



TOPICS

Dear Friends,  
Doesn't seem possible but here we are at the very end of January. Now that your Christmas bills are out of the way, it's time to think of saving again. And what better place to stow your cash than Columbia Banking. Whether you're opening a new account or adding to an existing one, always be sure to ask for a POP Receipt. These are specially printed forms issued by the bank only on request. A new account earns 1000 points for the first \$1000 deposited and one point more for each dollar over fifty. A number of these new accounts could add up to a sizeable point total for your POP group. So next time you're shopping around for a place to save and earn—two ways, do consider Columbia, the gem of the Genesee.

We'd like to congratulate our youngest POP Chairman, Nancy Ferrante of the Most Precious Blood School Crusaders. As the first-place winner in a contest sponsored by a supermarket, Nancy, an eighth-grader, won a four-day trip to Washington for the inaugural ceremonies. Her essay, on the late John F. Kennedy, was among 800 submitted in the Rochester and Buffalo areas. She was one of 200 boys and girls across the nation to win this trip.

Like Nancy, many of our Chairmen are real go-getters in other fields besides POP. Though they don't win trips (or any personal prizes for that matter), they're at the top in leadership and enthusiasm whenever there's a job to be done. In other words, they never have "mental reservations" when they accept an assignment.

For a while there we enjoyed a nice breather from the rigors of winter. Alas, it didn't last long—here we go again bundled up to the ears. Well, at least it should inspire us to take to the kitchen, to enter with zest into the chores of cooking and baking. From one of those enthusiastic POP Chairmen we mentioned above, Mrs. Peter Papero of St. Columba's Rosary Society (Caledonia), we received this stick-to-the-ribs recipe.

**Macaroni and Beans**

- 1 large can pork and beans or 1/2 lb. dry beans
- Cooking oil
- 1 small onion, chopped
- 1 6 oz. can Hunt's Tomato Paste
- 1/2 lb. small elbow Prince Macaroni
- Salt to taste

If using dry beans, soak overnight and cook until tender. Brown onion in small amount of oil. Add tomato paste, beans and salt. Cover with water and let simmer about 20 minutes. Cook macaroni separately in boiling salted water and add to bean mixture. Serves about 4.

Veal is often the ignored meat when it comes to company meals, yet it is invariably fork-tender with almost no waste. Besides, it's one of the few meats that contains no cholesterol (a contributor to heart ailments). If a large dinner party is planned, try the following:

**Raisin-Apple Veal Roll-Ups**

(Serves 12)

- 12 slices Veal round, about four pounds.
  - Salt and pepper to taste
  - 1/2 cup flour
  - 1 tsp. paprika
  - 2 tsp. garlic salt
  - 4 tbl. Land O'Lakes Butter
  - 2 tbl. cooking oil
  - 2 cups apple juice
  - 6 tbl. vinegar
  - 1 cup seedless raisins
  - 1/2 cup brown sugar, packed
- Stuffing:**
- 1 lb. seedless raisins
  - 1 cup finely chopped onion
  - 1 cup finely chopped celery
  - 3/4 cup Land O'Lakes Butter
  - 4 cups soft, dry bread crumbs
  - 2 cups tart green apples, chopped
  - 1 tsp. sage
  - 2 tsp. salt

Prepare stuffing: Melt butter in skillet, add raisins, onion and celery; saute until soft. Combine with the crumbs, apples, sage and salt. Toss lightly, mixing well.

Sprinkle meat slices with salt and pepper, cover with stuffing, roll meat slices to enclose stuffing, tie or skewer. Roll in flour mixed with paprika and garlic salt. Brown well in butter and oil combined. Add apple juice and vinegar, cover tightly and simmer about 50 minutes, until meat is almost tender. Stir raisins and brown sugar into pan sauce; cover and continue cooking about 10 minutes, until fork tender. Garnish with spiced apples or fried apple rings, if desired.

