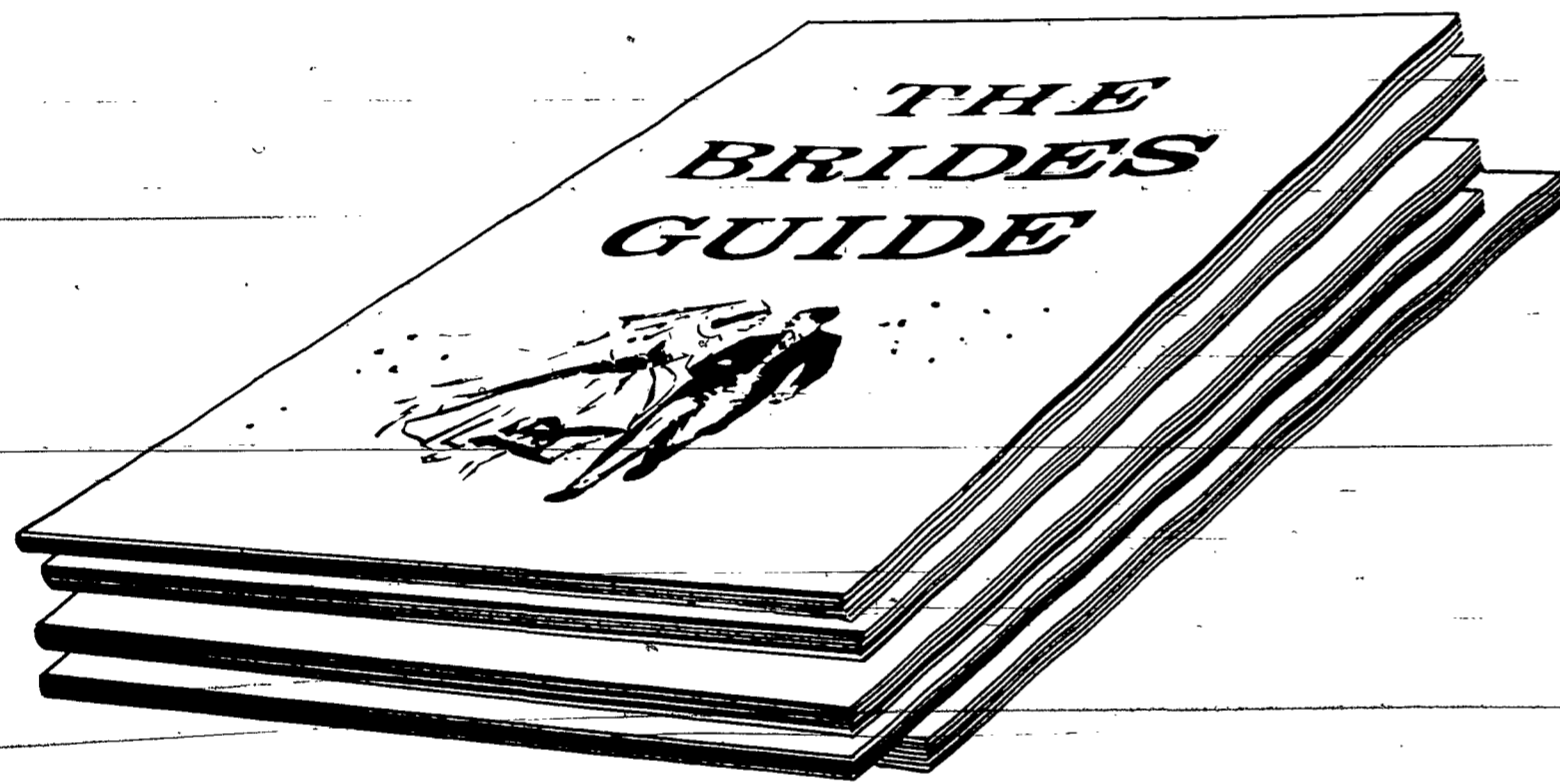


"the Brides Guide"

and other fine books



handy helpers from

"The Brides Guide", a booklet prepared by the RG&E Home Service Department, centers around the all important daily preparation of meals. It includes new and different recipes to add spice to family mealtime, garnishes that add attractive and colorful appetite appeal, a glossary of kitchen terms, and information on the use and care of kitchen appliances.

