

# Altar & Hearth

SUMMER 2014

ISSUE I

Inspire. Amuse. Inform.

**Do's & Don'ts**  
for the  
Newb Skirt-Wearer

**Salad MANIA:**  
**5** ways to perk up  
your greens with  
delicious add-ins

**Book  
Review:**  
What a Single  
Girl Can Do  
for Christ

Trad Homemaker  
takes DIY to a new level

**SPARE THE ROD**  
A mother of nine shares  
her reflections on discipline

**Small Town Cake Boss**

I'M A...  
Consulting  
EFFECTIVE  
THE WORLD



## Dear Readers,

Several years ago, I caught myself flipping through a women's magazine. It didn't advertise itself as racy and full of smut, but I was disappointed to discover it was. Its articles and advertisements were filled with objectionable photos almost all of the time. Its writing didn't reflect the principles and culture I value.

I knew I wasn't the only one.

As traditional Catholics we find certain things morally and culturally unacceptable. Contraception. Immodesty. Evolution. But we've gotten used to "it comes with the territory." We shake our heads at things we object to and can do little more than throw the magazine in the trash.

It used to be that the bra-less wonder and the mini-skirt were counter-culture, breaking the mold. No more. Now those of us holding out for something reflective of our conservative values are the counter-

culture. We are the ones breaking molds and shocking society.

At Altar and Hearth we think it shouldn't "come with the territory," but since it does, that means we need to start creating our own territory.

What do I want to see in a magazine? I want cheap and practical for a large family, not a family of two. I want modesty and style, not one or the other. I want fun and conservative, because liberals haven't cornered the market on happiness. This magazine is meant to be a reflection of that and we at Altar and Hearth are so excited to bring you light-hearted content you can relate to.

Hope you join us for the ride.

M.R. Zapp  
Editor

Cover Photo: Friends  
Victoria Kiernan and  
Christina Vreeland

Enter our photo cover  
contest! See back page  
for more info.



Altar and Hearth  
Magazine is under  
the patronage of  
the Immaculate  
Conception.  
*Immaculate Heart  
of Mary, pray for  
us!*

**To read this magazine:** This magazine can be read online or downloaded as a PDF. If you have a printer, you can print the magazine. The option to order a print copy is also available but hinges upon the number of orders received from interested parties. Please contact [altarandheartheditors@gmail.com](mailto:altarandheartheditors@gmail.com) if you are interested in print copies or subscriptions.

We welcome your input, opinions, and comments. You can post to our FB page or send us an email. For submission



# contents



P. 6

Do's and Don'ts  
for the Newb  
Skirt Wearer



P. 13

Book Review:  
What the Single  
Girl can do for  
Christ



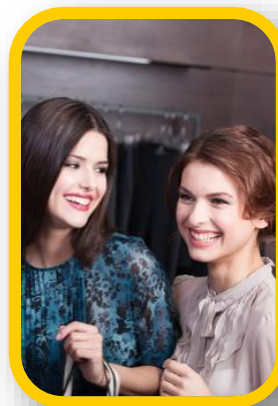
P. 18

Fourth of  
July: Rubs  
and desserts



P. 20

Feature:  
Small Town  
Cake Boss



P. 25

Friendship  
Under Fire



# Essential Oil

## Favorites

By Bridget Thomas

*The following information is based off the personal experience of a contributor. It is offered as an item of interest to the reader. The information is not intended to diagnosis or treat medical issues. Altar and Hearth does not endorse or suggest the use of essential oils without the consultation of your doctor.*

I was first introduced to essential oils about two years ago, so I am not an expert, but since that time they have come to play a huge role in the health and well-being of my family.



If you're looking to really understand your oils and how to utilize them, I recommend books by Dr. Daniel Penoel. As an aromatic medical doctor, Dr. Penoel has done extensive

research on the use of essential oils as treatment for a wide variety of illnesses. He has had phenomenal success and travels around the world explaining the science behind why they work.

Used for thousands of years, these wonderful God-given remedies are both safe and therapeutic in the right doses. The best oils are derived from organic sources and are steam distilled, rather than pressed, so as to prevent damage to their therapeutic properties.

The following oils are my personal favorites to have on hand.



**Peppermint:** this is a great one to grab for digestive issues. I use it for both constipation and upset stomach. Around my house it goes into everything from baked goods, to homemade candy canes and toothpaste, and into a coconut oil based homemade 'vapor rub' to rid congestion. But if you need a straight shot, it tastes refreshing in ice cold water or made into a tea with a little honey. Applied on bumps and bruises it gives a quick



cooling effect for temporary pain relief. It's extremely versatile and I dread running out of it.



**Lavender:** a lady's favorite. After giving birth lavender oil can be a woman's best friend by helping ease

those dreaded afterbirth pains. Throw it in with your laundry, bath water, or on your pillow at night for a more peaceful rest. I keep this at arm's reach in the kitchen for sudden burns. Mix lavender and peppermint to get a fast, cooling and healing action.

**Tea tree:** top of my list to never run low on. I'm still discovering the many uses of this wonderful oil. When a harsh sore throat strikes, I grab this oil every time. Using the oral "lick method" it helps my family ward off strep throat. Applied topically, it can help clear up a stubborn diaper rash. Bonus: A cotton ball soaked in tea tree is said to get rid of those pesky skin tags. And don't be afraid to use it as a cleaning agent because it has "bacteria eating" qualities.



**Balsam fir:** add this to your collection! Balsam fir is well known for its de-stressing abilities. Interesting factoid about Balsam fir: According to St Hildegard the devil hates the tree because it promotes mental health & calmness. *Who* can't use a li'l peace in their chaotic lives? It helps those struggling with the loss of a loved one to be more at peace with their situation. It also can change your brain pattern, for the better, when it comes to anger issues. (\*cough\* Choleric temperaments take note! ☺)

My "favorites list" seems to grow every week! I use lemon, orange, and geranium frequently also. Once you dive into the amazing world of essential oils, you'll realize why so many of them quickly find a spot in your treasure box of favorites! Ω

*Bridget Thomas is a traditional Catholic mother living in the Midwest. Out of concern for her family of six children, her incredible husband, and her Great Dane, she seeks alternative health solutions.*





# OUTSIDE allure



{Have a Picnic?}



{intro yard games?}  
Search 'How to make an Outdoor Word Game' on Better Homes and Gardens for a DIY tutorial.



{Enjoy a Hammock?}



{Get creative with lighting?}  
<http://growcreative.blogspot.com/2012/07/tin-can-lanterns-tutorial.html>



{Hang an outdoor chalkboard?}  
<http://www.projectdenneler.com/2011/05/plein-air-artists.html>



# DO's and DON'Ts

## for the NEWB SKIRT WEARER

### Do: WEAR A SLIP!

All sorts of horrible, dive-into-a-hole moments of embarrassment could be avoided by the use of a slip.

From “Say Hi to my polka dot underwear” to “wedgy bum,” all manner of mishaps and chagrin await those who go slip-less.

If you haven't yet experienced stepping on your hem and dragging down your waistline, you will. And then you'll be grateful your guilty-pleasure-splurge unmentionables weren't obvious to the world.

### Don't: ASSUME LONG EQUALS MODEST.

Everyone loves Jersey knit, but beware the cling and stretch of t-shirt cotton and lycra pencil skirts. If it's danger zone material, it can do one of two things: make you look really bad or make you look like modesty was your last concern.



Crepe Skirt  
Mid Length  
49\$  
MIKAROSE.COM



Knit Skirt  
Mid Length  
\$29.99  
MIKAROSE.COM

Lovely as your body is, nobody needs to see every nook and cranny of your thighs and fanny!

### **Do:** BUY SKIRTS THAT FLATTER.

Buying skirts that are right for you can be a real headache. There are legs down there that need to be made to look... less chunky, more shapely, whatever. And since when did an ankle have such impact?

Or does it? Find your length and stick with it unless you are in “yoga skirt” mode around the house. Branch out on the style, but stick with your length.

Some of the best skirt styles are calf-length A-lines, pencil skirts, mermaid skirts, and full skirts. See our list of favorite websites for cute and modest skirts at the end of this article.

### **Don't:** WEAR FULL SKIRTS ON WINDY DAYS.

This might seem obvious, until you end up doing it. Take a lesson from the many women who have had their skirts play gone with the wind.

A parachute comes to mind in all the worst ways. It isn't pretty – or modest.

Especially if you are wearing those knee-highs that roll right under the knees....





