

St. Alphonsus celebration

St. Alphonsus Notes 'Merry Mary Day'

Auburn — The second annual "Merry Mary Day" at St. Alphonsus School was a blending of the traditional with the modern, as the program dug deep into tradition with the reciting of a decade of the rosary and the

Memorare, and swung into current day popular music with the song, "Mother Mary."

As Father Lewis Brown, assistant pastor at St. Alphonsus explained, the format illustrates how we can accept what is best around us and offer it to God. The Church is big enough for all people, all traditions, and all that is good and holy, he explained.

But it was the ageless spirit of the children singing out and the procession of school children and younger toddlers carrying flowers and balloons to adorn the statue of the Blessed Mother that lent its special ardor to the celebration in honor of our Blessed Mother.

Father's Day Is Planned

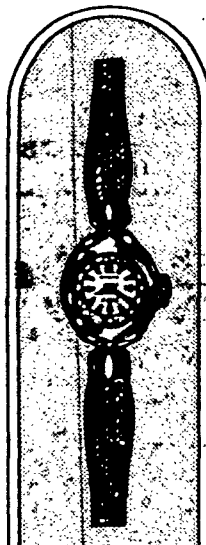
Scipio Center — Plans have been completed by the Holy Name Society of St. Bernard's Church, Scipio Center, for the 10th annual Father's Day Festival and Chicken Barbecue at the Church Grounds, Sunday, June 18, rain or shine.

This year, the barbecue will feature salt potatoes with drawn butter. Serving will be continuous from noon until 5 p.m. Take out service will be available. The festival is guaranteed to provide games and entertainment for all ages.

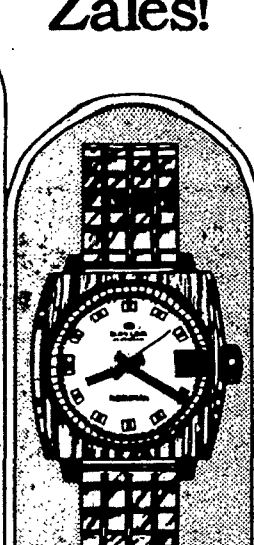
'FR. ZIMMER DAY'

The children of St. Monica's School will put on an entertainment Friday, June 16, for their pastor, Father Edward Zimmer, who is celebrating the 25th anniversary of his ordination.

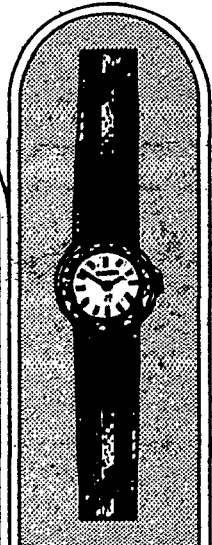
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RG&E consumer news

Planning to freeze this summer?

Come to RG&E's Consumer Information Center to learn about freezing foods.

If you have a freezer, but you haven't given much thought to freezing fruits and vegetables this summer, you're just the person we want to talk to. This month the Consumer Information Center, located on the main floor, 89 East Avenue, is featuring freezers, with emphasis on wise freezer management. One of RG&E's Home Economists will be on hand Monday through Friday from 11 am to 3 pm, and 7-8:30 pm Tuesday, to answer your questions about what to freeze, how to prepare food for freezing, what to look for when you buy a freezer and how to make the most of your freezer through planning.



Planning is important.

You see, planning is the key to successful freezing. Buying the best quality fruits and vegetables at the height of the season is good planning. Making sure you have enough moisture-vapor proof wrapping materials on hand is good planning. Rotating the packages in your freezer so that each is eaten before its storage time runs out is good planning.

Our grandmothers put up fresh produce for the winter by canning it. You can do the same with your freezer if you plan ahead. It's economical, and you'll enjoy the fruits of Rochester's summer all year long.

Planning to save money.

Wise freezer management means more than tasty strawberries in November. It will save you money on meats and baked goods, too.

Buy meats in quantity when they're on special and freeze them for future use. Recently, whole chickens were on sale in many local markets for 29¢ a pound. The wise shopper bought several and cut them up herself, packaging them in usable quantities.

You will often pay less on beef if you buy a large cut, such as a whole round section, and cut it

into meal sized portions yourself. From a whole round you will get an eye-of-round roast, less tender bottom round for braising or roasting, and the more tender top round for broiling, roasting.

You'll pay far less for your breads, cakes and cookies if you buy them on special in quantity or stock up at a baked goods factory-outlet store.

Planning do it right.

There are several techniques you must use in freezing foods. Most vegetables have to be blanched before they are frozen, to inactivate enzymes that hasten the spoiling process. Fruits have to be packed in sugar, sugar syrup or a dietetic pack if they are to retain their good fresh flavor. And wrapping is so important. The air in your freezer is very dry; poorly packaged foods will suffer "freezer burn," an extreme drying out which reduces quality and flavor. Your questions about these techniques will be answered at the Consumer Information Center this month.

Plan to attend a mini-demo.

Come to a mini-demo at lunchtime Monday. Wilma Schnabel will demonstrate techniques of freezing food. The demos will be informal, starting as soon as a group gathers and lasting about 15 minutes. They will be held every Monday this month between noon and 1 pm.

Next Monday, June 19, Wilma will show you how to prepare and package fruits for freezing, including dry sugar pack, syrup pack and dietetic pack. You'll see how you save money by buying in quantity and in season, while enjoying high quality out of season, like strawberries at Thanksgiving. Drop in at the Consumer Information Center at noon.



RG&E's Consumer Information Center is open Monday through Friday, 11 am-3 pm, 7-8:30 pm Tuesday.

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