

# Altar & Hearth

SUMMER 2015

ISSUE 3

Inspire. Amuse. Inform.

## THE Book List

Opinions gleaned from  
consumers like you!

## Regrets:

Do good Catholics have them?

## How to Break Up

without breaking yourself.

What is

## Vegan Food

and do I want it?

## 15 Self-

## Sufficient Facts

back-to-the-land advocates  
will never tell you.





# Staff

## Mission

Altar and Hearth Magazine is an ezine by traditional Catholic women responding to the need for a magazine reflective of our principles and values. We are focused on providing light-hearted, whimsical, and inspirational content within a Catholic moral and cultural context.

No more ads for contraceptives. No more ladies in painted on yoga pants and sports bra tops. No more impractical, expensive crafts directed toward two-child families.

Just quality content for the trad woman.



## Editor in Chief

M. Zapp is a mother, an avid fan of the British Regency, artist and freelance writer. After editing for her high school newspaper and working for a small town paper between college semesters, she never lost her love for the publishing world.

She is a multi-published author of both fiction and web copy and is currently working on the production of several ebooks and novels.



## Design Editor

Colleen Eldracher holds a bachelor's degree in Business Management, with a major in Marketing and a minor in graphic design.

She runs a home business making modest women's clothing, wedding dresses, and church vestments. Since early 2014 she has also been employed as a pre-algebra teacher for adult students. She has given modesty seminars in Michigan and Ohio and enjoys writing fiction.

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**To read this magazine:** This magazine can be read online, downloaded as a PDF, or printed. If you do choose to print it, select the option to shrink the pages to fit in the printable area of the paper - otherwise you will lose the outer quarter inch since most printers can't put ink all the way to the edge.

We welcome your input, opinions, and comments. You can post to our FB page or send us an email. For submission information or for information on how to support Altar and Hearth in other ways, please visit our website at <http://altarandhearthmagazine.com/>

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# Dear Readers,

Since our last issue, many major changes have happened in this country. Among the most significant are the Supreme Court decision to legalize gay marriage, and the revealing of Planned Parenthood as a human body parts trafficker – apparently legally.

It seems a lot of times we can't do much more than pray. The world is spiraling out of control and while prayer is certainly efficacious, does that mean we aren't obliged to DO anything at all?

If we are being completely honest with ourselves, are we not taking action because we aren't able to, or because it's not convenient for us to?

As someone who has experience in social media marketing, I know enough to be able to say that politics is a popularity contest. Reputations can be torn to shreds in a single day should "we the people" make our voices heard. It's no wonder republicans are so willing to concede so much, with so much at risk.

Liberals and the media have utilized a campaign of selective ignoring and blackballing in order to control the conversation, but it isn't as if we who object to gay marriage and abortion have no recourse. We don't have the media clout that the liberals do, but I doubt most of us take advantage of the resources we have available. With the internet, there is a wider platform of opportunity than ever before. Believe it or not, as small as it is, our part counts.

Why do we downplay the importance of our tiny voices? What are we afraid of? We don't want to rock boats. We don't want to stand out as "extreme," or "fundamentalist." Sure, we'll give our opinion if push comes to shove, but other than that, why draw attention? We have the Faith, the Sacraments, family, friends. Isn't that enough?

Isn't it someone else's job to help save the world?  
Is it?

We don't have to handwrite and stamp a letter to our representative any more, we can email it. We don't have to stand on the street holding a sign supporting a politician for his stance against abortion. We can tweet them or post on their FB page. It is such a small effort that can be used to great effect.

We make the world a better place by prayer, living right, raising our children to be God-fearing citizens, and doing our duty. Why pass up this avenue? Christ said we are either for Him or against Him. Say 'Yes, yes, or no, no.' We can't afford to be anything other than bold in the public embrace of our religion and its tenets.

By doing so, we run the risk of being ostracized by work peers, acquaintances, friends, and extended or even perhaps even close family. But Christ came to bring the sword. If we have never felt the negative effects of living in contradiction to the world, we should probably make a hard study of our lives to be sure we are on the right track.

Do the unpopular thing. Be publically and unashamedly Catholic. Especially now, when the devil is in ascendancy as never before. For better or for worse, social media is here to stay with all its perks and drawbacks, and it's free.

Let's use it. Let's take our lawmakers to account more than ever before. Then if, and when, worse things than legalizing gay marriage happen, (and they will), let's be able to say that at least it wasn't for our lack of trying to make things better.

Pax Christi,

Maggie

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**Matthew 10:34** "Do not think that I came to send peace upon earth: I came not to send peace, but the sword."



# Letter to

# the Editor

## Re: Great Magazine!

I happened to stumble upon this magazine through an email my Godfather sent me. He recommended reading it. I was so impressed, or maybe even shocked that there were other women out there like myself and my friends who are, like most women, trying to stay modest but “keeping up with the times” as you might call it.

I’ve been married for a little over 2 years and my sister is getting married now, too. She is having trouble finding cute, trendy, but modest bridesmaid dresses that don’t look frumpy and straight off of a Mormon website. I sent her a link to one of the websites your magazine recommended and it was a huge success.

Please let me know how I can become a subscriber to your amazing magazine. I would very much like to receive it via email. I had also mentioned this magazine to the nuns at the school where I work

and they were very much interested!