## Do: CHECK THE KNEE LENGTH.

You found a skirt you love. It's cute. It hits below the knee. It isn't too conforming... and then you sit down in the pew. Surprise, surprise! There are your knees.

Now you get to have fun discretely edging your waistline down as low as it will go and keeping your legs extended so that the skirt won't pull up more, all the while hoping that no one else in your pew notices your knobs.

Lesson learned. When you buy skirts, check for knee length first by doing a test sit in the dressing room.

## Don't: BUY FRUMP GEAR.

Unless you plan on using it while butchering chickens.

That little house on the prairie skirt might be physically modest, but it also draws attention unless paired with something thoroughly modern like... hipster glasses and a mod shirt.

Anything which draws *too* much attention, including "In your face! I'm so modest I dress from a different century," is another form of ostentation and thus, pride.

## Do: TUCK YOUR SKIRT UP.

Hardened skirt wearers know from child-hood (or painful experience) how important this is. It's just a matter of physics.



Mid Length Solid Tulle Skirt  
\$44  
APOSTOLICCLOTHING.COM



There you are sitting down on a curb, a stair step, or a stool. Your knees are up, but your skirt is covering them. You think you're good. You got this skirt thing *down*.

But you are completely oblivious to the fact that you are showing your glory (read guilty-pleasure-splurge unmentionables) to anyone across from you. That's right.

Behold the tuck under, wherein you hold your skirt up under your knees, put your feet closer to your bum and ensure all your frilly lace goes unseen.

### Don't: BUY SKIRTS WITH HIGH SLITS.

Once upon a time, skirt makers decided that getting rid of the extra material in the kick pleat would allow the skirt to perform the same service (i.e., let the wearer walk in it without taking itty-bitty steps) while being more vavavoom.

And vavavoom it is. No matter the modesty in other ways, a slit halfway up your thigh defeats what you were going for... unless you were going for racy in the first place

Young men like the look of legs. They will be tempted by women wearing skirts that let their legs play peek-a-boo with the world. Let's help them keep custody of the eyes by making sure our skirts are slit-less, or at least with a slit below the knee.



Knit Midi A-Line in  
Black and White  
\$34.99  
JENCLOTHING.COM



Midi Pencil in Tan  
Polka Dot  
\$34.99  
JENCLOTHING.COM

[for skirts] ALTAR AND HEARTH LOVES

jenclothing.com mikarose.com

belowtheknee.com apostolicclothing.com

shabbyapple.com modcloth.com



# 19<sup>TH</sup> C. MODESTY ...OR IS IT?

By Siobhan Ní Mhaoldhia

I believe I once experienced time travel. I was in a badly lit former barrack-room, in the National Museum of Ireland. I was gazing lazily at old clothing from the last few centuries, mostly belonging to upper class women and children.

There were the common little sailor suits of the boys and the pink ribbon-adorned dresses of the girls. Mannequins clutched faded rag dolls, and old grey straw hats sat on their heads.

Nearby were dark travelling dresses and a ladies cricket attire. I understood, of course, that women did not dress skimpily when they participated in sport, so that was not much of a surprise.

Just across from the cricket dress was a blue silk dress. It had all the hallmarks of the late 19<sup>th</sup> century: ankle length, accentuated bustle to the rear, lace trimming and a tiny waist.

I thought nothing strange of it. I just thought it was lovely. The thought crossed my mind that the world would be a different place if women had such good taste and modesty today.

I suppose that there must be a reason for keeping an ordinary enough dress in immaculate condition for more than a hundred years.

The former owner was a young Catholic woman, probably middle class. She had bought the fashionable dress to wear at her brother's wedding, if my memory serves me right. As it was the best dress that she had,

There was a rather large plaque attached to the wall. It told the story of the dress. Though there was even older clothing in the museum, none had such a detailed history as this one.

she wore it to church that Sunday.

Then I read one of the most unexpected and shocking things in my short life: the woman was condemned from the pulpit for wearing such an immodest, suggestive dress.

I remember stepping back, dazed.

I stared at the dress from top to bottom. I began to doubt that all my faculties were still functioning.

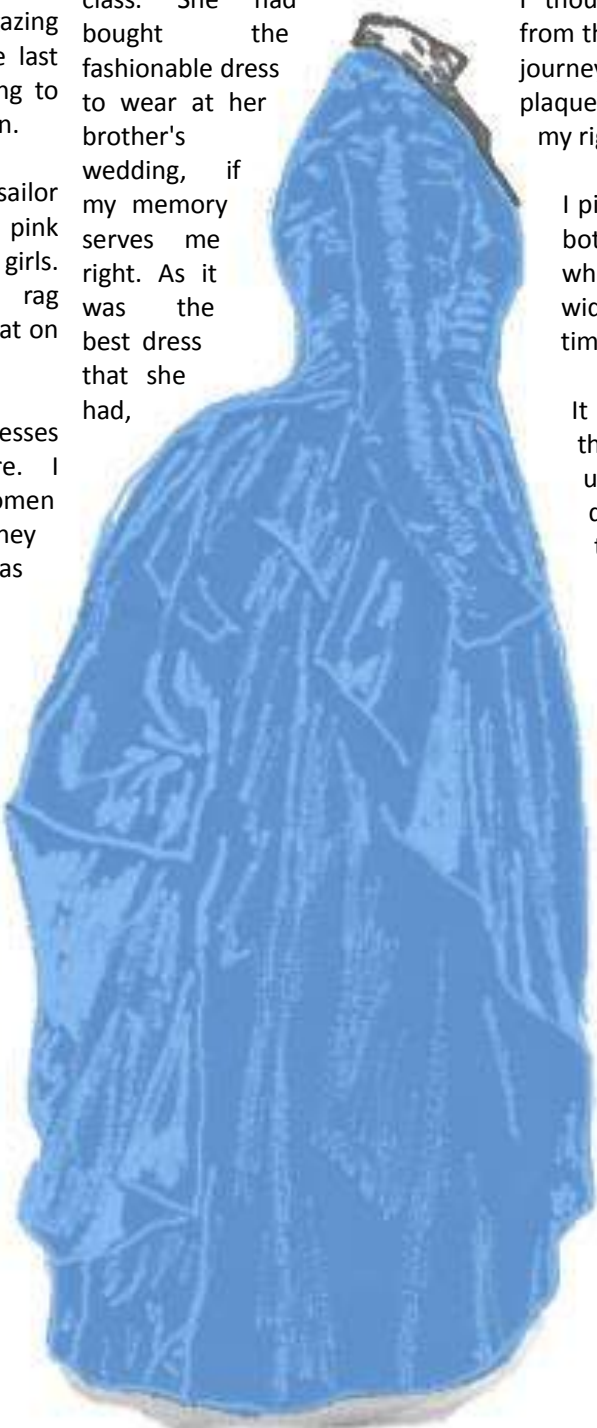
I thought maybe I was suffering from the after-effects of a long train journey or dehydration. I read the plaque again. But no, I was still in my right senses.

I pitied the poor woman. If only both she and the priest knew what fashions would become widespread in a few decades time!

It even stated on the plaque that it was not completely understood what made the dress attract such reproof, though it was suggested that the bustle may have been a little too accented on the rear. I had second thoughts on the taste of the dress as it must have made the wearer look like she had a very large behind!

The shamed woman never wore that dress again. She probably stored it in a wooden chest full of moth balls in a draughty attic. Thus, it survives to this day, a shining beacon of sensibility and of how low fashion has become. Ω

*Siobhan Ní Mhaoldhia is an 18yo Irish woman aspiring to become a translator, writer and historian. Interests include the Catholic Faith, International politics and art.*







## Pope Pius XII:

An excerpt from

### QUESTA GRANDE VOSTRA ADUNATA Women's Duties in Social and Political Life

*The Catholic girl to whom marriage is denied*

'Vocation': this is the significant word which springs to our lips when we think of those girls and women who voluntarily renounce matrimony to consecrate themselves to a higher life of contemplation, sacrifice, and charity. It is the only word that fits such a noble sentiment. This vocation, this loving call, makes itself heard in many different ways, as many as the infinite variety of accents in which the Divine voice may speak: irresistible invitations, affectionate and repeated promptings, gentle impulses.

But there is also the Catholic girl who remains unmarried in spite of herself; and she too, if she believes firmly in the Providence of her Heavenly Father, recognizes the voice of the Master in the life that has fallen to her lot. 'The Master is here and calleth for thee.' [John 11: 28] And she answers the call; she abandons the fair dream of her adolescence and young womanhood, surrenders her hope of having a faithful companion to share her life, of making a home and family of her own. In the impossibility of marriage she discerns her own vocation and, sad at heart though resigned, she too devotes herself entirely to the highest and most varied forms of beneficence.

