER'S MISSION AID TO THE ORIENTAL CHURCH

This Christmas you'll be remembered in the Midnight Mass in Bethlehem. The celebrant, Archbishop Albert Gori, will offer the Mass for the members and benefactors of this Association. How better can we say thank you? In 18 mission countries (where Catholics, though few, are mostly of the Eastern Rites) the Holy Father helps millions because you read this column. Blind boys in the Gaza Strip (not one of them a Christian) are learning rug making, basketwork, the ABCs, at the Pontifical Mission Center for the Blind. Lepers in India are cared for by native priests and Sisters. The poor have the Gospel preached to them in Egypt, Iraq, Iran and Ethiopia. . . . This season especially, won't you remember the missions in your prayers? Our priests and Sisters depend on you. They ask the Christ Child to bless you always!

Dear Mrs. T: Yes, priests in the Holy Land will be pleased to offer soon the Masses you request. Simply send us your intentions.

Msgr. Nolan

If you want your gift credited in tax-year '67, be sure it's postmarked by Dec. 31. Here are three gifts of lasting value:

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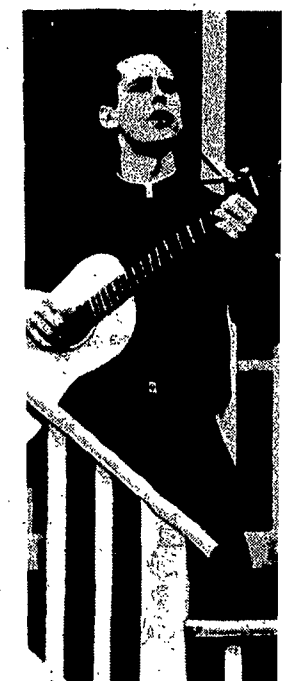
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