

Ex-Minister Heads Family Life Bureau

A former Church of England clergyman has taken over direction of the diocesan Family Life Bureau, and he wants help.

Michael Cole, who became a Catholic last Spring, was "recruited" by Bishop Fulton J. Sheen to succeed Father Gerald E. Dunn when the priest became pastor of St. Theodore's.

Monica St., 235-6658, or his home, 235-6648. Cole, his wife and three young children, are living at 73 Lutzer St., in St. Augustine's parish, "a friendly neighborhood," and they feel they have come to stay. All were received into the church last Palm Sunday. Cole left his job as chaplain and marriage counselor in the British Air Force to work at the Diocesan Pastoral Ecumenical Center in Leeds, England. He met Bishop Sheen there.

Parish activities centered in his bureau include family-oriented clubs, Mothers' Circles and Cane conferences. His associates are Fathers John J. Glogowski of Auburn, Roy J. Kiggins of Elmira and Walter F. Cushing, St. Agnes High School chaplain.

The new director is seeking Sunday afternoon helpers to handle secretarial details at Pre-Cana conferences. He also hopes that experienced lay couples will volunteer as conference speakers. They may phone his office at 34



Harvest time is the season for zestful eating.

Harvest of Autumn Kitchen Ideas

Few things go better with the brisk, snappy air of November than the pungent smell of a roast in the oven lending warmth to the autumn kitchen.

And few things go better with a hardy piece of pork or beef than apple relish. Easy to make in quantity it can be stored as it can lend spicy companionship to your guests throughout the long winter months ahead.

Now's the time to make it, when apples are plentiful.

For another fruitful treat that's enough off the beaten track to be worthy of special guests, try baking a colorful cranberry cake.

APPLE RELISH
4 1/2 cups prepared fruit (about 3 lb. ripe red apples)
1/2 cup water
1/4 cup vinegar
1/2 cup raisins
1/2 cup nuts, chopped
5-1/2 cups (2 lb. 6 oz.) sugar
1 box (1-3/4 oz.) powdered fruit pectin
3 or 4 drops red food coloring (optional)

First prepare the fruit. Core and chop about 3 pounds apples. Measure 4 1/2 cups into a very large saucepan. Add water, vinegar, raisins, and nuts.

Then make the relish. Measure sugar and set aside. Thoroughly mix fruit pectin

into fruit in saucepan. Place over high heat and stir until mixture comes to a hard boil. Immediately add all sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim for 5 minutes to cool slightly and prevent floating fruit. Stir in food coloring. Ladle quickly into glasses. Cover at once with 1/2 hot paraffin. Makes about 11 medium glasses.

CRANBERRY CAKE

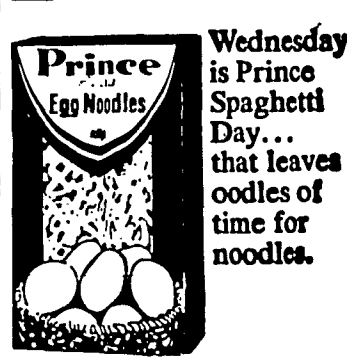
3 cups sifted cake flour
2 teaspoons double-acting baking powder
3/4 teaspoon salt
1 cup butter
1 1/4 cups sugar
3 eggs
1 egg yolk
3/4 cup milk
1/2 teaspoon grated orange rind
1 tablespoon orange juice
3/4 cup chopped fresh cranberries (about 1 cup whole berries)
1/2 cup finely chopped nuts (optional)
Orange Sugar Glaze

Sift flour with baking powder and salt. Cream butter. Gradually add sugar; cream until light and fluffy. Add eggs and egg yolk and beat thoroughly. Add flour mixture alternately with milk, a small amount at a time, beating after each addition until

smooth. Add rind, juice, cranberries, and nuts; mix well. Pour into 9-inch tube pan, which has been greased and lightly floured. Bake at 375° for 50 to 60 minutes or until cake tester inserted into center comes out clean. Cool cake in pan 10 minutes; then remove from pan and finish cooling on rack. Spread Orange Sugar Glaze over top, allowing it to run down sides of cake.

Orange Sugar Glaze. Place 1 cup sifted confectioners' sugar in a small bowl. Gradually add about 1 tablespoon hot orange juice, blending well, until mixture is thin enough to spread over cake. Makes 1/2 cup.

Hey, Mrs. Brown



A POP PRODUCT

Draft Ignores Conscience, Editor Says

Villanova, Pa.—(NC)—Failure of the nation's draft laws to exempt adherents of the "just war" theory was deplored here by the editor of the Catholic World.