*Motherhood is woman's natural function*

Be she married or single, woman's function is seen clearly defined in the lineaments of her sex, in its propensities and special powers. She works side by side with man, but she works in her own way and according to her natural bent. Now a woman's function, a woman's way, a woman's natural bent, is motherhood. Every woman is called to be a mother, mother in the physical sense, or mother in a sense more spiritual and more exalted, yet real none the less.

To this end the Creator has fashioned the whole of woman's nature: not only her organism, but also and still more her spirit, and most of all her exquisite sensibility. This is why it is only from the standpoint of the family that the woman, if she is a true woman, can see and fully understand every problem of human life. And this is why her delicate sense of her own dignity causes her a thrill of apprehension whenever the social or political order threatens danger to her vocation as a mother, or to the welfare of the family.

*Conditions unfavorable to the family and the dignity of woman*

And in fact social and political conditions today are, unfortunately, fraught with this danger. Indeed, the sanctity of the home and therefore the dignity of woman threatens to become more and more precarious. This is your hour, Catholic women and Catholic girls. Public life needs you. To each one of you it may be said: 'Tua res agitur' [Horace, Epist. I, xviii, 84]: 'Your fortune is at stake.'

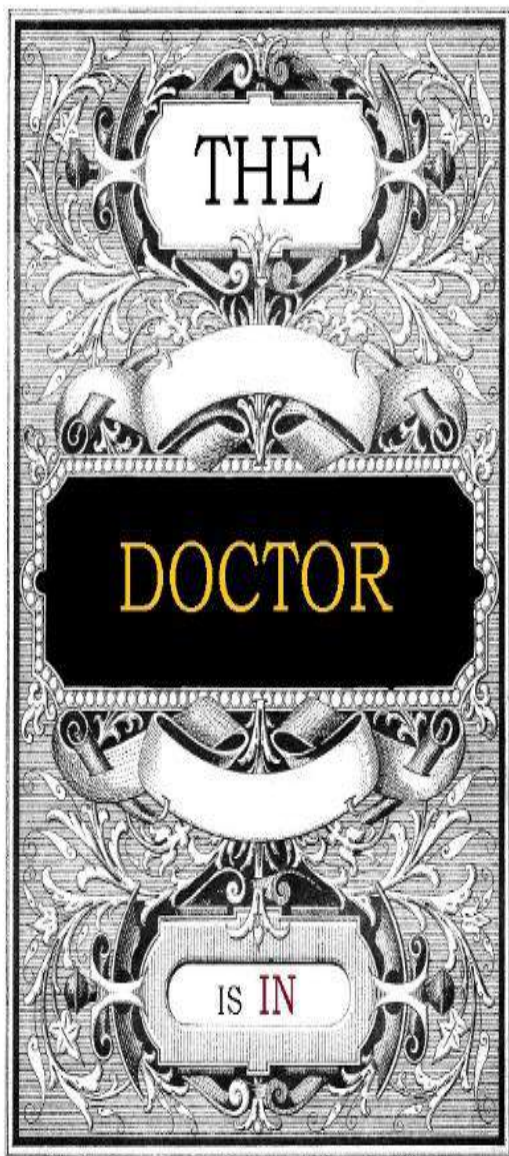
That public life has now for some time been developing in a manner unfavorable to the true welfare of the family and the true welfare of woman, is beyond dispute. It is to woman that various political movements are now turning in the hope of gaining her support. A certain totalitarian regime tempts her with marvelous promises: equality of rights with men; assistance during the period of gestation and labor; communal kitchens and other public services relieving her of domestic burdens; public creches and other institutions, maintained and administered by the State and local authority and exempting her from her maternal obligations towards her children; education without fees, public assistance in the case of illness . . .

We have no wish to deny the advantages to be derived from certain of these social measures, provided they are administered in a proper manner. We have in fact Ourself insisted that, for the same work and the same service rendered, women have a right to equal pay with men. But what We have called the essential point of the question still remains: Has all this improved woman's condition? Equality of rights with men has led her to abandon the home, in which she used to reign as queen, and subjected her to the same burden and the same hours of work. No heed is paid any longer to her true dignity, to that which is the firm foundation of all her rights: her distinctive quality of womanhood and the essential co-ordination of the sexes. The Creator's purpose for the welfare of human society, and especially of the family, has now been forgotten. In the concessions that are being made to woman it is easy to see, not so much the respect which is due to her dignity and her vocation, as rather a desire to build up the economic and military power of the totalitarian State, to which everything must be inexorably subordinated.

And what of a regime in which capitalism is dominant? Does it offer a prospect of real welfare for woman? We have no need here to describe the economic and social consequences of this system. You know its characteristic signs and you yourselves labor under the burden it imposes: the excessive crowding of the population into the cities; the ever-growing and all-invading power of big business; the difficult and precarious condition of other industries, especially the crafts and even more especially agriculture; the disquieting spread of unemployment.

Restore woman as soon as possible to her place of honor in the home as housewife and mother! This is the universal cry today. It is as though the world had suddenly awakened in alarm and horror to see the results of a material and technical progress of which it had hitherto been so proud. Ω





## SYMPTOM:

You walk away from conversations with a sick feeling in the pit of your stomach that you said way too much. You feel like the naughty girl in the fairytale from whose mouth falls serpents and toads every time she speaks. You just told someone else's secret, and now wish you had cut your tongue out before you said anything.

## DIAGNOSIS:

### Gossip

A Gossip can easily find herself in the position of being a detractor, one who reveals the sins or faults of another without good reason, or a calumniator, one who speaks falsely about another person.

But beyond just these two faults, a Gossip is often meddlesome. She says more than she intends, wastes time, and betrays confidences.

## TREATMENT OPTIONS:

Since these faults are sins of the tongue, treatment of the habit relies on curbing the tongue. In order to do this, frequent reception of the Sacraments, prayer, and meditating on humility are necessary. It's good not to share prideful judgments, but one wouldn't want to be guilty of thinking them either. Avoid thinking the thoughts at all, or risk having a critical spirit.

1. Your best option is to avoid the people who get you going, the people you tend to be gossipy around. And if that's everyone, you might consider becoming a hermit.

2. The second best option is to go cold turkey. And there's two different routes here. You could just not say anything when talk is going on about other people... or you could just not talk at all. Ever. Silence is an effective tool on the prevention of sins of the tongue. Never share or reveal anything uncomplimentary about someone unless it is necessary.

3. In the event that neither of those two seem to work, duct tape is a cheap, easy solution - and stylish to boot!

4. Finally, for a long term solution that may be a bit pricier, try the always-attractive Gossip's Bridle! Yes, it's actually a thing. It may be readily available on Etsy. The nice thing is, you could probably get them in hammered bronze, 19<sup>th</sup> c. rusted iron, and oxidized copper green! Ω

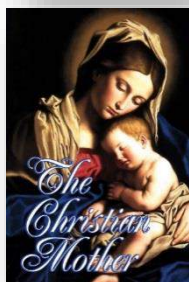


## 5 TITLES FOR MOTHERS

**1. The Mother** by Cardinal Mindszenty Based off a paper written while still a seminarian, Cardinal Mindszenty's *The Mother* illustrates the unique beauty and purpose of motherhood. Available through the Angelus Press for \$21.95.



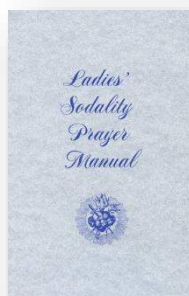
**2. The Christian Mother** by Rev. Cramer, D.D. Half admonitions and instructions for Catholic mothers and half prayers for herself or her children, *The Christian Mother* is a handy book for daily meditation and prayer. Available from traditionalcatholicpublishing.com for \$13.40.



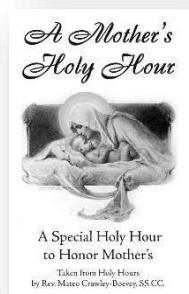
**3. Counsels of Perfection for Christian Mothers** by Rev. P. Lejeune The *Counsels* provide a practical methodology for mothers to attain perfection in the spiritual life. Available from stpiusxpress.com for \$14.00.



**4. Ladies Sodality Prayer Manual** by the Daughters of Mary Holy hour meditations, the Mass, and prayers for almost any occasion fill this paperback book. Available from daughtersofmarypress.com for \$12.00.