When it comes time to bake that first pie, plan a dinner for company, or prepare a cozy breakfast for two, you'll find this booklet can be a valuable aid.

We have many other booklets available that cover a wide range of topics important to the homemaker. Among them are: RECIPES FOR SPECIAL DIETS — a booklet developed for the many people on special milk-free, egg-free, and wheat-free diets. It contains many recipes using other ingredients allowed within these diets. Another is a LAUNDRY GUIDEBOOK — a booklet containing comprehensive coverage of all laundering problems and techniques. FREEZING FOODS provides information on the preparation,

cooking and storage of virtually any kind of food than can be frozen. All these and any of our booklets are free for the asking.

The Home Service Department offers many other services that you are welcome to take advantage of. For instance, by appointment, a home economist from our staff can visit your home and instruct you on the best use and care of your appliances.

If you are remodeling or building, our kitchen planning and lighting consultant will be delighted to assist you with floor plans and lighting layout.

We are planning a demonstration for new brides and brides-to-be on April 30 and May 14. Reserve one of these dates on your busy calendar for an enjoyable and educational evening.

For any problems or questions that arise in your new role as homemaker, feel free to call on the RG&E Home Service Department. You may reach us at 546-2700, ext. 2617 Monday through Friday, 8:30 A.M. to 5:00 P.M.

all booklets, services and demonstrations of the Home Service Department are free

RG&E ROCHESTER GAS AND ELECTRIC
89 EAST AVENUE • 546-2700

Home Service Dept., Rochester Gas and Electric
89 East Avenue, Rochester, New York 14604

I would like more information on the following items:

Name _____ Phone _____
Address _____ Zip Code _____

A Letter

From the Family Life Diocesan Director

Dear Friends:

In presenting this new edition of 'A Lifetime of Love,' I should like to thank the Editor and Staff of the COURIER-JOURNAL for giving the Family Life Bureau of the Diocese of Rochester, and its Associates, this opportunity of bringing you news of our Apostolate. I hope that the articles contained in these pages will not only help those preparing for marriage, but also enrich those already joined in Holy Wedlock.

Each contributor is dedicated to bringing young people the 'Good News' of his own experience, either as a priest, who spends much of his time preparing young couples for marriage, or as a married person, striving to perfect his or her own relationship with a beloved partner, or as a physician whose daily practice shows the need of medical counsel for those intending marriage.

A special tribute must be paid to Father Dunn, our Director Emeritus. For twelve years he labored to build our Pre-Cana program to what it is today. Together with Father Cushing, Father Kiggins and Father Glogowski, he constructed the foundation upon which all our future family life programs will be based. Any advances that have been, or will be made in the future are due to his unflinching efforts over the past years. He is still closely connected with us, and I know that I shall need that association for as long as he is able to give it. During these first six months as Director I have leaned on him continually.

Lastly, I should like to mention our Anniversary Celebrations for those who during 1969, will have been married 25 or 50 years. This publication will be read by the parents and grandparents of those preparing for marriage. It is fitting that we should wish to honor their 'Lifetime of Love' as Bishop Sheen will do when he offers an Anniversary Mass at Sacred Heart Cathedral on Sunday, June 29 at 5 p.m.

—Michael G. Cole

About Our Cover

To set the theme of a "Lifetime of Love," Father Lawrence Gross of Holy Name of Jesus Church is pictured on our cover giving Holy Communion under both species at a wedding.

Throughout this tabloid, a young engaged couple, Charles L. Koerner and Sherri Williams are the models in all photos.

Koerner a Rochester police officer, and Miss Williams, a nursing student at Monroe Community College, will be married in an Aug. 9 ceremony in Christ the King Church.

YOUR HONEYMOON! Break away, take off in pack-perfect, well-behaved knits. Fashion on the double (knit, that is) takes you through day and night with great assurance. Marvelous Dacron® polyester in 1- and 2-pc. ensembles, easy skimmers, drop-torsos, pleats and overblouses atop slim skirts. Sizes 10 to 20 and you can CHARGE IT on Sears Revolving Charge!

\$18

★ Main Floor, Monroe Avenue

FOR THE FUN OF IT!



Sears

March 14, 1969 Courier-Journal 3A