For those not partial to lamb cooked in the conventional way, here's a dress-up version which may change your opinion:

**Madras Curry**

(6 servings)

- 2 lb. lean boneless lamb chuck (1-in. cube)
- 1/2 cup oil
- 1 1/2 tbl. Land O'Lakes Butter
- 1 tbl. instant minced onion
- 1/2 cup flour
- 1/4 tsp. garlic powder
- 3/4 tsp. celery flakes
- 1/4 cup finely diced apples
- 1 1/2 tbl. grated coconut
- 1 tbl. curry powder
- 2 1/2 cups chicken broth
- 1 small bay leaf
- Pinch of thyme
- 1/4 tsp. parsley flakes
- 1 tsp. onion juice
- Salt and pepper to taste
- 1/2 cup hot cream (light coffee cream)

Brown lamb in hot oil. Discard oil, but do not wash pan. Set aside. Melt Land O'Lakes Butter in heavy pot. Add next two ingredients and cook 2- or 3 minutes, blending in flour well. Stir in next five ingredients (through curry powder). Add Chicken Broth to reserved pan and boil for a few minutes. Add to sauce, along with cooked lamb. Add next four ingredients and simmer until lamb is tender (1 1/2 hours or more). Correct seasonings and add heated cream. Mix in well. Serve over hot rice.

IS YOUR GROUP ENJOYING POP PROFITS? IF NOT, GET ON THE POP BRANDWAGON. FOR INFORMATION ABOUT JOINING THE FUND PARADE, PHONE OR WRITE: Mrs. Ennis, Courier Journal, 35 Seto St., Rochester, N.Y. 14604. Telephone 454-7050. IF MORE CONVENIENT, JUST FILL OUT THE COUPON BELOW AND MAIL TO Mrs. Ennis.

Name of Organization .....

Name of President .....

Address of President .....

Your Name and Title .....

Your Address .....



SHOPPING LIST

Product	Save
Columbia Banking	POP Receipt for opening a new savings account of \$50 or more or adding to an existing account.
Hunt's Tomato Paste	Numbered Lid Top
Krey Canned Meats	Label
Land O'Lakes Butter	Guarantee Seal
Loblaw Century	Cash Register Tape
Pepsi Cola Diet or Regular	Bottle Cap
Prince Macaroni Products	Box Front or Label from Any Product
Red Star Yeast	Envelopes

Labels from All the Products listed above will be accepted for the POP Fifth-Century Game in Rochester on October 1, 1968 thru March 31, 1969. WATCH THE COURIER FOR FUTURE ADDITIONS TO THIS LIST.

**What's Happening In the Diocese**

The people of St. Christopher's parish in North Chili will have a dinner-dance tonight, beginning at 8, in the Party House, Beachon Road.

Members of the Archconfraternity of the Holy Family of St. Joseph's Church will receive communion this Sunday at the 9 a.m. Mass and have breakfast and a meeting afterward in the school cafeteria.

A panel discussion on alcoholism is scheduled by the Christian Mothers' Club of St. Andrew's for 8 p.m. Monday.

St. Bonaventure alumnus will meet for lunch Friday, Feb. 7, at the University Club. Motor Vehicles Commissioner Vincent L. Tofany, an alumnus, will be guest speaker.

The faculty of Holy Rosary School will be entertained by the Rosary Guild at dinner in Infantino's at 6:30 Tuesday night. All women of the parish are welcome. Reservations may be made today with Kay Culhane, 254-8446, or Helen Mykins, 468-9516.

Michael G. Cole, diocesan director of the Family Life Bureau, will be principal speaker at the St. Plus X Rosary Guild meeting at 8 p.m. Tuesday. Members will bring gifts of food for the St. Martin de Porres Center.

The Rochester Catholic Adult Club will hold a bowling party at 4 p.m. Sunday in the Moose Club, 441 East Ave.

Rosarians of St. Lawrence parish will have a catered dinner Wednesday night, and then tour St. Joseph's Villa.

The Catholic Widowed Parents Club will meet in St. Theodore's School Hall at 8:30 p.m. Feb. 7.

The Rosary Society of Our Lady of Mercy, Greece, will meet at 8 this Monday night.