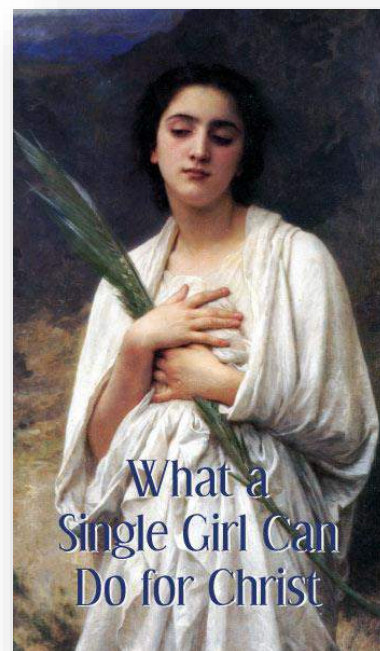


**5. A Mother's Holy Hour** by Fr. Crawley-Boevey Taken from a larger book called *Holy Hour*, this booklet size pamphlet, is meant to be meditated by a child's bedside. Available from traditionalcatholicpublishing.com for \$1.98.



## BOOK REVIEW

# What a Single Girl Can Do for Christ



There are a growing number of single women moving throughout society. Many, if not most, are single by choice, pursuing a career or higher education with the mistaken belief that they can put off their child-bearing and then only have the "responsible" number of two or less children.

Others, like many traditional Catholic single women, find themselves unable to find a suitable spouse. And sadly, they rarely have the support of their parishes, unless it is in regard to the expectation that they are still seeking a spouse. 'Singles' groups aren't for supporting each other as single people in the world, but are established for the purpose of fomenting interaction between the single people in the parish, leaving those who have come to terms with the fact that they will more than likely remain single, out in the cold.

This booklet addresses some of the issues facing the young single woman, but its main purpose is to provide counsel to those young women who have either voluntarily given their virginity to God, or must reconcile themselves to the single life. It's initially a conversational take on female single life presented by a priest to a group of young people during a ski trip, with many of the metaphors drawn from the ski experience. It turns into a talk and then goes back to a conversational session. Its format prevents it from being as dry as some other books on vocations and virginity may be, and those to whom it applies might wish it were longer.

Published during the reign of Pope Pius XII, it makes the point that the number of single Catholic women will inevitably go up, and history has borne the good priest out. Single Catholic women are here to stay. Father Faherty gives single young women concrete advice on how to live their lives as single young women, not only in regard to their friendships and associations, but also in regard to their work and parish life.

A young single woman could hardly remain unaffected by the attitudes of those with whom she interacts. If these interactions are based on the premise that she is either fundamentally flawed, bold, or pitiful, it will only be a matter of time before she begins to question herself. She will struggle with self-esteem, what God's will is for her, and whether she is doing what she is supposed to be doing. And she has precious few people in her corner who will understand where she is coming from. Fr. Faherty may enlighten some by his discussion of the value of virginity, the fulfillment of single women's maternal instincts through means other than marriage, and how to deal with crosses that may arise, loneliness among them.

It is a shame that our single people are not given the support of their parishes. Time and again, single men are considered failures or looked on with pity; single women are frequently thought of as defective or having feminist leanings. To the contrary, in a statement that applies to both sexes, Father Faherty eloquently says, "It may be well to remember that though the various states in life can be classified as good, better, best, it may be preferable for an individual to excel in the good than to be mediocre in the best. Every priest recognizes the superior virtue of individuals in his flock. That superior virtue does not necessarily mean they would have made good priests, brothers, or sisters....When people once come to recognize the dignity of the vocation of the unmarried, another desired result may come. Young women may get over the 'marriage-at-any-cost' attitude, which prompts them to try *any* marriage rather than remain single."

*What a Single Girl Can Do for Christ* is available for \$4.35 from Mother of Our Savior ([www.traditionalcatholicpublishing.com](http://www.traditionalcatholicpublishing.com)).**Q**





**W**ant to stay healthy but tired of the same old boring salad spruced up with (woohoo!) ranch dressing?

No doubt, ranch dressing is great, but try out these hunger satisfying and taste-bud tantalizing salads that raise the bar on the plain romaine.

## 1. Blackberry and Fontina

A handful of **blackberries**, some red onion, and the **creamy**, nutty flavor of Fontina cheese rounded off with a **balsamic vinaigrette** make for an elegant side salad.

## 2. Oriental Garden

Crisp and crunchy **water chestnuts** and **green bell peppers** are balanced by the tart sweetness of **Mandarin Orange** slices and garlic ginger dressing.



Slices of crisp **tart Gala apples**, paired with **Gorgonzola** cheese and a sprinkle of **walnuts**, **red onion** and raspberry vinaigrette make a meal unto itself.

## 5. Galas and Gorgonzola

## 3. French Delight

Shaved **slices of Gruyere** over thin pieces of green pears and **whole pecan** halves say holiday when matched with a tart and fruity **vinaigrette**.

## Go Greek 4.

When served with a Greek vinaigrette, succulent **ripe figs**, crumbled **feta cheese** and sliced **almonds** bring the warm, sun-kissed flavors of the Mediterranean to your salad greens.





# Single Dish Dinners

## Chicken Caesar Salad

*This light on the belly, but filling Caesar salad is chock full of goodies. Frying the chicken until golden brown brings out all the chicken-y goodness.*

2-3 Boneless Chicken breasts  
2 heads romaine lettuce  
1 can medium olives  
½ c. sliced red onion  
1 cup mild banana pepper rings or whole pepperoncini  
1 package croutons  
1 cup grated parmesan cheese  
Caesar dressing

One at a time, place a piece of wax or parchment paper over chicken breast and pound flat. Season with salt and pepper then fry on an oiled pan, turning only when white spots start to show on top. Cook for another five minutes or until golden brown and cooked through. Let cool.

Cut chicken into bite size chunks. Toss lettuce, chicken and remaining ingredients together.  
Serves 6

## Spinach Anchovy

### White Pizza

*Anchovies are an acquired taste for many, but this pizza comes together fast with little prep and a minimum of mess.*

1 pizza dough (try store bought for a super quick meal)  
 3 cup package mozzarella/Italian blend cheese  
 1 tin anchovies  
 1 package baby spinach leaves  
 Salt and pepper  
 Garlic powder

Preheat oven to 375. Oil pan and roll out dough. Chop anchovies super fine with the oil. Sprinkle with ½ tsp. garlic powder and smash into a paste with the flat of your blade. Spread the paste out on the dough. Top with half the cheese, the spinach, and the remaining cheese. Sprinkle with ½ tsp. salt and a dusting of pepper. Bake for 20-25 minutes.

## Chicken “Ceviche”

*Technically, Ceviche is prepared with raw shrimp or fish. Swap it out for more affordable cooked chicken and you’ll have a fresh and filling light dinner.*

2- 3 boneless chicken breasts  
 3 cucumbers, seeded and diced  
 3 tomatoes, diced  
 1 white onion, diced  
 1 bunch cilantro, chopped  
 ¼ c. lemon juice  
 1 tsp. salt  
 ½ tsp. pepper  
 1 tsp. garlic powder

Bake chicken in foil for 1 hr. at 375. Let cool. Chop chicken into small cubes and toss with cucumber, tomato, onion and cilantro, lemon juice and spices. Serves 6.

**FACT:** From Tapas to Puttanesca sauce, the anchovy is loved around the world because of its high amount of umami, a natural flavor enhancer.

# For SUMMER







### Fourth of July Dessert Kebabs

The concept is simple and can be tailored a myriad of ways:

- 1) Start with a pan of baked and cooled brownies (preferably thrown in the refrigerator to chill and firm up to glorious decadent proportions)
- 2) Choose a few other kebab-worthy items, such as fruit (strawberries and blueberries in this case), marshmallows, etc. – the sky is the limit here.
- 3) Thread the brownies and fruit onto the skewers, drizzle with chocolate sauce if desired (why not??) and eat.

From [melskitchencafe.com](http://melskitchencafe.com)

### Fourth of July Trifle

- \*Pint of Strawberries
- \*Pint of Blueberries
- \*Loaf of Sara Lee Pound Cake (CUT IT LONG WAYS!)
- \*Star cookie cutter
- \*Whip Cream

Cut out stars with the cookie cutter and arrange it pretty.