At Villanova University, Father John B. Sheerin, C.S.P., charged the present draft laws discriminate against many Christians and Jews who are not pacifists but are conscientiously opposed to a particular war, such as the present conflict in Vietnam.

Father Sheerin said "there are thousands of conscientious citizens who are convinced that the higher law of God forbids them to take part in this (the Vietnam) war."

"Yet they cannot claim exemption because they are not pacifists. They are not opposed to all wars but only to this particular war and the tendency of the courts has been to categorize such opposition to war as merely political rather than religious," Father Sheerin said.

"Why then is the conscience of the Quaker, the Mennonite, the Brethren more deserving of respect than the conscience of the Roman Catholic?" he asked.

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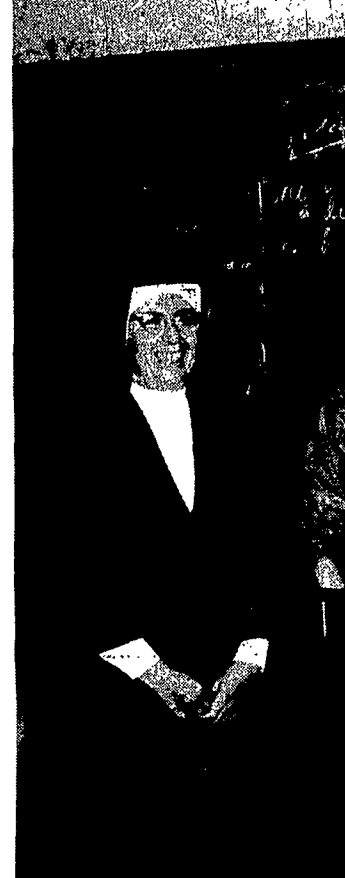
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Taking part in St. M. Agnes, director of n. associate professor o

TOPICS

Dear Friends,
So accustomed have we become to purchasing food in the self-service supermarket, that we assume that "this is the way it is." Not so. The massive food "department stores" which we know today are relative newcomers. Your POP editor can recall that in her grandfather's meat market of long ago, the only non-meat products sold were pickles and crackers, both dispensed "as was" from large wooden barrels.

It was one of our POP advertisers—Loblaws—that actually pioneered the self-service system and in turn the supermarket in the northeastern section of the U.S. True, it was a comparatively humble beginning with the opening of one store at Niagara Falls in 1924. This store was narrow-fronted with a long interior, hospital-white and ultra sanitary. It was equipped with a bin of wicker baskets for the customers to use in serving themselves.

A skeptical public, raised in a corner-grocery tradition, at first found the self-service system a questionable innovation. Gradually however the new concept caught on. Mrs. Consumer discovered that she liked the idea and "Loblaws" became a household word in the Niagara Frontier community.

The Loblaws organization itself grew from a one-store, one-town operation to the supermarket giant of today. It now boasts 170 stores located throughout New York, Pennsylvania, Ohio and California with headquarters in our sister city, Buffalo. There are more than 20 stores in Monroe County alone. In terms of size and shape, design and content, today's store bears little resemblance to its early counterpart. Incandescent lighting has been replaced by fluorescent tubes; stark directional signs have given way to colorful and more explicit department identification.

From their original area of 1500 square feet, these stores have grown to behemoths of 20,000 square feet, and are still growing. The Loblaws of yesterday dealt only in dry groceries and fresh produce; they had no meat departments. With the introduction of refrigerated meat, dairy and frozen food cases, stores were literally forced to expand. Another factor was the tremendous increase in items available. The early Loblaws store carried only from one to two thousand items; today's supermarket boasts an average of nearly 8000 with many more in the offing. Because of food manufacturers' ingenuity, new products are being introduced constantly. Loblaws alone accepts about ten of these each week. Thus in spite of the discontinuance of obsolete products, the number of current items shows every sign of increasing.

For a long time Loblaws gave out trading stamps, but in recent years decided to discontinue this practice and instead lowered prices on all items. At the same time, the various establishments became known as Loblaws-Century stores. (Incidentally, there is no connection between these and Century Discount outlets. The latter deals in non-grocery merchandise.)

Probably one of the most "swinging" supermarkets to be found anywhere in the Rochester area, is the new Loblaws in the Greece Town Mall. From the entrance with its automatic sliding doors to its tempting and wide selection of delicatessen products, it's a model of modern ingenuity. Whether you're looking for fresh-baked bread, pies, cake etc., or unusual kinds of condiments, cheese, pickles, you're sure to find them here. And unlike many similar specialty departments, prices are kept in line and are not exorbitant.