Thank you so much for taking the time out of your busy lives to create something much needed in the world of the modern, modest traditional Catholic woman. And I apologize for such a long email :) I just had so much to say!

Truly thankful,

***Katherine from NY***

### Cover Photo:

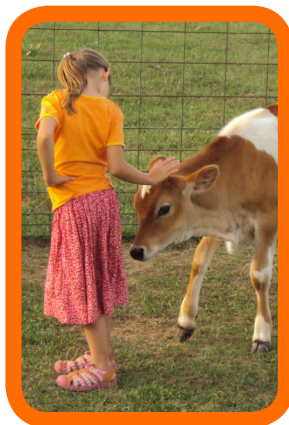
Johanna Hughes poses after climbing the 400 ft. + bluffs at Devil’s Lake, just north of Madison, Wisconsin.

**Taken by CRTE.**



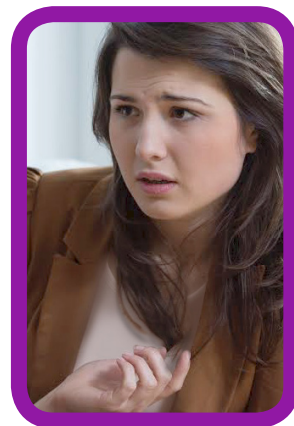


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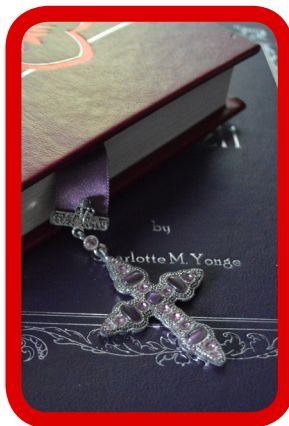
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**15 Self-Sufficient Facts**



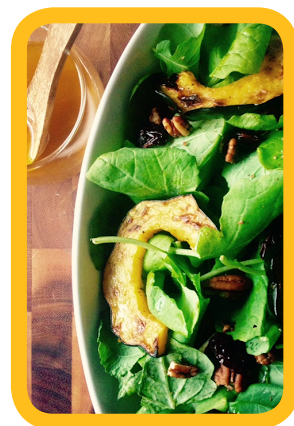
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**How To Break Up**



# 15 SELF-SUFFICIENT FACTS

that the “back-to-the-land” advocates will never tell you.

Yep, living off the land has its moments, and they can be great. But before your husband quits his day job and you start getting the idea that your family can save money by moving to the country, keeping dairy animals, and raising your own organic veggies, well, country life has a habit of being surprising.



\*\*\*\*\*

**1** It is still cheaper to buy organic free-range eggs from the store than it is to raise free-range chickens, who will happily destroy your flower beds and garden. If you are determined to have your own eggs and meat so you know what went into them, do not expect to make or save money doing it.



**2** There is nothing to grab on an escaping piglet. Professional football experience in your husband or sons is a plus. Ragweed [that great source of allergies] = pigweed and they LOVE it. Your garden will grow lots of it for free, provided you can keep the pigs out of it and your children pulling it.



**3** If you raise ducklings in the house, they may enjoy going swimming with your children. Ducks may also come when called, respond to whistles, sit on your back step to supervise your homeschooling operations, and mope when your children go to camp. It all depends on the duck.



**4** Your animals will routinely need serious medical attention on holiday weekends, when all the veterinary clinics in the country are closed for three days. Finding a local “mentor” farmer[s] is a folk remedy for reducing the occurrence of gray hair.







**5** The first time you try to lead a newborn calf, it will brace all four feet, fall to the ground kicking and thrashing, and have a temper tantrum just like a spoiled child - in the muddiest spot available, which may or may not have a few fresh cow pies....



**6** Every insect pest for miles around, and a few from out of state, will come to make their summer homes in your garden. You will check out every book in the library system on "gross bug/worm" identification and non-chemical garden sprays.



**7** To feed a family of 9 until next summer, you need to plant at least 150 lbs of seed potatoes and over 100 tomato plants. The tomatoes will all ripen through August and September, so you will be canning every day in 90 degree weather while your kids [= help] are at school.



**8** An electric fence is a 3-mile long antenna for catching lightning strikes. The backsurge will fry your phone jacks, well pump motor, & computers with a deafening BANG! and several hundred dollars worth of repairs. See black clouds? Unplug EVERYTHING!



**9** Always buy twice as much hay as you think your stock can possibly eat. Otherwise, you will run out in midwinter when prices are highest, the snow is knee deep, and the animal water pails are turning to 5 gallon ice cubes three times a day.



**10** It takes a woodpile the size of two school buses to heat a small house through one Midwestern winter. Unless you can find a free wood source [and can split and haul it yourself], you may run out of money before the clouds run out of snow.





**11** Never think you know the limit to what a hungry barn cat will do to get its milk ration. Some will even sit up and beg politely. Auntie cats and bachelor uncles may also cuddle and babysit their little nieces and nephews.



**12** After giving birth, a 900 pound cow needs to ingest the contents of a calcium stick the size [and consistency] of a tube of caulk. The calcium helps keep her on her feet when her udder pulls minerals from her system to produce more milk. Haven't met a cow yet who liked the taste.



**13** The tame turkey you raised all summer for Thanksgiving Dinner may mysteriously disappear [never to return] two days before it is scheduled to pay a visit to the local butcher... and it's a lot harder than you think to shoot a wild turkey. Even if you see them in your field all the time.