From Lina at [fancyfrugallife.com](http://fancyfrugallife.com)







The day marking the declaration of our nation's sovereignty is celebrated with a veritable meat fest. The grills come out, the coals go in. Beer is somewhere close at hand. And there is the inevitable disaster of some sort or another.

But this year you can try something different, some new low-budget, large-family friendly marinades. They'll steep your meat in flavor so amazing, you'll be coming back to them again and again, and not just for the annual beef extravaganza.

Marinades and rubs are great for slow cooking meat over open flames – just think of Brazilian steak house meat at your own table. If grilling isn't doable this Fourth of July, try broiling instead. With the rack set half-way down in your oven, and well-marbled pieces of meat turned every 15-20 minutes until done, you'll have an incredibly delicious meat meal that might make you rethink your love for the grill – at least temporarily.

Marinating tip: For maximum flavor penetration, marinate your meat in a freezer bag with as much of the air removed as possible.



## Sweet Southern Spice Rub

2 tbs. garlic powder  
1c. brown sugar  
1tbs. oregano  
1tsp. pepper  
2 tsp. kosher salt  
2 tbs smoked paprika  
1tbs. ground mustard  
3tbs. chili powder  
1 tsp. cayenne  
1 c. oil

Mix together and coat meat evenly. Marinate for at least three hours or overnight.



## Cilantro Marinade

3 bunches cilantro  
6 cloves garlic  
1 jalapeno  
1c. lime juice  
½ c. oil  
1 tsp. cumin  
2 tsp. oregano  
1 tsp. salt

Whirl it around in your food processor or blender until not quite pureed. Reserve 1/3 of the sauce for dipping later. Coat your meat and marinate for a minimum of three hours or overnight.





# Small Town CAKE BOSS

Surrounded by her six children, the oldest who is eight, Theresa R. is the quintessential young, traditional Catholic housewife living in St. Mary's, KS. She bakes cookies to raise money for her children's school, cleans the house and makes dinner for her husband, a builder who built the house they moved into just months ago.

But that isn't all she does. Two to five times a month, she bakes special occasion cakes in her home kitchen and then delivers them to clients in towns as far away as Topeka. By the look of her cakes, one would assume this home grown baker comes from a long line of home-making pastry artisans. Surprisingly, that's not the case.

In fact, her latent abilities may not have seen the light of day at all were it not for Cake Boss, a Hoboken, NJ based TV show hosted by Buddy Valastro, a pastry chef turned TLC superstar. Four and half years ago, after giving birth to her twins, she saw a Cake Boss marathon.

"I was glued to it," Theresa relates in an online interview. After seeing Chef Buddy Valastro make his cake creations, she kept thinking "'I could do that!' So that December I made Sophia's birthday cake, my first ever fondant cake and felt like a kid at Christmas."

She didn't stop there. Watching the shows, she utilized Buddy's techniques and started learning everything she needed to know to make her cakes bigger and more amazing.

After her mother was diagnosed with Amyloidosis, a potentially debilitating disease, she began selling cakes to help pay for medical bills and to help send her mother on a trip to Lourdes. Today, with four children still at home to take care of, lunches and uniforms to prep, and daily household chores to maintain, incorporating cake baking into family life is a delicate time balancing act - over a two to three day period.

Despite the time-consuming work it requires, Theresa says she loves it.

"It's something that brings so much joy to people. I never tire of their faces when they first see the cake! And the kids are the best. You know when you did a good job or not," she laughs. "Hate and love the way they are so brutally honest sometimes."

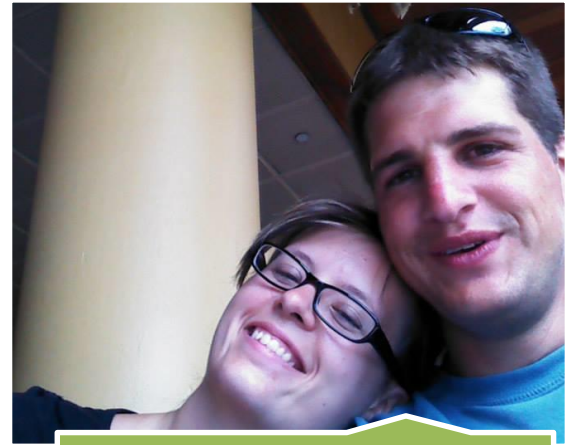
She's made birthday cakes and wedding cakes, cakes for friends and family and cakes for strangers, but her proudest cake moment? The "Owl Cake."

"I made it for my Mom's birthday a few years ago and...she absolutely loved it. I chose the owl because she always had this thing for owls. When she taught, she had them all over her classroom. It really did look like an owl and it is so many people's favorite cake [that I've made.] I think I did it start to finish in five hours, on a weekend that I had three other cakes to make. That was a good day!"

And who is her favorite pastry chef?

"Definitely Buddy Valastro! He is an amazing talent and I love his family story, all the history in his bakery, his vision. He is the reason I [started to] do it. He gave me something I never knew I had in me."

In a town the size of a postage stamp, but with the largest traditional Catholic parish in the world, Theresa discovered a talent that could prove beneficial to anyone who needs a cake. She's a small town Cake Boss and loving it. **Ω**



Wife



Mother



Baker



# SPARE THE ROD

A mother of eight shares her candid reflections on discipline

I have now been a parent for over 21 years. No clue how so much time has gone by, but it has. Anyone who has a few children also knows that God makes them all different. What works with your first child will almost never work with the second or third. Throughout the years, we have settled on a parenting style that while being very different from many other families, has worked well for us. Our style is this, respect the child.

Respect is a very big word. The dictionary says it is a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievement.

Do we admire our children for their abilities, qualities or achievements? Some may. But too much of that, and you will end up with a child who believes the planets align around him. In our family, we respect each child for the dignity given him by his Creator. God has created each and every one of His children out of love and He respects us enough to give us free will to either love Him or not.

How does this correlate to raising our children? In my circles I have friends who are homeschoolers. They send their children to private or public school, are conservative, liberal, religious, atheist, environmentally conscious, material driven, etc. In these families I have



Photos courtesy of ALEX and CO Photography

seen the good and the bad. The biggest debate among them is the rod. You probably know of the rod from your own childhood when even the neighbor was allowed to scold the child who trampled on their daisies. Anyone’s grandma could tell you to stop what you were doing that instant back then. The proverbial rod spoken of in the bible or the rod used by your very own parents. In my case, it was a shoe or belt. It is one of the things that as a parent, I have gone back and forth on, not really sure which way is the right way.

In some ways I look at my own childhood and recall being spanked often. It may have helped to teach me some respect toward others or perhaps instill authority. We respected our elders, any of them, even if they weren’t directly in charge of us. It was just the way. We always greeted adults and we looked at them in the eyes. We did what we were told and stayed out of the way when we were not needed generally

playing for hours and hours outside until being called in for dinner. I also have the memory of feeling bitter resentment for having been spanked out of what sometimes felt like anger. I remember thinking that I would never hit my child once I was a parent.

If I mentally study the families we know, there are ones who spank that have produced the most amazing adults. They love their families and are responsible, contributing members of society. I also know other families who spank. Their children seem respectful and obedient while in front of their caretakers, but take almost delight in getting away with something when they have the chance. These children say “yes ma’am” and smile when they are asked to do something, but it seems they do so because they must and not because it is the right thing to do. As soon as they can “get away with anything” they do.

On the flip side of this coin, there are those families who do not spank at all believing that they do not have the right to do so just because they are bigger than the child. They believe spanking will somehow alienate their child who will no longer love them for the discipline. I have known a few of these families as well. These families have a gentle way about them and raise children who do what has to be done every day without the threat of physical violence. (Can you see the rainbow and hear the birds chirping?)

And then there are those who have lost all control of their children and have no clue how to get it back if they ever had it because their children do not listen. The children do not respect their parents and do not respect anyone since they have been taught to do whatever makes them happy.

Please do not take offense. We are all different. If your family fits into one of these categories, it's because you are a human raising humans who have a fallen nature. We are all trying to do the best we can.

I have heard it many, many times. "Spare the rod and spoil the child". It is in the bible. In 21 years of being a momma, I can remember 3 or 4 times when I decided that spanking one of my children was necessary. I

have struggled with the idea that I have not parented them correctly because we did not spank. I struggle, like all parents struggle, with the idea that something I have done or not done will prevent my child from reaching his true potential.

But what if the rod is not really what we think it is? Who uses the rod that the bible is talking about? I go back to a shepherd - the Good Shepherd who steers his flock as we steer our flock. Then a friend said something that made me really think. Shepherds do not strike the flock with the rod. They use it to guide the flock to safety or where ever it is they need the flock to go.

