

### Family Rosary

The Family Rosary for Peace program is broadcast each evening at 7 p.m. by Rochester radio station WSAJ, WMBQ-FM in Auburn, television cable companies Channel 5 in Hornell, Channel 8 in Elmira and 88.75 in Corning. Those who will lead in recitation of the Rosary this week are:

William Endres of St. Bernard's Seminary.  
 Saturday, Dec. 14—St. Patrick's Fraternity of the Third Order of St. Francis.  
 Sunday, Dec. 15—John Garland of St. Helen's.  
 Monday, Dec. 16—Al Miller of St. Michael's, accompanied by the Knights of St. John.  
 Tuesday, Dec. 17—Donald Rimlinger of St. Bridget's, East Bloomfield.



### TOPICS

Dear Friends,  
 Do you ever wonder how some of our POP organizations spend their awards? From an article in an Elmira paper, we learned what one group has done with its POP earnings. Girl Scout Troop No. 38 of Elmira Heights, in conjunction with other area scout troops, businessmen, etc. engaged in a project of helping an orphanage in Vietnam. Clothing, toys, school supplies and other needed items were collected and shipped there. Some quotes from this article and from the accompanying letter of Mrs. Sullivan, troop advisor, tell the story.

"The orphanage run by Vietnamese nuns houses 85 girls of Vietnamese and mixed blood, from newborn to 7 years of age. It receives no financial help from any source—its only support comes from schooling provided for children outside the orphanage. Its children are considered fortunate since 50 per cent of the Vietnamese die before their first birthday. Though there's enough food, the small children lack vitamins, milk and protein products.

In the village itself, disease runs rampant as sanitation is primitive and there is no electricity or running water. Medicine in Vietnam is 25 years behind the western world's. We can understand why the Vietnamese are fatalists and pessimists for in their 3000 years of recorded history, they've known only 900 years of peace."

Bernard Kline, Elmira service man stationed in Vietnam, first suggested the orphanage project. He later wrote, "The 1200 lb. shipment was more than enough for the orphanage so that we were able to distribute some of it to adults throughout the area. Since it represented a goodwill gesture from the people of the U.S., it was a means of thwarting the Vietcong. As such, this project of the scouts had political as well as charitable implications."

Think of the above when you're tempted to say, "How can POP help our small group accomplish anything significant?"

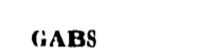


Christmas is less than two weeks away which means that holiday fever should invade our home very soon now. Lists, lists and more lists are the order of the day—of gifts, of cards, of food, yes, even of chores! Half of the work is done if you're well organized.

The grocery list is perhaps the easiest—a big bird, of course, for the prime entry. How about checking to see if your supermarket carries Land O'Lakes turkeys? By all means order one in advance. They're guaranteed and government graded—the same high quality that goes into Land O'Lakes Butter is assured. And don't forget to get this butter for basting. Some of the condiments, vegetables etc. can be purchased in advance to take that last-minute pressure off the homemaker as well as off the end-of-the-month "pinch."

Now is the time too to prepare those baked goods which can be frozen for future use—the pies, cakes, cookies et al. As you doubtless know, these can be stored unbaked (for baking later), or completely made ready for serving. Just don't forget to wrap everything well, in foil or other wrap, it's half the secret of successful freezing.

Filled cookies are a nice change from (or addition to) the traditional Christmas cookie. You might like to try the following recipe:



**GABS**  
 about 48 cookies (these are double)  
 2 cups sugar  
 1/2 cup LAND O'LAKES BUTTER (1 stick)  
 2 eggs  
 1 cup buttermilk  
 1/2 cup hot coffee  
 2 tsp. vanilla  
 4 cups sifted flour  
 2 tsp. baking powder  
 1/2 tsp. salt  
 3/4 cup cocoa

Cream the butter, add the sugar and continue beating. Add eggs one at a time mixing well. Add buttermilk all at once, mix; add the coffee and vanilla. Combine dry ingredients and sift once. Add to creamed mixture about 1/2 at a time. Mix until no trace of flour remains.

Drop by tablespoons on greased and floured cookie sheet. Bake about 12 minutes in 350 degree oven. Cool while making filling.

**Filling:**  
 3 tbl. LAND O'LAKES BUTTER  
 3 tbl. flour  
 1 cup milk  
 3/4 cup LAND O'LAKES BUTTER  
 3/4 cup sugar  
 2 tsp. vanilla

Melt the LAND O'LAKES BUTTER in small saucepan, blend in flour and milk, stirring constantly until thick. Cool until cold. Cream the additional butter and add the sugar and heat until very light and fluffy. Slowly add the cold, creamed mixture and beat well, add the vanilla and beat until fluffy. Put together two cookies with a teaspoon of the filling.