**14** You will need a separate entryway, a separate closet, and a separate laundry hamper for all of the smelly, filthy, and permanently stained chore clothes, barn coats, and manure-caked boots. There is no way you want to keep them in the same closet with the rest of your clothes.



**15** If you have any hope of getting ahead on a farm, you need either a tractor or a pair of draft horses. A tractor eats less and does more, but does not produce as much high ammonia fertilizer as a by-product. Your choice.



- Contributed by some city slickers who have been in the country 10 years now. Still learnin'...usually the hard way.



# mōdesty

## in E X E R C I S I N G

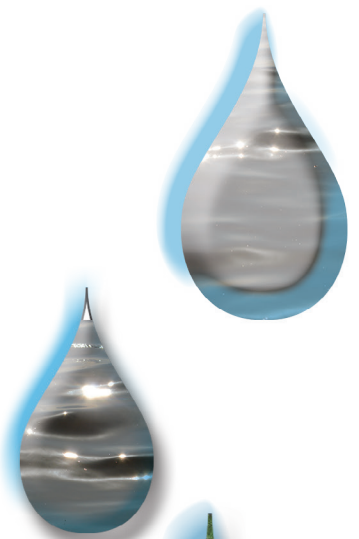
**Walking into Wal-Mart**, reading a women's magazine, or even just looking online for active wear, I have yet to find modest clothes advertised for working out.

Consequently, I have had to improvise, and there's been a lot of trial and error to find things that follow modesty guidelines while being comfortable enough to work out in - even flattering enough that I'm not hiding in my home. (I've found that this is one of my main obstacles to exercising). I've seen plenty of yoga pants, tight, loose, boot-cut; plenty of shirts that don't hide much from sight because they are too tight.

Practicality is important for exercising. In school, the Dominican nuns encouraged the use of skorts, specifically those where the shorts are fully hidden under the skirt, not the kind where they are visible from behind. They wanted us to wear them fairly short, just below the knee, not long as this would impair how much we would be able to move. Finally, they needed to be closer to straight than A-line, with just enough stretch to remain modest and not to impair movement. Of course, these guidelines don't apply to all kinds of exercise. Walking moderately, whether outside, in the store, or on a treadmill, can usually be done in everyday clothes. However, anything more vigorous or athletic is probably going to be done best with the coverage and modesty of a skort and a long t-shirt.

What about exercising in water? Modesty in swimwear is important, but equally important is how much you wear. Certain materials are too heavy unless you've been trained by the Navy Seals. And how much coverage do you need to be modest once the suit is soaking wet?

I have found that either a one piece or a tankini (the most practical decision for easy on/off) are good starts, but not sufficient. The best investment for exercising in water is a good swim skirt and shirt, although a pair of men's swim trunks and a T-shirt over a "regular" bathing suit work well enough. Ideally the outfit should shed water rather than absorb it. Should you be worried about the shortness of either a swim skirt or a pair of





shorts? One must really remember the purpose of modesty in answering this question. Modesty is important because it removes the temptation to lust. So one must remember that some exercises are best done in private or among one's immediate family, and swimming is one of them - although it's definitely acceptable to have an all-girls pool party! Some situations might be navigated by simply wearing a modest cover up, and slipping into the water quickly.

I have had much success in finding modest exercise clothes at stores like Christopher & Banks and JCPenney. I love using Christopher & Banks t-shirts because they are long on me, come in a variety of sleeve lengths, and are stylish enough for a variety of uses. For swimwear, I have had my Land's End bathing suit for possibly 10 years now and although the pattern has faded, it's still very serviceable. They have started offering a swim shirt, at a fairly reasonable price considering the long-term investment. Ω

Amy Loomis is a wife and mother in the Midwest. She writes a blog about Catholic traditions, ceremonies, feast days - and how to celebrate them and incorporate Catholicism into your everyday life. Find her at ***Making Catholic Traditions Modern***.  
[<http://www.dramagalore.blogspot.com/p/about-this-blog.html>]

[swimsuit photos courtesy of: <http://hydrochic.com/bottoms/skirts/long-water-skirts.html>]