This new store also carries all the other fine products associated with the Loblaws name—Orehold Park and Royal Manor canned goods, for example. The latter by the way are kind of deluxe product, slightly higher in price but well worth the few extra cents. One such item which your POP editor has been using for years is Royal Manor Apricots. So far as we know, this is the only variety of peeled canned apricots on the market. Try these sometime for a real taste treat.

For POPpers, shopping at Loblaws is indeed a one-stop operation. With the natural exception of Columbia Banking services, every POP product is available on its shelves. We've found too that store managers have been most cooperative—posting POP stickers, allowing neighborhood POP groups to place receptacles for members' cash register tapes, etc.

In addition to the low prices and top values which always prevail, an extra bonus is currently being offered to customers. This is a generous selection of oil painting reproductions given free with a minimum amount of purchases. Attractive frames for these are also available at reasonable cost. If you haven't obtained one or more of these paintings, we urge you to do so soon since there is a time limit on the offer.

Today Loblaws is experiencing one of its greatest periods of expansion. In recent months, it has added or remodeled nearly two dozen stores. The Courier Journal is proud to have this pioneer yet forward-looking company as one of its POP advertisers. Just as those early founders had confidence in the value of their "product," POP buyers can be equally confident when they shop at today's Loblaws.

New Stamp Controversial

Washington — (NC)—The Post Office Department has issued the 1968 Christmas stamp—a reproduction of the Archangel Gabriel from Jan van Eyck's "The Annunciation"—and complaints about its religious character were quickly filed.

The stamp is in the same religious tradition as the 1967 stamp, which was a reproduction of Hans Memling's "Ma-

onna and Child with Angels." The American Jewish Congress has protested that the stamp violates separation of church and state.

In 1967 Americans United for Separation of Church and State brought suit against the Post Office Department on the ground that the 1967 stamp was a "Roman Catholic depiction."

CRANBERRY IDEA
Bright bits of chopped fresh cranberries add seasonal sparkle to peach and cottage cheese salad. Fill canned cling peach halves with cottage cheese and sprinkle top with snipped cranberries and chopped almonds. Skip the dressing for calorie counters.

SPICY PANCAKES
Make tiny thin pancakes and layer with a hot, spicy canned fruit cocktail sauce. Heat syrup from canned fruit cocktail with cinnamon sticks and whole cloves. Remove spices, add drained fruit cocktail and a generous dot of butter. Heat and spoon over pancakes.

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Labels from All the Products listed above will be accepted for her 30, 1968. However, WATCH THE COURIER FOR FUTURE ADDITIONS TO THIS LIST.

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A POP PRODUCT

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St. Mary's Holds Tea

The 15th annual "Clinic Day" at St. Mary's last week included two sets of "teach days" at the institution. T week before the annual nursing workshop took place.

"Clinic Day" featured speakers. Dr. Frank N. Mill associate dean at George Washington University, spoke "Health Histories of the Pre-

Interracial Council In Drive

New members and financial support were sought by the Catholic Interracial Council. It opened its annual membership drive this week.

Expansion of the council's activities during the coming year is the goal of the campaign, according to Paul W. Bray president.

The council has been active in the housing problem, pointed out, and its projects include the CIC Housing Development Corporation and the Housing Corporation. It joined other groups in support of a scattered-site low-income housing proposal.

It also requested and obtained an investigation by the St. Commission for Human Rights into leasing practices in certain apartment developments.

Among other activities listed were the council's presentation of a proposal to the three parishes to undertake "Pro-Equality," a means to more "fair housing" practices in effective; participation in a boycott demonstrations in support of California farm laborers, and a current semi-"Confrontation: Black & White," which will close a series of six meetings at 7:30 p.m. Sunday, Nov. 10, in St. John the Evangelist's Church at Humboldt Street.

Alumni Meet At St. Salome's

Father Walter Fleming received a check for \$50 toward the building fund for a St. Salome's Church at Alumni Association meeting the Sea Breeze Fire Hall.

The parish also conducted scholarship fund drive to provide grants to a boy and a girl in the graduating class whose parent or parents graduate from St. Salome's.

The St. Salome's Alumni Association was formed nine years ago and includes the classes 1922 through 1948.

St. Rita's Invites Public To Series

Father William J. Poor S.J., chairman of the theology department, will serve as commentator and discuss leader for a film strip series being presented at St. Rita Webster.

Everyone interested is invited to take part in the adult education program, in the school 7:30 on the next three Sunday nights. The series is titled "Mass From Peter To Paul." "Yesterday, Today and Tomorrow."