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Dress Up That Cottage Cheese

With more and more people wanting to reduce, diets have become a favorite topic of conversation. The smart dieters know that even though their choice of food is somewhat limited, the way in which it is prepared and served, can be most attractive and appetizing as well.

For instance, take cottage cheese. Long the dieter's staple, it no longer need be bland. By using Chive Cottage Cheese which is available in dairy or delicatessen departments of food markets, lunch becomes a treat. The bright green of the chives enhances color appeal as well.

An unusual and interesting way to serve Chive Cottage Cheese is in a ring mold. In this recipe, the tangy flavor

Cinnamon Treats

Looking for something to pick up those everyday needs? Try this sweet and tangy Cinnamon Fruit. Easy to do and delicious.

CINNAMON FRUITS

1 can (1 lb. 14 oz.) fruit cocktail
1/2 cup syrup from fruit
2 teaspoons red cinnamon candies
2 teaspoons fresh lemon juice
2 large bananas

Drain fruit cocktail, saving syrup. Combine 1/2 cup syrup from fruit, cinnamon candies and lemon juice. Let stand until candy is dissolved, or heat gently to dissolve; cool. Add drained fruit cocktail. Spoon fruit and syrup into serving dishes. Peel and cut banana into diagonal slices. Set slices upright around edge of each serving.

Makes about 6 servings.

Chill individual molds of orange-pineapple gelatin. Unmold on lettuce-lined salad plate. Circle with a ring of canned fruit cocktail and one of cottage cheese. Serve with hot cinnamon rolls as an unusual luncheon delight for the children. Keep it in mind for bridge luncheons, too.

Heat canned cling peach halves slightly. Fill center with a spoonful of apple butter, and a sprinkle of cinnamon. Serve as accompaniment for pork chops, roast loin of pork or baked ham. Hot canned clings and meats pair up perfectly.

Still More Cheese!

A free-wheeling recipe for "Macaroni and Cheese" is featured in the June issue of the "Friends of the Public Library" magazine.

"We never measured the cheese . . . we always broke it up and put it in until it looked like enough," wrote Mrs. Margaret E. Finewood. For the purpose of passing on her mother's method, she did measure the cheese, and enough turned out to be "about two cups."

The ingredients: one pound of elbow macaroni, cooked; one quart of tomatoes, two cups of cheddar cheese, broken in bits, and salt, pepper and sugar to taste. Stir together in a four-quart casserole, top with sliced cheese and bake at 350 degrees for 20 to 30 minutes, or until the cheese on top is bubbly.

PUDDING IDEA

Vary tapioca or vanilla pudding by blending sunny canned fruit cocktail into the dessert. It's a favorite with youngsters, served in a flaky baked pastry shell, garnished with toasted coconut, it's certain to please grown-ups, too.

salvation and service

RIGHT REVEREND EDWARD T. O'MEARA
NATIONAL DIRECTOR

'A Sense Of Mission'

Do you possess a spirit of adventure? Have you desired at times to conquer the world? Are you eager to share your Christian joy with the entire world? Are you so convinced of the value of your Faith that you wish everyone possessed this great gift? In short, do you have a sense of mission?

The missionaries do! They seem to be caught up in the spirit of Christ's joy and concern for mankind. With enthusiasm and love, these generous men and women carry the message of Christ to the far corners of the globe.

Often these missionaries are beset by trials and difficulties. Lack of funds, insufficient personnel, deficiency of educational and medical facilities place extraordinary demands on the faith, hope and trust of the missionary.

In one Indian diocese, the average Sunday collection does not exceed one dollar in any mission center. Ninety-five per cent of the Catholics there are farmers, and out of these about seventy-five per cent never have enough to eat. A discouraging factor to the most zealous missionary!

In a certain area of this same diocese, a mission was started by a single priest. No lay assistants! No fellow priests! He needed the help of the Sisters to instruct the women folk and to supervise the little children at the school. When the Sisters were finally able to come, the missionary did not have a house to shelter them. So he decided to live in a hut and give his own house to the Sisters. What a remarkable example of dedication and sacrifice on the part of this priest.

Despite difficulties such as these, the missionary continues to trust in the goodness of God and the generosity of Catholics throughout the world. His sense of mission, his belief in the importance of his work, carry him through the most severe trials.

Put your sense of mission to work. Sacrifice today so that a missionary can continue his dedication of salvation and service to mankind.

The missionary gives up so much. Can you give up a little?

SALVATION AND SERVICE are the work of The Society for the Propagation of the Faith. Please cut out this column and send your offering to Right Reverend Edward T. O'Meara, National Director, 366 Fifth Avenue, New York, N.Y. 10001, or directly to your local Diocesan Director.

Reception Set For Sisters at Sacred Heart

The Alumnae and Parents' Associations of Sacred Heart Academy have scheduled a farewell party Sunday, June 8 for the Religious of the school which is closing this year.

Alumnae, parents and friends are invited to the reception from 2 to 5 p.m. Religious who attended the Prince Street school as students have been invited to return for the reception.

The Landmark Society will exhibit photographs of the inside and outside of the school.

County Inaugurates New Health Service

The County of Monroe has inaugurated a central telephone service to handle public health, mental health and social service emergencies arising on nights, weekends and holidays.

"If emergency help is required from the Departments of Health, Mental Health or Social Services during other than normal office hours," the announcement said, "a citizen may call 473-4080, which is the switchboard at Monroe Community Hospital. The switchboard will then channel the call to respective individuals in the Departments to handle the emergency."

Cenacle Lists June Events

Spiritual exercises will be held at the Cenacle Retreat House, 693 East Avenue, Rochester, during June as follows:

June 6-8, Prayer weekend; June 13-15, Single women's retreat — Father Walter Brown, S.J.; June 20-22, Married couples; June 27-29, General retreat — Father Albert Bartlett, S.J.

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Summer School — July 7 - August 16
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Interdiocesan Schedule

Rochester's four Catholic track and field squads will their attention towards the talent from three other dioceses this Sunday in the 50th Annual Inter-Diocesan Championships at R.I.T.

Field events get under at 1 p.m., with 40-man contingents from Albany, Syracuse and Buffalo challenging the calls for the supremacy won by Rochester in last year's meet.

McQuaid's diocesan teams lead the Rochester contingent with 18 men, followed by Albany with 17, and Aquinas Mooney with 4 athletes.

Diocesan Track

100-Yd. Dash NEI
120-Yd. High Hurdles RIC
180-Yd. Low Hurdles RIC
220-Yd. Dash MIE
440-Yd. Dash ALA
880-Yd. Run BOE
One-Mile Run BIL
Two-Mile Run JEF
800 Relay MCG
Mile Medley KEJ
High Jump KEJ
Pole Vault TOA
Long Jump BOE
Triple Jump ARJ
Shot Put BOE
Discus BOE

*Denotes Meet Record
Team Scores:
McQuaid 111, Kearney, CYO

The CYO softball league Saturday, June 7, in championship playoff involving two defeated teams. Sacred Heart takes a 7-0 white division and into the final game against Christ the King that was in the green division.

Aquinas to Ded

The championship Aquinas Institute Marching Band will one of 30 high school bands that will transform the little farming center village of Gorham into the "Bandstand of the Finger Lakes" Saturday.

The occasion is the Aquinas Pageant of Bands which is expected to swell village of some 400 to a "m center" of nearly 20,000. A of 2,120 musicians from bands will be competing.

Business

Edward W. Farr of the noted from sales represents Faluch Co., publishers and rial. Farr will serve the dioceses Ogdensburg and Albany, and Di Luglio, Rochester, and th

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