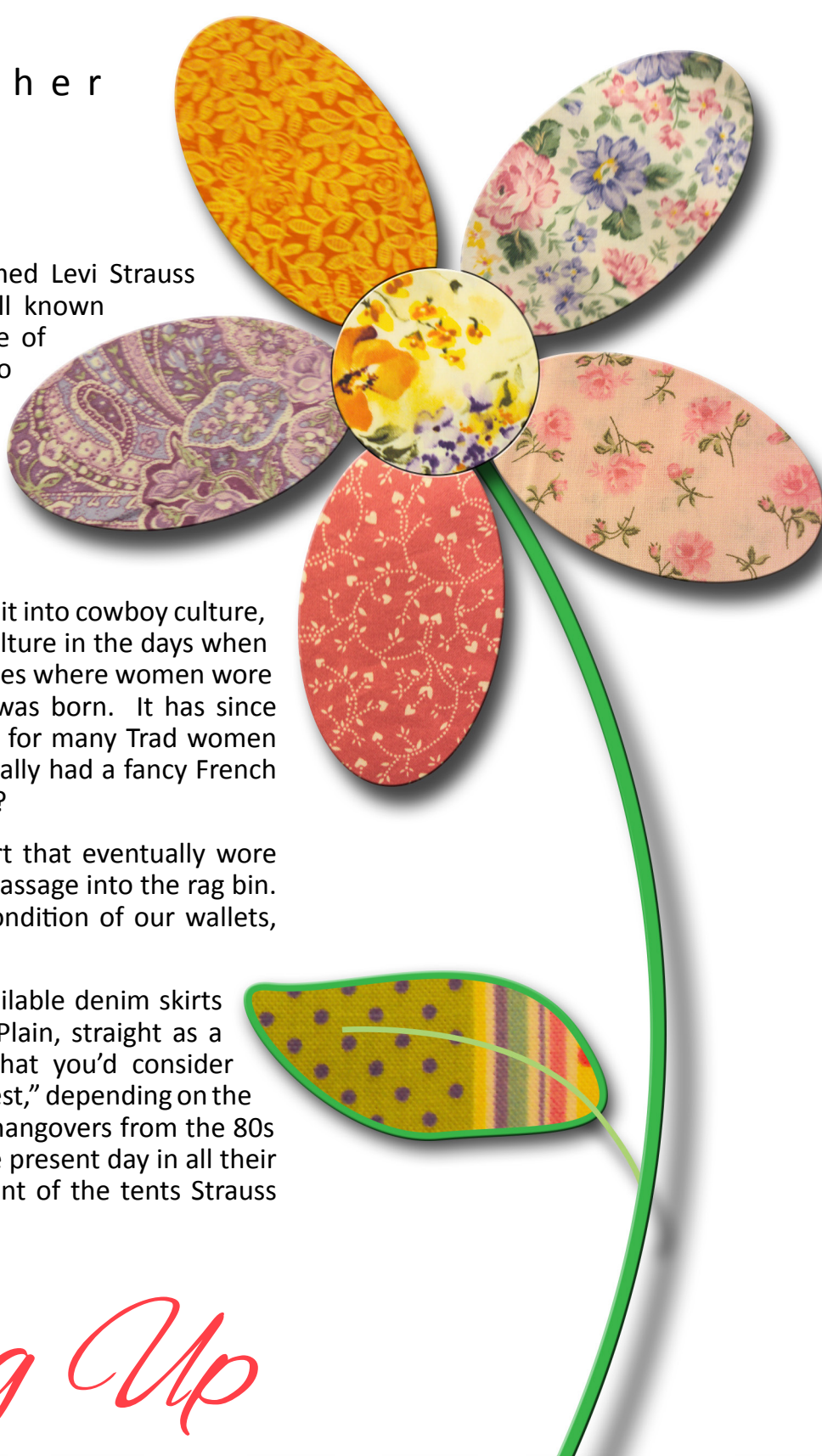
colleen eldracher

Ever since a young man named Levi Strauss figured out that a blue twill known as “serge de Nims” was one of the few fabrics that could stand up to heavy-duty outdoor mining wear during the California Gold Rush, the comfortable, versatile cotton fabric has gradually crept its way from a strictly Western, strictly utilitarian item to a mainstream fashion staple.

Once the Americanized “denim” made it into cowboy culture, and then branched out into cowgirl culture in the days when Hollywood still made half-decent movies where women wore cute, stylish outfits, the denim skirt was born. It has since become the go-to wardrobe essential for many Trad women worldwide, and knowing denim originally had a fancy French name makes it all the better, *n’est pas*?

We’ve all had our favorite denim skirt that eventually wore clean out, and we’ve all mourned its passage into the rag bin. Then we perked up, evaluated the condition of our wallets, and went out looking for a new one.

Unfortunately, a lot of the readily available denim skirts these days are just downright ugly. Plain, straight as a board, confining, and not exactly what you’d consider “feminine,” “attractive,” or even “modest,” depending on the cut of them. Then there are still the hangovers from the 80s and 90s that somehow survived to the present day in all their awfulness – baggy jumpers reminiscent of the tents Strauss



*Dressing Up*

DENIM



was originally intending to sell when he went to California. Blurgh. Depressing denim, that's what.

So.....how do we go about perking up and revitalizing and feminizing a great fabric that originally had a French name but was relegated to jeans, overalls, and muddy outdoor work?

## 1. Fancy Topstitching.

If you have a sewing machine with a few basic quilting or decorative stitches, and the motor can handle a couple layers of denim, you can do it! If you're shy, stick with the "regulation" gold thread on blue. If you're daring, try colors that really pop – coral pink, magenta, orange, red, green, and turquoise. You can achieve great results (and mix-and-matchability) by running 3 – 5 rows of different stitches, in different colors, a few inches above the hem of the most boring denim skirt, or even with a single row of fancy stitching down the length of each seam for a paneled A-line skirt.

## 2. Embellishments.

You don't have to go crazy *à la* 1960s, but if you don't have any good ideas, head to the trim section of your local Jo-Ann Fabrics or Hobby Lobby. I guarantee they will have at least one thing that catches your eye, whether it is miniature rick-rack in cute colors, natural finish woven cotton lace, or some fun buttons. The trick is to pick something that will potentially last as long as the denim itself – stay away from anything flimsy.