Yes. This is what our parenting style is. As soon as one of our babies can understand a few words, we start working with them. We teach them to sit during a meal, to play nice with siblings, to pick up the sock they threw on the floor. Once they are talking, we teach them to apologize when they hurt someone, to stop when we say stop and to come when we say come. When they are toddlers we introduce them to consequences. Our consequence is usually the wall. I have had little ones who have done something they knew was wrong. I only discovered what they did after I found them

standing and staring at a wall. The wall gives them a place to stand quietly and calm down. Yet it is not a fun place to be. All of our children have had some time with a wall, some more than others. For some, all that was needed were a few words of correction. I have had children who crumbled just from the knowledge they had somehow disappointed us. There were also the children who needed more than just words.

One thing I do not do is scream. It does not work. I feel as soon as I start screaming, I give away my position as momma. I do not need to scream and when things get really out of control, I whisper. It makes everyone stop because they cannot hear me. If screaming worked, you would not have to do it over and over. No momma, you do not need to scream and your house will be all that much quieter once you stop.

Our greatest advice to people who ask how we get our children to behave is to expect it. We expect our children to respect us and we give them respect back. We expect them to listen to us because that is the way that God designed the family. They listen to us and we listen to God. The second piece of advice is, be consistent. If we say no to Nick who wants another slice of cake, there is no amount of whining or pleading that will ever make me change that no to a yes. If I told my daughter that she would not go to that party she was invited to if her room was not clean, no matter how much I may have wanted her to go and have fun, I assure you, she will not go.

Life is full of consequences. It just is. We must teach our children that everything in life will have a consequence. The safest place to





learn about those consequences is at home.

If you have fallen into the position of momma doorstep, you can take your authority back. You own it. It is your God given authority. It may not be popular in society these days to impose yourself as the supreme authority in your house because you are the parent, but children need us to guide them. It will not make you the cool mom, but your child does not need any more friends. They need a parent.

Consequences last way longer than spankings do. They set a pattern children will remember and follow.

I will add that I love my momma and poppa dearly. I wish I could be with them every day but that relationship took years to grow. As a child, I did not share my dreams and worries with my parents. I did not have that kind of relationship with them. I want my children to come to me with their thoughts, ideas, struggles and they do. So far, our family has grown in a nurturing environment where we all depend on each other and share the most important and the most mundane of things. Our children do what is right because we have earned their hearts, just as we do what is right because God has earned our hearts.

So we will not spare the rod. We will use that rod to gently guide our children in the way they should go until they can walk without us. We will not strike our children with that rod as our way of discipline, but as the shepherd keeps his sheep from falling over a cliff. There may come a day when we may need to spank one of them. We will step back and wait for our anger to subside. And we will do it with love and respect. Ω

*Tricia Gaitan is a homeschooling mom of 9 wonderful children here on earth and 2 in heaven. She lives on a small farm in Central Florida. She blogs at [www.farmishmomma.com](http://www.farmishmomma.com) from which this article is a reprint.*



Tricia's children including her new son-in-law.

## An Excerpt from *The Absolute Essentials of the Upbringing of Children*

*Published 1911 Nihil Obstat: Thomas O'Connell, C.M.*

As to the manner of administering correction, it must always be judicious. To explain: correction is a remedy, a medicine; consequently, like medicines, it may not be used continually, at all hours, and without measure; but with discretion, in due season, and according as needed – neither more or less.

As a general rule, it must be used rarely, because medicines, if used too frequently, are injurious rather than helpful. Consequently, if all day long you deafen your children's ears with angry cries, they will soon be accustomed to the sound of that bell and ere long you may ring it as much as you please. To be always reprehending is the same as never to reprehend; while if you pass over certain little failings they will be much more ready to listen to you when

you have to speak to them of things of greater importance.

Sometimes it will be better to remain silent and take no notice; at other times a glance will be enough, or a single warning, or a particular tone of voice; what use is it then to insist and keep repeating and harping on the same subject, making yourself tiresome and annoying, when with much less trouble you could secure the desired result?

The correction which will suffice for one child, owing to his docile nature, will not be enough for another who is of a harder and more obstinate nature. Some children are like lambs and may be led by gentleness, while others can only be controlled by severity. You should, therefore, study the character and disposition of your children so as to be able to vary your methods according to their tendencies, since the same treatment is not to be meted out to all even for precisely the same offence.

You must also know how to distinguish between fault and fault; for some faults are the outcome of levity, while others are malicious; and greater severity should be reserved for graver faults, especially for those against morals and good conduct. Ω

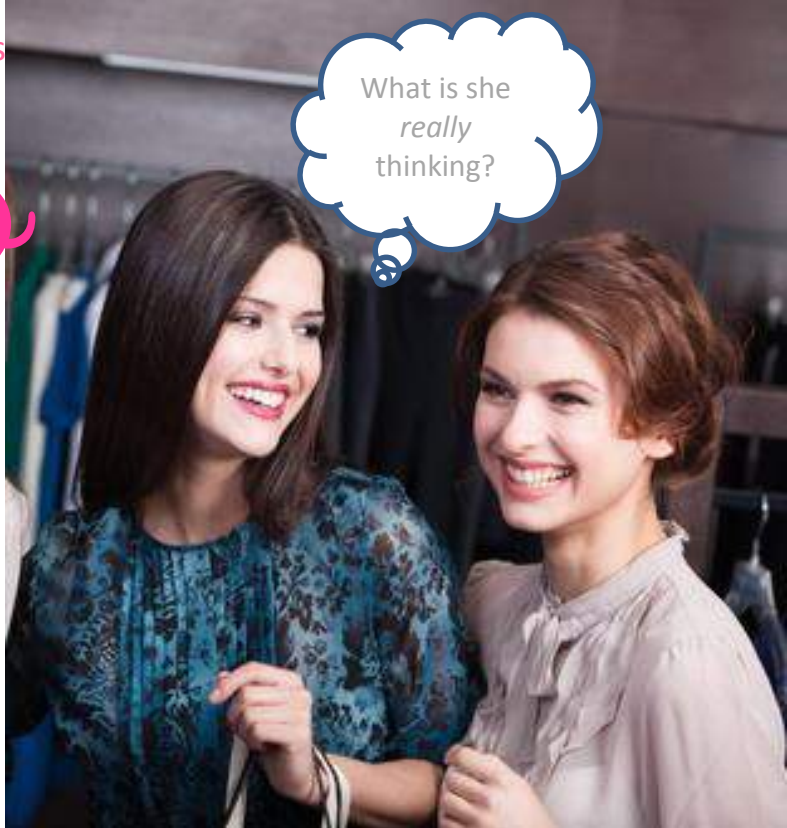
# Friendship UNDER FIRE

**“Why would she say that?”** I would never do anything like that,” my friend told me, shock and hurt in her voice and eyes. Her closest friend had insisted she purposely walked around like she was strutting down the runway all the time.

My friend was stunned to learn her best friend thought her capable of such artificiality. She agonized over the thought that perhaps they weren’t really friends at all. “I thought we were friends. Doesn’t she know I would never do something like that?”

My friend learned a hard lesson late in life: No one will know you like God knows you.

As social animals, we all have an inclination to rely on each other. We tell each other secrets, are bonded by common experiences and culture, ask each other’s advice. We bare our souls, expect close friends will



“get us,” and then we are horrified when we realize they don’t.

Maybe they make an offhand comment indicating they think we’re being fake. Maybe they make an assumption that we broke the inviolable Girl’s Code. Maybe they think we’re settling for something less than we should, even though we wouldn’t.

Forgiveness can be a hard pill to swallow when we feel like there’s a wall thrown up between us and our closest friend. Few things can damage a friendship more effectively than the knowledge that they don’t know who we really are. We start questioning our friendships. After all, if anybody should know us, shouldn’t it be our BFF?

We feel our integrity has been called into question, and it cuts to the very heart of our friendship. Why?

We feel betrayed. But we are not alone in this. If anyone can relate to feelings of betrayal, God can, in the person of Our Lord. Accusation after accusation was leveled at Him. Assumptions that He wanted to gain power, misinterpretations of His words.