**IS YOUR GROUP ELIGIBLE FOR POP PROFITS? IF NOT, GET ON THE POP BRANDWAGON. FOR INFORMATION JUST PHONE OR WRITE Mrs. Ennis, Courier Journal, 35 Scio St., Rochester, N.Y. 14604. Telephone: 454 7050**

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Address of President .....

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# Don't Count Dieters Out!

New York — Guess who's coming to dinner? The dieters! Some 20 million strong, a cross-section of shape, size and sex, with just this much in common: they're all watching before they're eating.

Calorie-counting may be their way of life — but it doesn't have to mean abandoning all the joys of the table.

From soup to sweet (yes, dieters can satisfy a sweet tooth), they eat the good food we all enjoy—and while their waistlines at the same time. The big difference? Dieters can eat sensibly, instead of overstuffing — a plan approved by everyone, from nutritionists to the dieters themselves, who can still enjoy the variety that's the spice of mealtime life.

Key to commonsense eating is the meal-minded approach. Calorie-rich snacks and extra fats are out; that handful of oil-rich nuts or a secret pastry splurge can wreck any calorie count. The dieter's substitute is a meal that leaves you satisfied instead of hungrily thinking of the next time at table. A well-rounded meal turns down the appetite — the neural center that seems to control appetite — leaving dieters less likely to raid the refrigerator or succumb to high-calorie temptation.

What well-rounded means is a meal that includes all the daily essentials plus the grace notes that satisfy the eye as well as the appetite. Typically, several light courses — a clear soup followed by a light entrée, then a final course of a light dessert — is much more appetite appealing than the same number of calories crammed into one or two dishes.

It's a matter of psychology — spreading the calories around for the emotional satisfaction that's just as important as actual food consumption. Dessert, for instance, ends even a low-calorie meal with a pleasurable exclamation point — sending you away from the table as satisfied as if calories didn't count. A sweet dessert may even help you stay on a diet. While the sweet taste itself stifles the temptation to indulge in fattening snacks, the sugar offers a bonus in energy.

Like everything else in a wise eating plan, the desserts that belong on a diet "think light" — stressing natural flavors, in small servings. (The idea isn't to fill up — just feel full.) The classic cuisine includes many such recipes — far more satisfying than concoctions that almost shriek, "for dieters only." Some good ones are Coeur a la Creme, the creamy French confection, fruit in spiced wine and the crispy cookies called Tuiles. All are just the kind of dining delight that haunted dieters' dreams in the days when a sweet tooth was strictly verboten.

Party-pretty presentation is part of their secret; dieters are starved as much for the fun of eating as for food for their own sake. And they don't only eat better, they eat out — second-rate citizens in the dining department — a special joy of desserts as good off diets as on.

**COEUR A LA CREME**  
 Calories per portion: 125  
 1/2 pint cottage cheese  
 3 oz. package cream cheese  
 1/4 tsp. salt



*Delights For Dieters*

**COEUR A LA CREME (above)** — as delicious as it's kind to your calorie count. Fresh strawberries surround sugar-sweet mold of blended cheeses.

**ORANGES AND BLUEBERRIES IN SPICY RED WINE (left)** — a serving of satisfaction. Tasty exclamation point to a real meal... on a diet, or off. On side dish: **TUILES**, meringue-light sweet treat cookies from France, easy to make and lower in calories than most sugary "diet" cookies. Tastier, too!

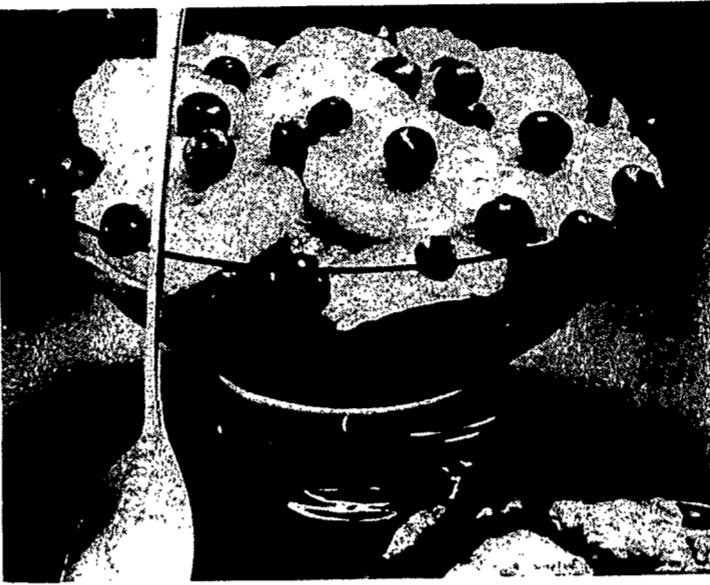
2 Tbsps. sugar  
 2 cups whole fresh strawberries, hulled  
 1 Tbsp. confectioners sugar