## 3. Embroidery.

This goes beyond the topstitching, and you can do it either by hand or by machine. It is time consuming either way, and you will have to do some careful planning of motif placement beforehand, but the results can be stunning. Denim has a great weight and stiffness for embroidery – it takes a lot of provocation to bunch it. Do use a hoop to stretch it evenly.





## 4. Insertions.

Want more fullness in a straight skirt? Find a cheerful print fabric that coordinates with a lot of your clothes and either do triangular insert panels, or chop off the skirt above your knees and add a flowing ruffle below to let you move. You will be amazed at the difference – and at how flattering it is.

## 5. Serged Edges.

If you have a serger, and are a fan of the “seams on the outside” look, pre-serve all your pieces in contrasting thread! This will prevent fraying and provide either a lot or a little color depending on how closely you set your stitch length and width. (You can still do fun colorful edges on the inside, but people won’t see them as much.)

There! *Fait accompli!* You can now surprise your grandma with just how cute and stylish your denim skirt or dress has suddenly become, and she may even get over her view of denim as a fashion horror that women stole from men sometime after appropriating the shirtwaist (yes, before that American women only wore dresses – except for immigrant women whose national costumes were made up of a blouse, a skirt or several, and a bodice).

Old Levi Strauss would be tickled pink. Ω



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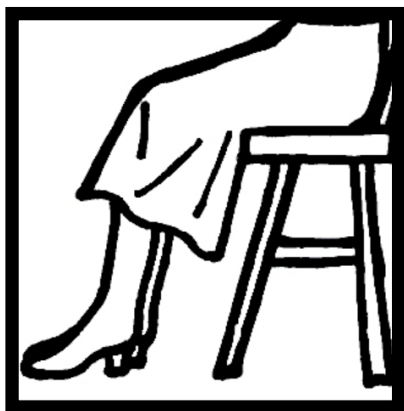


## Looking for something to do with your outdated “waist-high overalls”?

[Yup, that’s what they used to call blue jeans. How’s that for stylish?] Do you waver between pitching your old jeans or donating them at the risk that someone else will wear them? Here’s an alternative! Turn them into something you can wear again.

Companies like Love My Jean Skirt [[www.lovemyjeanskirt.com](http://www.lovemyjeanskirt.com)] can take your old jeans and cut them up to remake into skirts for you. However, as with all modern retailers, even ones that claim to be modest, you need to be clear on CATHOLIC modesty guidelines before you order, because the bulk of their normal stock does not pass muster.

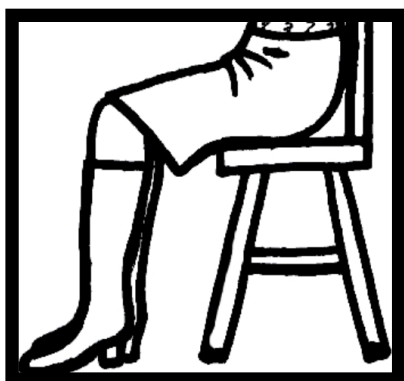
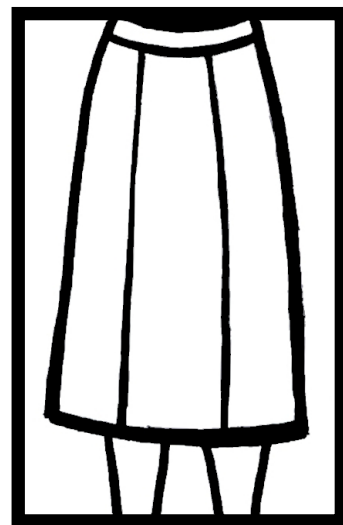
The main pitfalls to avoid are “too short” and “too tight.” This can be tricky with jean conversions since skinny jeans with the hip-hugger fit tend to cling too much around your bottom to begin with. Looser jeans work best for skirt conversions.



### [Correct Fit]

Fits closely through the waist and upper hips, but falls straight down or, better, flares slightly out from the largest point of your hips or thighs, WHICHEVER IS LARGER!

The hem needs to fall a handsbreadth below the BOTTOM of your kneecap when you are standing, and must still cover your knees when you sit down.



### [Immodest]

A skirt that bunches up in your lap and bares your knees the minute you sit is too short and too tight. You shouldn’t have to be constantly checking it, either. Avoid details that “point” to awkward places like your crotch [see above center] and derriere, or that show to advantage the tummy you’re trying to lose.





**Solution:**

In itself, and if it is advised and executed by a reputable and experienced surgeon, the improving of one's appearance through plastic surgery would not be wrong. If men may shave to improve their appearance, and women may use cosmetics and wrinkle-removing massages, etc. to improve their appearance, so one whose features are somewhat defective or irregular may have them corrected by means of an operation for the sake of appearance. It must be assumed, of course, that the operation is not a dangerous one, nor one that it might do greater harm than good. Reputable surgeons are the ones to decide that. However, one who is interested in the spiritual aspect of things should be reminded of the danger of unworthy motives in trying to acquire a more attractive appearance. There is, first of all, the danger of being motivated only by vanity, which is an inordinate desire to be admired, to be praised, to be considered beautiful. An ordinate or praiseworthy care of one's appearance is motivated by charity, i.e., by the desire to be pleasing to others, not to bring honor to oneself. Thus a person should dress neatly, and take proper care of the hair and even have defective features improved, primarily to make others happy. It is an old saying that our appearance belongs to others, not ourselves, and we should be concerned with making it a source of joy to them. A second danger to be avoided is that of undergoing plastic surgery with the idea that this will be an infallible means of insuring a happy marriage. God's will must be taken into account here, and it may be His will that a certain individual will not be directed into the state of marriage. To pin all one's hopes in life on marriage is to render oneself an easy victim of the wrong kind of marriage; it has led too many girls into marriage with a divorced man, or a man without character. Having her features improved by plastic surgery should make a girl determined more strongly than ever that she will never sacrifice God's love and friendship for a bad marriage, no matter how many opportunities of so doing may arise. Ω