After a business meeting at 12:30 p.m. Wednesday, the Catholic Women's Club will go on a guided tour of Memorial Art Gallery.

Tickets will be on sale after Masses Sunday at St. Helen's for the parish dinner-dance, scheduled for 6:30 Saturday, Feb. 8, at the Party House, Beachon Rd.

State Senator James E. Powers will address the Boy Scouts of St. Augustine's parish and their fathers at a communion breakfast after the 8:30 Mass Feb. 9.

The Ladies Auxiliary, K. of C., will have a Valentine party at 8:30 p.m. Feb. 6 in the clubrooms, 513 Monroe.

The sixth annual dinner-dance for the benefit of the Aquinas Marching Band and Color Guard will begin at 6 p.m. next Saturday, Feb. 8, at St. Francis Xavier Hall, 314 Bay. Reservations may be made through 254-6864 or 482-6880.

The education committee of the St. James Parish Council offers the public a film, "Nothing But a Man," at 7:30 next Friday night, Feb. 7, in the church hall. A member of the Catholic Interracial Council will lead a discussion after the movie, which deals with the predicament of a young negro couple in a hostile environment.

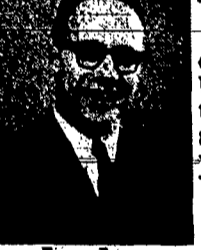
Bishop James E. Kearney will celebrate a First Saturday Mass at 9 a.m. tomorrow in St. Mary's Hospital chapel for Rochester Circle, International Federation of Catholic Alumnae.

The Mothers' Club of St. Salome's invites the public to hear Father William O'Malley of McQuaid on "The Tense Generation" at 8:30 p.m. Monday in the school. Members will hold a business meeting at 8.

Notre Dame Women's Organization will hold a mother-daughter luncheon at next Saturday noon, Feb. 8, at the Wishing Well.

**Business In the Diocese**

Joseph J. Connorton, Irondequoit, has been named a vice president of Foley Associates, a Rochester based fund-raising organization, according to John J. Foley, president.

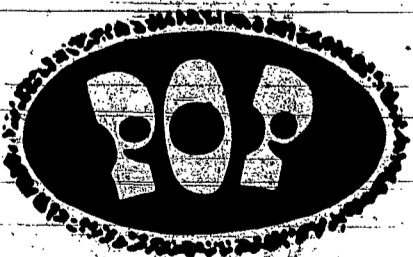


Connorton's association with the firm dates back to 1956. He served with the U.S. Navy in World War II and with the Intelligence Office of the Naval Reserves during the Korean conflict. He lives with his wife and three children at 178 Wyndale Road.

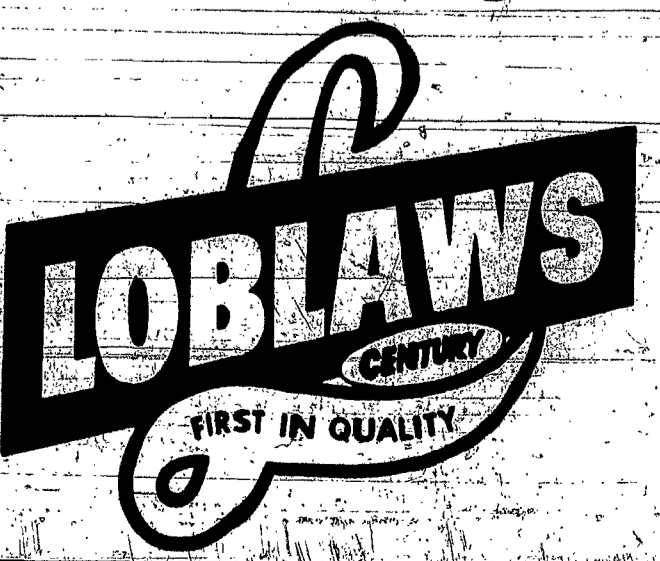
A graduate of Aquinas Institute and of Assumption College, Windsor, Ont., Connorton is widely known among clergy and laity of the Rochester Diocese, having conducted more than 20 fund campaigns in the area. Foley Associates specializes in religious, health, education and welfare projects.

