



Mary Sotile, her husband Louis, and their table.

Cardoons, Cassatelli . . .

. . . And St. Joseph

By CHARLES RANDISI

Every March 19, as millions of bona fide and would-be Irishmen return to a semblance of normalcy after their St. Patrick's Day binges, many families of Italian and especially Sicilian origin sit down at their tables to celebrate the feast of San Giuseppe, patron saint of Sicily.

A table, loaded with specially-made food offered to St. Joseph, is the main attraction. Bread, pasta, fruits, vegetables, candles, and flowers decorate it.

Mrs. Mary Sotile, of St. Francis Xavier Parish, who prepared St. Joseph tables for 50 years, talked about the celebration at her Eighth Street home.

A group of ladies get together the day before the feast at a nearby bakery to make St. Joseph bread for their families. The dough used is basically the same used for Italian bread, but of a finer, smoother texture.

The women knead the dough into various shapes—crosses, baskets, the hands, the beard, the cane, and the heart of St. Joseph.

After the bread rises, it is washed with egg, sprinkled with white Italian poppy seeds, "papparina," and baked.

Mrs. Sotile stresses that while making the bread, each woman is doing it for her family, but there is a spirit of cooperation and common purpose among them. "One helps another," she says.

All the rest of the work is done

Summer Opera Casting Begins

Casting is in progress for the operas to be presented in Highland Park this summer. Anyone wishing to perform should contact Robert Murray, associate producer and stage director, at the Eastman School of Music, 275-2145.

The twenty-first season of Opera Under the Stars will include *The Poisoned Kiss*, a comedy by Vaughan Williams, on June 29 and 30, and *Carousel*, by Rodgers and Hammerstein, July 13 and 14. Daniel Patrylak, director of the Eastman summer session, said these two productions would be funded by Monroe County. A third opera will be prepared and presented, he said, if it can be financed. Menotti's *The Saint of Bleeker Street* is scheduled tentatively for July 27 and 28.

Chorus rehearsals, to be held Monday and Thursday nights, are expected to begin May 21.

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at home, two or three days before the feast.

"Sfinges" are pastries made of an egg, flour, water, sugar, and yeast mixture. They are fried in olive oil, dipped in honey, and eaten hot.

(Honey plays an important part in the St. Joseph day food. All pastries are honey-coated.)

Mrs. Sotile used to make three or four kinds of macaroni, all to be eaten, not with tomato sauce and meatballs, but with bread crumbs and honey.

Another popular St. Joseph Day treat are the "cassatelli." Shaped like ravioli, they are made of a cookie dough, stuffed with a combination of ricotta cheese, cinnamon and sugar, fried, and when cool, of course, they are honey-covered.

Then the vegetables are readied: spinach, broccoli, cauliflower, cardoons (burdocks), and artichokes, most of them fried in an egg and bread crumb batter.

When the food is ready, it is arranged in decorative fashion on the table, with celery stalks, oranges, and lilies for looks. Candles are lit. A statue of St. Joseph keeps watch over the food through the night.

On the day of the feast, sons, daughters, grandchildren, and "paisans" arrive. The family chooses three people, a boy, a girl, and a man, to symbolize the Holy Family of Jesus, Mary, and Joseph.

After prayers, the selected three begin eating. No one else may touch the table until after they have started.

Then everyone digs in.

Report Warns of Abortion Dangers

London (RNS) — A research foundation report published here has warned that induced abortions, especially in the first pregnancy, increase in subsequent pregnancies the dangers of still births, birth defects, and serious disorders for the mothers.

The report of the Foundation for Education and Research in Child-Bearing, a registered charitable trust established in 1971 to promote research in child-bearing and fetal life, was introduced at a press conference with an official summary that noted:

"The accumulated evidence is that induced abortion increases the risk to children born subsequently, either as a result of prematurity, or as a result of damage to the woman's reproductive organs in ways which only become apparent in a subsequent pregnancy and may then prejudice the growth of the fetus and produce difficulties during labor."

The report, which keyed on consequences of induced abortion, was authored by Arthur Wynn, a former chief scientific officer in the British government service and by Mrs. Margaret Wynn, sociologist and author of books on family life.

The report was introduced by Sir John Peel, a major trustee of the research foundation and former president of the Royal College of Obstetricians and Gynecologists. He indicated that the report looks in depth at the entire abortion situation from a medical viewpoint and not a religious one.

In the report, the authors challenged a statement by Sir George Godber, chief medical officer of the British government's Health and Social Security, who said: "There are real, though very small, hazards in termination (of pregnancy) in the best hands..."

They said this reassurance is wholly incompatible with the general thrust of a large number of papers in the world's medical journals, or with recent papers from British teaching hospitals.

"The scanty and misleading information published by the Department of Health," they observed, "is not commensurate with the public importance of abortion. The young women seeking abortion in increasing numbers deserve better counseling."

ROAST BEEF

The annual roast beef dinner at Holy Ghost parish will take place Sunday, March 25, in the school hall, 220 Coldwater Road, with servings at 1 p.m., 3 and 5. Tickets are \$2.75 for adults and \$1.25 for children 5 to 14.



Mission Mongers

The annual Mission Day was celebrated at St. Thomas the Apostle school on Friday, March 9 by students, parents and faculty. It included games, baked foods and booths which raised nearly \$900 for diocesan home and foreign missions. Tossing an inflated toy are, from left, Mrs. Maria Romano, Mrs. Louis Sirianni, cochairman; Sister Roberta Rodenhouse; Sister Judith Morgan, cochairman; Robert Roney and Mrs. Joanne May.

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