**Is Plastic Surgery Lawful?**

**Problem:**

Is it wrong for a girl in her middle twenties to try to have her facial appearance improved by plastic surgery? Is it a sin against humility or the fifth commandment or any other law of God? I am not an introvert, I like people, and I would like to get married. But I have had no prospects of marriage, and I feel that the correction of certain defects in my appearance would give me more confidence and even perhaps an opportunity of marriage. Your advice would be greatly appreciated.

Taken from:

**Questions Young People Ask Before Marriage** by Fr. Donald F. Miller, C.S.S.R. ©1955

[<http://www.basilica.org/pages/ebooks/Donald%20F.%20Miller-Questions%20Young%20People%20Ask%20Before%20>



**WHAT THIS BOOK IS:** (reprint of the original introduction by Cardinal Vaughan)

FATHER CAJETAN, or Padre Gaetano Maria da Bergamo, was one of the great Italian Missionaries of the eighteenth century. Born in 1672, he was professed a Minor Capuchin in 1692, and died in 1753. His eulogy, contained in the work on Illustrious Writers of the Order of Minor Capuchins is brief and pregnant: "In religiosae vitae moribus nemini secundus, in omni genere scribendi facile primus."

He was one of the reformers of the Italian pulpit, substituting for the vapid, empty rhetoric which prevailed, a solid, learned and instructive style, animated by zeal and real devotion.

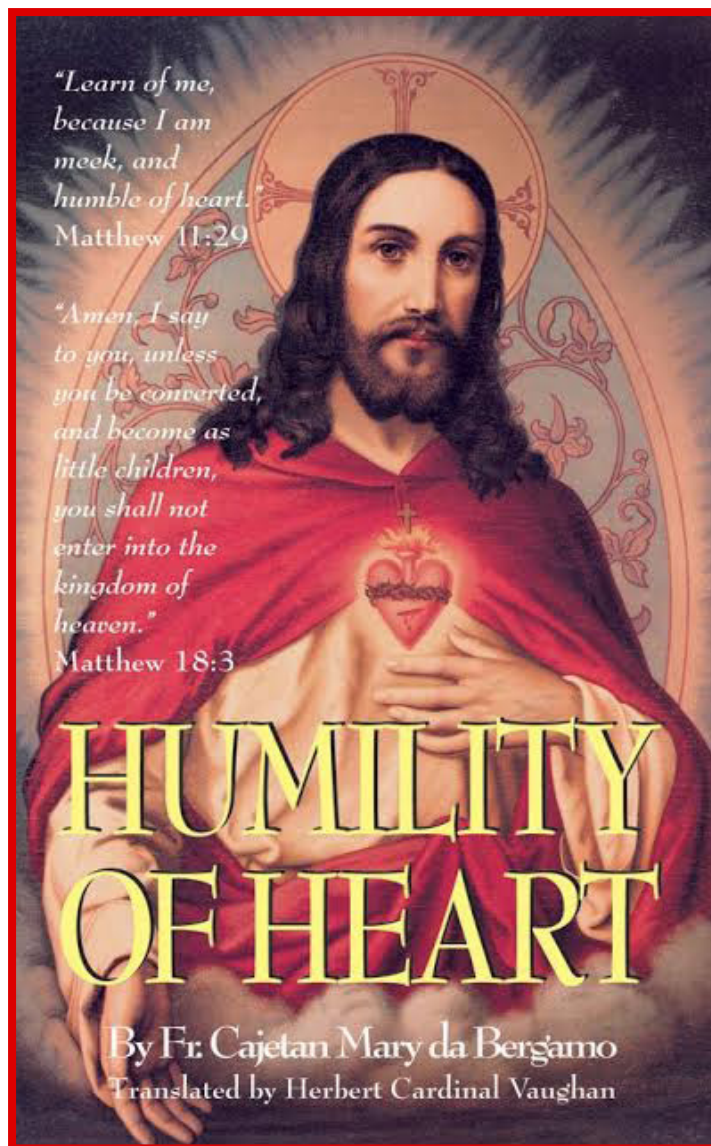
His religious works, written amid missions and courses of sermons, are contained in thirty volumes; of his writings Benedict XIV says that: "they have this rare quality in our day, that they satisfy the intellect and the heart; their solid doctrine in no way dries up their tender devotion, and their devotional sweetness in no way detracts from the perfect solidity of their doctrine." He was a model Religious, remarkable for his charity, zeal and love for God and for souls, which he had built up in the solid foundation of profound humility, with which he united a tender devotion to the Blessed Virgin.

I confess that, though I have been in possession of the Monza edition of his work for over thirty years, it was not till recently that I looked seriously into them. The first of his volumes is the one that

## Book Review

has most struck me; and this I took up thirteen or fourteen years ago and have never put it down since. For it seems to supply so much of what the soul most needs, and which everyone must feel that he can never possess sufficiently, if even he possess it really at all, namely Humility of Heart.