Edward S. Kniffin has been made vice president in charge of sales of Merkel-Donohue, office furniture, stationery and supply firm. A graduate of Rochester Business Institute, Kniffin is an Air Force veteran and lives with his wife Miriam and three children in Brighton.

**SAVE LOBLAW REGISTER TAPES FOR**



AWARDS



Patricia Sroka's essay won a trip to Washington inaugural for herself and Sister Amata, her seventh grade teacher at Sacred Heart School, Auburn.

**Auburn Girl's Essay Wins**

Auburn—Her essay on "The country. They viewed the inaugural, toured points of interest and met with government officials."

Patricia, daughter of Mr. and Mrs. Mathew Sroka, was one of eight Central New York area winners in the contest sponsored by the Acme food chain. Sister Amata, SSI, was selected to be one of the chaperones for the group.

They flew from Syracuse to Washington to join student winners from other areas of the

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**Gates Boy Top Speller**

Paul Coddington of Holy Ghost School, Gates, and Daniel White of Holy Trinity School, Webster, survived competition from 34 other eighth grade spellers to win \$2,000 worth of scholarships at Sunday's 12th Annual McQuaid Spelling Bee.

Coddington, after posting the highest score on a preliminary written test given to the 36 contenders, was still on his feet with White after 45 minutes of oral quizzing.

In the final spello-down, the first to miss was Coddington, with "shepard." But White balanced that with "sheperd," and the contest went on until White erred with "quandory." Coddington spelled that word right and had no trouble with the next word on the list, "adhere." His prize was a \$1,500 scholarship. White received a \$500 grant. White's brother David was runner-up in the bee two years ago.

In order behind the winners were John Sekol of St. Plus X, James Talbot of St. John the Evangelist on Humboldt St., Rick Oelske of St. Michael's,

**Hey, Mrs. Smith**



Wednesday's Prince Spaghetti Day... it wouldn't be Wednesday without it.