How much it must have pained Him to be betrayed by His own people, the people who should have known more than anyone who and what He was. As a human who experienced the full spectrum of human



emotion, it is an impossibility that He was detached from the feeling of being betrayed by His own. Despite it all, He loved them and wept over the fate of Jerusalem. Luke 19:44



But unlike Jesus, who didn't suffer a fallen human nature, we struggle to understand and forgive. The real problem lies less with our friend's knowledge about us – or the knowledge we feel they should have had – and more with our own expectations of them.

Expecting our friends to never make misjudgments about us isn't a fair expectation. We aren't giving them the largesse we should, the recognition that they are human, they aren't perfect. And the surprising revelation that they are imperfect humans not only results in a blow to our pride, but a blow to that sacred trust we thought was shared.

We lay burdens on our friends that we never should have in the first place. We demand that they be the perfect friend

for us as individuals. We forget that our friends aren't endowed with angelic intellects.

We forget that each of us, your friends included, can only see life through the narrow lens of individual existence.

Does it make you wonder how many times you might have misunderstood who they are? The number of times you may have made a rash judgment about why someone else was doing something? The old cliché about walking a mile in someone else's shoes comes to mind.

Moments like these should help us realize that *only* God knows our heart of hearts, no matter how much soul-baring we do in our relationships. If we start relying on anyone else for the sort of friendship we can only find with God, we open ourselves up to a world of hurt.

If it's happened to you, when it happens to you, don't think of it as a personal affront. Realize that God is sending you an invitation for a closer friendship with Him. He'll never not know your intentions. He'll never question your integrity. He'll never betray your trust.

Friendships are wonderful, necessary parts of our human existence, but they have limitations. The friendship of God is limitless. Forgive your friends, expect they will misunderstand who you are at times. And then love them anyway. Ω





slightest bit of pharisaical pride associated with our censure? Do we know and understand all the facts, or are we making a rash judgment?

Can we give them the benefit of the doubt that they have justifiable reason for doing something we might think objectionable, if it is not per se sinful? In as much as it is not sinful, is it any of our business at all to make mention of it, much less forward a correction?

Just because we have the Truth doesn't mean we are always going to have the only answer as to how that Truth should be put into practice. Other Catholics might live their lives in ways that are vastly differing from our own, and yet are entirely acceptable to God.

**W**e're all trying to be good Catholics. We try to practice custody of the eyes, be careful what we watch, what we read, and what we say. Sometimes we fail. Other times we don't, upon which we give ourselves a congratulatory clap on the back... only to realize that while we may have conquered one temptation, we gave into a moment of pride.

We all have moments of hypocrisy, of catching ourselves listening to a sermon and thinking about all the people we think the sermon would apply to – anything to escape contemplating how the good father's words could apply to us.

At other times, we may find ourselves in a position where we see something we object to as Catholics, but we aren't inclined to say anything. We don't want to say anything; after all, it's not our problem.

We are trained by modern society to look past, or what is mistakenly called "tolerate," many things that we shouldn't. But, do we not say anything out of fear of confrontation or fear of seeming judgmental? Because we figure it is pointless or because we know it is not our place to say so? How do we know when we are obliged to correct, even if we would really rather not?

More often, we'll see something another Catholic is doing, something that we feel a good Catholic shouldn't do, even if it's not necessarily breaking the laws of God or Church.

Perhaps we feel that something should be said because that person should know better. And if they don't know better, isn't the onus on us to correct them since we noted it? Could we convince ourselves it is, in fact, our obligation to say something? After all, if we really love them, in the spirit of charity, we should correct them, shouldn't we?

Perhaps not. We should make a careful study of our intentions in pursuing such a course. Is there even the

So how do we know if we are jumping the gun or shirking a bounden duty? How do we know when we are supposed to fraternally correct someone? Below are some guidelines from newadvent.org on fraternal correction. *Note that the encyclopedia points out that all of these should coincide in order to obligate a person to fraternal correction.*

We should correct if:

- *the delinquency to be corrected or prevented is a grievous one;*
- *there is no good reason to believe that the sinner will adequately provide for himself;*
- *there is a well-founded expectation that the admonition will be heeded;*
- *there is no one else just as well fitted for this work of Christian charity and likely to undertake it;*
- *there is no special trouble or disadvantage accruing to the reformer as a result of his zeal.*

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*Practically, however, individuals without any official capacity are seldom impeachable as having seriously transgressed the law in this matter because it is but rarely one finds the coalition of circumstances just enumerated.*

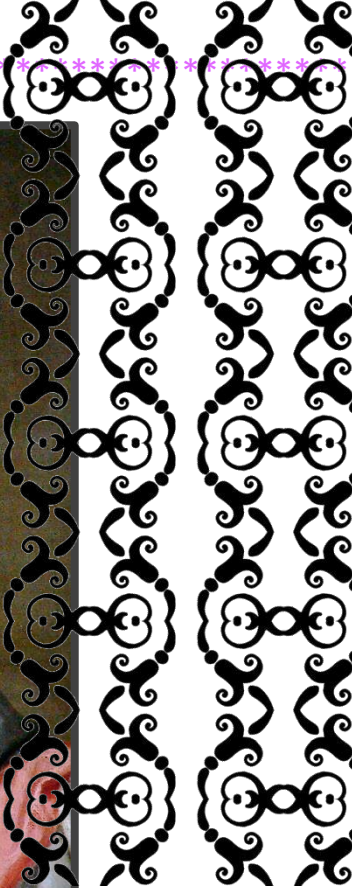
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Certainly fraternal correction, when used properly, is an act of mercy – much like an intervention for an alcoholic would be an act of mercy. But if we often find ourselves in the position of wishing to correct this person and that person, perhaps it would be more appropriate to focus on the timber in our own eye before we look for the mote in another's.

If we're good Catholics, we are trying to get to heaven day in and day out. We are a constant work in progress and we can't do anything worthwhile without God's grace. There are so many ways to commit sins, and we will all fail at some point or another.

As traditional Catholics we may find ourselves tempted to condemn or tempted to turn a blind eye. We may fear that we are over-reacting or that we are not acting enough. Following the guidelines can help take the guess work out of it and is a good way to ensure that our motives are pure, humble, and charitable. Ω



*St. Francis De Sales*  
*Introduction to the Devout Life*

Do you, my child, love every one with the pure love of charity, but have no friendship save with those whose intercourse is good and true, and the purer the bond which unites you so much higher will your friendship be.

If your intercourse is based on science it is praiseworthy, still more if it arises from a participation in goodness, prudence, justice and the like; but if the bond of your mutual liking be charity, devotion and Christian perfection, God knows how very precious a friendship it is!

Precious because it comes from God, because it tends to God, because God is the link that binds you, because it will last forever in Him. Truly it is a blessed thing to love on earth as we hope to love in Heaven, and to begin that friendship here which is to endure for ever there. I am not now speaking of simple charity, a love due to all mankind, but of that spiritual friendship which binds souls together, leading them to share devotions and spiritual interests, so as to have but one mind between them.

Such as these may well cry out, "Behold, how good and joyful a thing it is, brethren, to dwell

together in unity!" (1) Even so, for the "precious ointment" of devotion trickles continually from one heart to the other, so that truly we may say that to such friendship the Lord promises His Blessing and life for evermore.

To my mind all other friendship is but as a shadow with respect to this, its links mere fragile glass compared to the golden bond of true devotion. Do you form no other friendships. I say "form," because you have no right to cast aside or neglect the natural bonds which draw you to relations, connections, benefactors or neighbors.

My rules apply to those you deliberately choose to make. There are some who will tell you that you should avoid all special affection or friendship, as likely to engross the heart, distract the mind, and excite jealousy, and what not. But they are confusing things. They have read in the works of saintly and devout writers that individual friendships and special intimacies are a great hindrance in the religious life, and therefore they suppose it to be the same with all the world, which is not at all the case.

Whereas in a well-regulated community every one's aim is true devotion, there is no need for individual intercourse, which might exceed due limits;--in the world those who aim at a devout life require to be united one with another by a holy friendship, which excites, stimulates and encourages them in well-doing. Just as men traversing a plain have no need to hold one another up, as they have who are amid slippery mountain paths, so religious do not need the stay of individual friendships; but those who are living in the world require such for strength and comfort amid the difficulties which beset them.

In the world all have not one aim, one mind, and therefore we must take to us congenial friends, nor is there any undue partiality in such attachments, which are but as the separation of good from evil, the sheep from the goats, the bee from the drone--a necessary separation.