There is a great advantage in using such a book as this for two or three years consecutively as a meditation book. The human mind is so volatile, the character so restless, convictions are so slow



in taking a deep and permanent hold on our practical life, that I have always considered that a retreat made upon one idea, and two or three years given to the meditation of one great subject is productive of more solid good than the following out of the ordinary system, which, of course, has its own advantages, commending it to the greater number.

I venture even to think that for many persons living amidst the distractions of the world, such as priests engaged in the active ministry, and devout men and women of the laity, who are deeply in earnest about the work of their sanctification, the persevering study of one book for years, such as the "Spiritual Combat," St. Alphonsus on "Prayer," Blessed de Montfort on "True Devotion to the Blessed Virgin Mary," Padre Gaetano on "Humility of Heart," Palma on "The Passion," and certain other treatises which need not be named here,



is far more important than for recluses and good people living out of the world. We never get a proper hold of a great spiritual doctrine until we have lived in it and been saturated by it. The soul must soak in the brine until it has become wholly impregnated with its qualities. And is this process likely to be carried out by one who thirsts for variety and is always on the move towards some totally new sensation from the one that at present occupies his feelings? There is the question of breadth, I know, as well as depth. But he who said “Times hominem unius libri” hit a truth that must be felt by every earnest soul.

One need not fear that the constant handling of one book will dry up the mind, if the topic treated be one of primary importance, and if it be the work of a master on the spiritual life. The number of thoughts and truths suggested by such a book are truly wonderful. It often will happen that far more is suggested than is actually put down by the hand of the writer. But to enjoy this result, you must have put away all hurry; you must have said, “I am going to spend at least a year with this friend; I am going to take him not merely for a friend but for a master and a guide.”

I well remember how one night before bed-time, reading my da Bergamo in the Chapel of St. Bede’s College, a single line suggested this idea or train of thought: God in the Old and New Testament named people after their personal characteristics. Now, were I to name myself after my personal traits, I might name myself by the names of the seven capital sins. These are the innate springs of evil within me. They are the heads and sources from which all other sins take their rise. They are like the gall spots, the sour or iron oozings that often disfigure a whole field that has been neither drained nor cultivated. Indeed they are much more mischievous and fatal than these, for they are capable of overflowing and destroying everything that is good and profitable. The springs of these evil tendencies are so deeply imbedded in our nature that it is almost impossible to get rid of them altogether. The doing so is the work of a lifetime, unless we be able to get below the main well-spring of them all, and so inflict a permanent injury on them all. I may, therefore, take myself in hand thus, and say: “In the name of God I will call you what you really are: Pride, Covetousness,

Lust, Anger, Gluttony, Envy, Sloth; and I will add to these seven capital sins, five other characteristics of my soul, viz: Weakness, Ignorance, Poverty, Theft, and Cruelty-----twelve names which may not be the less appropriate, because I do not desire to be publicly known by them; twelve names that may bring home to me home truths, and which may be exceedingly good and valuable for private use. For the first thing is to begin by a profound knowledge of oneself, and of one’s own miseries, though it may not be wise or prudent to begin by proclaiming one’s sins to the world.

Some of these names may be obviously applicable to ourselves, such as Weakness, Ignorance, and Poverty. For how weak and ignorant are we, physically and morally! How dependent upon others for the things of commonest use! How poor, too, in grace and virtue, and every kind of excellence, especially if compared with many others.

The title of Theft is not so very obvious until we recognize that instead of giving glory to God for every good thing we may seem to do or to possess, we rob Him of this glory as much as we can, in the most natural and thoughtless manner, and attribute to ourselves, and appropriate from others to ourselves, all the credit and glory of any little thing we do. He who makes this his habit may very deservedly be named a thief or Theft, calling himself by the act he is habitually doing, and is habitually famous for.

But Cruelty, how is this name justified? I have never been fond of giving pain to animals, at least not since I was a senseless child; why should I be called cruelty? We have only to remember and understand that by our sins we crucify again to ourselves the Son of God, to realize how well deserving we are of the name of Cruelty. We give wanton pain to an animal, and we are punished by the law; we are cruel to children, and we are prosecuted; we inflict pain unnecessarily on our friends and dependents, and we are justly esteemed heartless brutes. It is only our Lord Jesus Christ, only our Lord God and Father in Heaven, Whom we may treat with wanton injury and insult, disobedience and neglect, and escape without any name or mark of contempt and disapproval. I have but to consider my own share in the sorrows



and passion and death of Jesus Christ, and how His Mother participated in all He suffered, to see how truly I have been a monster of Cruelty.

And so it seems that in this simple way, by merely repeating thoughtfully these our twelve Vicious names to ourselves we may become each time a little better grounded in the truth inculcated by this admirable treatise on “ Humility of Heart.” All this to some may seem fanciful, and they may brush it away as unworthy of consideration. But to others it will not be so, especially if they are given “to ponder over these things in their hearts.” Such thoughts may be particularly serviceable at certain times. For instance, if you are receiving public homage and addresses in circumstances of unusual pomp and ceremony; or if you happen to be, from your position, the object of any other special veneration, and certain noxious fumes of vanity or self-complacency be found ascending for a moment to your head an obvious remedy is to reflect that it is not yourself but your office that is receiving such special honor, and that anyone else occupying the same position would be the object of just the same respect. But better still than this will it be to call yourself quietly over

by the twelve names drawn from your moral qualities and tendencies. The noxious gas is then extinguished; the decked-out worm that you are is crushed in its own exuding slime beneath your feet; and you realize at once that you are playing a part which receives honor due to your official, not to your private character.