A POP PRODUCT

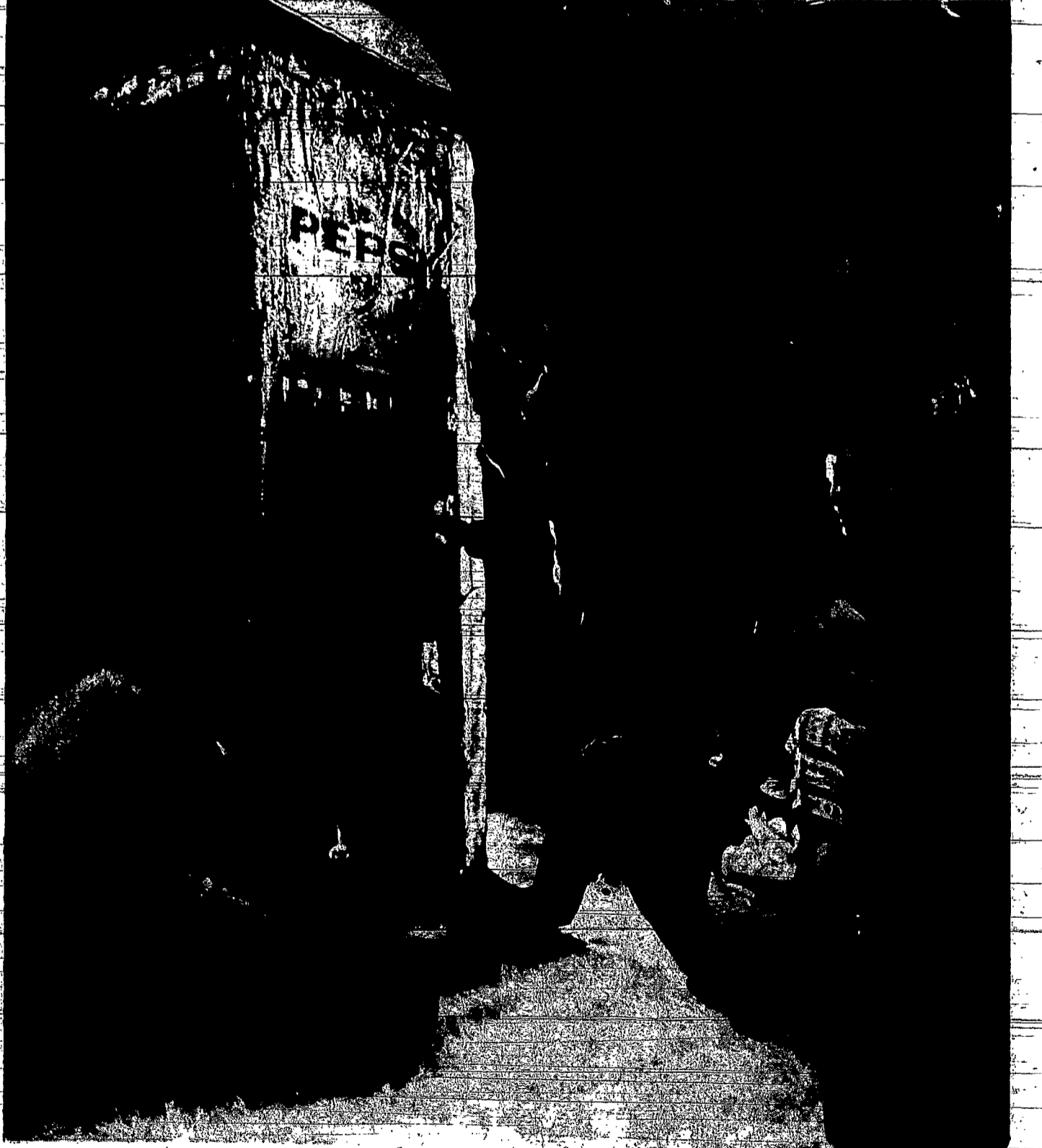
"I can fix it myself with KREY on the shelf!"

**KREY stuffed PEPPERS**

**KREY KINGSBURY STEAKS**

Anybody with a can opener can be a good cook!

A POP PRODUCT



**Pepsi-Cola cold beats any cola cold!**

Drink Pepsi cold—the colder the better. Pepsi-Cola's taste was created for the cold. That special Pepsi taste comes alive in the cold. Drenching, quenching taste that never gives out before your thirst gives in. Pepsi pours it on!



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A POP PRODUCT

**New M Annou 2 Elmi**

Elmira—Further n SS. Peter & Paul's a ceina's schools will m sible to eliminate dou and to have one's principal beginning 1

Announcement of was made this week Mary Agnes S.J., cor Chemung County C Schools.

Sister Francis Da who has been princ Peter and Paul's part-time teacher, w the supervising pri both schools.

Sister Margaret A present principal of bla's, will be relieved istaching duties to teach sixth grade been teaching a do and sixth grade.

First and second gr at St. Cecilia's will ferred to SS. Peter The Fourth grade at and Paul's will g Cecelias.

The changes will possible for SS. Peter to continue a non-gr begun in September be four teachers for three grades at that

Miss Donna Mosch, at SS. Peter and Paul with her fourth g when they switch to

**Bible U Theme c**

Elmira—Approa better understanding Bible will be the th Scripture Workshop ioners of the Southe Friday night and March 7-8, at the Wat stead, north of Co Route 15.

Conducting the se be Father Sebastian OFM, Cap., of St. Seminary faculty.

Father Sebastian t ate work in Scriptu at Catholic Univers; under Patrick Sheha ber of the Internati editing the Dead S He taught Scripture s Life Herit Seminar before his appointm Bernards in 1967.

He has conducted courses for clergy co

Redecorated I of St. John B ing revisions, by prisoners, not identified credited them Bulletin. Ren whose firm im tions for takin

Committee le planning arrai 9 p.m. Saturd are Mrs. Jo