No one can deny that our Dear Lord loved S. John, Lazarus, Martha, Magdalene, with a specially tender friendship, since we are told so in Holy Scripture; and we know that S. Paul dearly loved S. Mark, S. Petronilla, as S. Paul Timothy and Thecla. (2) S. Gregory Nazianzen boasts continually of his friendship with the great S. Basil, of which he says: "It seemed as though with two bodies we had but one soul, and if we may not believe those who say that all things are in all else, at least one must affirm that we were two in one, and one in two --the only object that both had being to grow in holiness, and to mould our

present life to our future hopes, thereby forsaking this mortal world before our death." And S. Augustine says that S. Ambrose loved S. Monica by reason of her many virtues, and that she in return loved him as an Angel of God.

What need to affirm so unquestionable a fact! S. Jerome, S. Augustine, S. Gregory, S. Bernard, and all the most notable servants of God, have had special friendships, which in nowise hindered their perfection. S. Paul, in describing evil men, says that they were "without natural affection," (3) i.e. without friendship. And S. Thomas, in common with other philosophers, acknowledges that friendship is a virtue, and he certainly means individual friendships, because he says that we cannot bestow perfect friendship on many persons.

So we see that the highest grace does not lie in being without friendships, but in having none which are not good, holy and true. Ω

## How to: Make Amish Friendship Bread Dough

*By M.R.Zapp*

Hide it well behind your kitchen walls,  
Or your nonchalance in friendly calls.  
Gather together your bowl and your yeast  
(One bowl, but two tablespoons at least)  
And flour, and sugar, and water and love  
(Your reserve, from your secret stash, above).  
Mix them together with a wooden spoon, slow  
Beat it, pound it, and then form a dough;  
Oil your bowl, like an Oil-Well lover;  
Flip your dough in and then, to cover.  
Atop the refrigerator (it's warm) let it rise  
And check it once in a while for size.  
Drink to her health with a vintner's brew  
And then drink another one, just for you.  
The dough is high, so punch it down good  
Just use your hand, not the spoon made of wood  
Divide it in half, set one half aside,  
To make now or later, you'll be well supplied.  
The other you place in a pretty glass bowl  
And cover it with your best tea towel;  
March (or drive) to your best friend's;  
Rehearse your lines that friendship extends;  
Knock on the door and wait for her smile.  
She opens, she hears, (Was it all worth the while?)  
But she's as much of a friend as a friend ever could be  
Into the kitchen you follow her (while she  
Smiles by turns, and then laughs in fits)  
Into the kitchen, where on her counter top sits  
A bowl of Amish Friendship Bread dough.



# LOVE IT V HATE IT

“Hats in church are awesome! Would love it if they came back in style.”



“Women who wear hats are just trying to be fashionistas. Wear a veil!”



## [hats in church]

**YOU SAID:** I love that babies cannot pull my hat off and it takes care of some really bad hair mornings. I do see

where they can be a bit distracting and if you sit behind a big hat, you are seeing nothing but that hat! - Tricia KY

As a mother of 9 girls... I say wear whatever covers your head! Veils disappear at our house and a hat is better than nothing! - Bonnie MN

I would rather see a pretty hat than a tiny non-existent veil. – Noelle VA

When in Rome do as the Romans. If no one else is wearing a hat, then you are trying to show off - or are you trying to be modest? Because if no one else has a hat on, you will definitely stand out. Personally, I love them, but in church not so much. It makes it hard to focus on Mass, and sometimes hard to see around, if the hat in front of you is too big. – Jamie TX

I love hats, but have actually only worn one of the big fancy hats for one Easter and it kept getting in the way of holding a baby!!! Wish I had worn them more back in the day! - Melanie NY

I love hats. Kate Middleton is bringing them back into fashion! I want a pill box hat for an upcoming wedding but where to find one? - Maggie FL

I say it depends on the hat and the hat wearer. If they are trying to show off then absolutely they should wear a veil. - Regina WI

I don't mind them at all. There are so many potential distractions in any community, people should be able to ignore a modest hat as any other accessory or article of clothing. This, of course, depends on the hat! – Angel GA

I don't think it matters as long as your head is covered out of respect for the Blessed Sacrament. - Mary, KS

## Did you know?

The phrase “Mad as a Hatter” comes from madness experienced by hatters from prolonged exposure to mercury while processing felt.

“It is impossible for a woman to appear chic without a hat.”

Emily Post 1939



Join in the Love it V. Hate it fun in the Fall Issue:

### Giving a Clue

You notice someone's bra strap slipped out, the edge of their slip is showing, or their zipper is down.

Do you give them a clue, or just hope they figure it out soon?

Email a 2-3 sentence response to [altarandheartheeditors@gmail.com](mailto:altarandheartheeditors@gmail.com)

Subject: Giving a clue

# Emily's Etiquette Essentials



*Dear* Miz Emily,

*My husband and I were married almost seven months ago. I always intended to send out thank you cards – I even have a list made up – but now it's horribly late. Should I just let sleeping dogs lie and hope they forget and forgive? Or should I send the cards out?*

*Thanks,  
Feeling Awkward in Texas*

Dear Awkward,

A "THANK YOU" goes a long way! And NO, it's never too late to send someone a letter, note, or email to express your gratitude for a favor, gift or time shared.

Regardless of whether someone gives us something with strings attached or gives it to us gratis, we still should give thanks.

It is proper and right to be gracious for any act of kindness done toward you or someone you know. Writing a thank you may seem passé, but on the contrary, it is always appreciated, even in the simplest form.



Here are some cases in point for different occasions to help those who think all hope has been lost. (Because it's true, we get too embarrassed and frozen to act if we think we've waited too long. NO need to fret, just take action.)

1. If you received a housewarming gift, sending a 'thank you' is in order in the form of a phone call, email, or notecard. On a side note, if you are the gift-giver, remember, these people have just moved in and are struggling for an iota of normalcy. Cut them a little slack, they're fried. Even if they forget to thank you, know that your gift was TRULY appreciated and thoughtful! The same applies for couples who just had a baby, especially if the shower was just days before or after the birth. All she's thinking about is getting sleep and caring for her newborn!
2. After birthday parties, anniversary parties, or parties where you were the hostess or person of honor a 'Thank You' is owed in the form of a note.
3. For wedding gifts send out a 'Thank You' as soon as possible. Most people expect that it will be awhile before you get around to writing them, but you wouldn't want to wait longer than six months. Keep in mind you want to send it out before you have to send out that 'Baby Shower' invite!
4. During a bridal shower, baby shower, etc. keep track of who sent which gifts so you'll be able to personalize your 'Thank You' cards. People expect form letters from banks and politicians, not gift recipients!
5. After a play date or similar informal group event for your children, a 'Thank You' text is a nice gesture.

Any form of gratitude is better than no gratitude at all! So, yes, that hug and sincere word of thanks when you see someone who did something for you will be truly appreciated and welcomed, no matter how late.

Graciousness and being grateful will never go out of style, so let's find some cute cards and start thanking everyone who deserves our gratitude.

Thank you for your time. Your comments and suggestions are always welcome! Please address inquiries to: "Dear Miz Emily."

Sincerely,

Miz Emily



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## Our gratitude

goes out to our many supporters. The response to the formation of this magazine has been overwhelming. We hope to see your commentary, photos, articles and letters to the editor. We would love to hear your voice about what this magazine should be like or what you would like to see in it.

We welcome the monetary support of our readers. To become a sponsor, visit [www.gofundme.com/altarandhearthmagazine](http://www.gofundme.com/altarandhearthmagazine)

## Cover Photo Contest

### • How to enter:

Send us your trad women photo entry via email to [altarandheartheditors@gmail.com](mailto:altarandheartheditors@gmail.com)  
SUBJECT: Winter Cover Photo Contest

### • How to win:

A winner will be chosen after careful deliberation. There is no theme other than WINTER, so anything light, whimsical, and wintry will work as an entry.

### • Prizes:

The winning entry will be announced on Altar and Hearth's website and FB page on the launch of the Fall 2014 issue. Winner will receive a hard copy of the Fall 2014 issue of Altar and Hearth Magazine.

### • Terms and Conditions:

All entrants must own exclusive rights to the photo they enter and are not allowed to use the property of another individual as an entry. Entrants will reserve their rights to any photos, but we may ask to use them in future issues. If it is discovered that an entrant broke any of the rules, their entry will be removed.

## fiction and poetry contest

Fall 2014

- Free entry!
- Check out Altar and Hearth's Contests page for info on how to enter and submission guidelines [www.altarandhearthmagazine.com](http://www.altarandhearthmagazine.com)
- Prize: \$15 for short fiction, \$5 poetry entry