Mash cheeses and mix with salt and sugar. Cream until smooth. Pack into a heart-shaped mold, lined with either waxed paper or cheesecloth. Refrigerate eight hours or overnight. Unmold onto serving plate. Surround with strawberries sprinkled with confectioners sugar and serve. Serves six. (Shallow mold in any fancy shape may be substituted for traditional, heart-shaped French basket mold. If French basket mold is used, place on platter while refrigerating, to catch excess moisture that may drip through while dessert is setting.)

**ORANGES AND BLUEBERRIES IN SPICY RED WINE**  
 Calories per portion: 102  
 4 large navel oranges  
 2 Tbsps. sugar  
 1/4 cup dry red wine  
 3 cloves  
 1 cinnamon stick or 1/4 tsp. cinnamon  
 Dash nutmeg  
 1 cup fresh blueberries

Peel and slice oranges crosswise into thin rounds. Place in glass serving dish. Sprinkle with sugar. Add wine and spices. Refrigerate covered eight hours or longer. Mix in blueberries just before serving. Serves six.

**TUILES**  
 Calories per cookie: 30  
 3 egg whites  
 1/4 cup confectioners sugar  
 1/4 cup sifted flour  
 1/4 tsp. salt  
 3 Tbsps. butter, melted  
 1/2 tsp. almond extract  
 1/2 tsp. vanilla  
 1 cup vanilla wafer crumbs



Beat egg whites until they form soft peaks. Beat in sugar gradually until well-blended and meringue is stiff. Fold in flour, salt and melted butter. Add flavorings and vanilla wafer crumbs. Blend lightly. Drop by teaspoons onto lightly greased cookie sheet. Bake at 350° nine-ten minutes, or until edges are lightly browned. Remove cookies from pan with spatula. Cool in single layer and serve. (Optional: For traditional French service, these cookies may be rolled. While still warm, remove from pan and fold for a half minute around rolling pin. Cool on cake rack and serve.) Calorie count of these cookies is less than most so-called sugary diet cookies. Makes about 28 cookies.

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**National Shrine Mass To Be on TV**

The Christmas Mass from the National Shrine of the Immaculate Conception in Washington will be carried live, in color, and in its entirety on Channel 13, WOKR-TV, from 10:30 to Noon Christmas Day.

Bishop Joseph L. Bernardin, General Secretary for the National Conference of Catholic Bishops, will be the principal celebrant and will deliver the homily. The Mass will be in English with music by the National Shrine Choral.

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**'The Fixer'**

Catholic Press Features

New York—The film version of Bernard Malamud's Pulitzer Prize-winning novel about anti-Semitism in Czarist Russia, "The Fixer," has been lauded by the national Catholic film office as having much importance as the report of the National Advisory Commission on Civil Disorders in attacking racism.

"The Fixer," said the national Catholic Office of Motion Pictures, "is not just a colorful rendering of historical record. It is also the injustice of all forms of anti-Semitism present a past—including the incredible anomaly of those Christians infected with it—and by extension, the irrationality of all man's inhumanity to his fellow man."

"For Americans, the film theme should have as much significance as the Kerr report on the civil disturbances which plague our country."

Malamud's story, which won the National Book Award in fiction in 1967, is about Jewish hardy man living in Kiev during a violent wave of anti-Semitism at the turn of the century. He is falsely accused of what appears to be the ritual murder of a young boy and his stubborn refusal to "confess," despite physical abuse and deprivation, leads to international interest in his case. At film's end, oppressors give in to a public trial he has demanded.

The central character, Yakov Bok, is portrayed by Albert Bates, with secondary and other minor roles played by Dirk Bogarde, Hugh Griffith, Elizabeth Hartman and John Gielgud. It was directed by John Frenkelheimer and filmed in Hungary.

In its "Catholic Film News"

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