Of course it is only a small number who are in a position to receive public honors and addresses. But there is no one who is not the recipient from time to time of praise and admiration; and when this seems stinted in kind or quantity, our pride and self-love quickly rises up to supply the defect. It is on these occasions that the slow and measured recital to yourself of our twelve names will scatter the fumes of vanity, and leave you in the full enjoyment of a multitude of peace.

But above all we priests have to bear in mind that as true representatives of Jesus Christ we must wear His livery and become truly meek and humble of heart. Without this He will not know us, except “afar off”-----“et alta a longe cognoscit.” This humility must be consistent and of universal application. We must be humble with





our fellow-priests, and humble with those with whom we work. The priest is likened by Christ to a fisherman----a fisherman working with his nets, mending them, caring for them, using them to catch fish. He is not represented as fishing with a worm or as throwing the fly; but as working with his net. The net used by us priests is a rational net, made up of good people who co-operate with us. Thus our Lord Himself used the Apostles and disciples and women, as well as preaching with His Own mouth. The Apostles did the same. Read the closing sentences to several of the Pauline Epistles to see how many lay people, men and women, rich and poor, He used as forming part of His net to catch souls.

There is a great need in the present day to make use of the Catholic laity in the salvation of souls. The priest must use them like a net held in his hand; he must care for his net, not be surprised if its meshes break from time to time and if they need to be mended.

The rock on which the Ladies of Charity and other lay people, who are zealous to help the clergy in apostolic work for souls, so often founder is one or other of the many forms of pride. They are unwilling to be guided, to be contradicted, to be restrained in their ardor. They see and above all feel things so clearly, so keenly, that they cannot imagine that they are going too fast, doing too much and perhaps spoiling other good work done by persons who deserve consideration. They fully realize that they are impelled by zeal and enthusiasm, and that no one just now comes up to them; but they do not know and realize how unsteady and fickle they really are, and that it will require only a very moderate amount of coldness or contradiction to throw them off the line, and to discourage and fill them with such feelings of annoyance and indifference, as will lead them to throw up everything in disgust. Thus they end by doing more harm than they have done good. And all this because they are wanting in the first principles of humility.

I should like every Lady of Charity to study this book well, to make it the foundation of her practical life. The result would be that she would become secretly a Saint before God, and that she would in the course of her life do ten times, a hundred times

more than she could ever accomplish without humility, "Humilia respicit in terra, et alta a longe cognoscit," says the Psalmist, when speaking of God's dealings with men.

Like all good works the conversion and salvation of souls are really the work of the Holy Ghost. He employs means and instruments. Happy we if He employ us, if He associate us in this way with Himself. Do you desire to persuade Him to use you? Do you long to attract Him? Well, there is no surer way than by the practice of humility. You must be humble towards God, towards His visible representatives [for thus you prove your humility towards God], towards your fellow workers, and towards the people whom you must serve lovingly, humbly, patiently, as though you were dealing with Christ.

I have the strongest possible conviction that our Lord desires to be served, especially in a country like England, where we are "the little flock," by a great development of religious activity among the laity, acting in co-operation with and under the guidance of the clergy. But I am equally convinced that unless these new workers are formed on the humility of heart which our Lord told all of us to learn of Him they and their overtures will be rejected by God and man. It is for this reason that I have dedicated this volume, written by a most holy and learned missionary, many times commended by zealous popes and bishops, to the Ladies of Charity as well as to the Priests for whose Ordination I have been responsible. Ω

*Available for purchase through most Catholic book sellers or online via amazon.com.*

*Online version (free right now, don't know if that will be changing):*

**<http://www.catholictradition.org/Classics/humility-text.htm>**

*Hard copy available from:*

**<https://www.tanbooks.com/index.php/humility-of-heart-2.html>**

**[photo of St. Vincent de Paul from Wikipedia Commons]**





# *A Nun*

A sister leads a lovely life  
She leaves her home and friends  
To give to God her every thought  
And action till life's end.

She plays a most important part  
Her every act must be  
A perfect act of selfless love  
And holy charity.

Her face is like an angel's  
That's not lined or drawn with cares  
A smile so sweet and gentle  
Like the love of God she wears.

Now hard for her when sorely tired  
And patience wears so thin  
To quiet keep and whispers soft  
A prayer of love to Him.

But many girls whom they have taught  
Would be the first to say  
How much their lives have been enhanced  
By a nun along life's way.

If God would grant to me one wish  
Unworthy tho I be  
I'd ask that He call one of mine  
A bride of His to be.

*by Victoria Kloppenborg*



## About the Author of "A Nun"



Victoria Rita Pfannenstiel Kloppenborg (December 18, 1914 - August 8, 1994) wrote poetry throughout her life, much of it inspired by her strong Catholic Faith. Four days after the death of her husband, Nicholas, she gave birth to her tenth child. She used to say, "You never raise a family alone. God took over when my husband died."

Her son Paul, with the collaboration of his older sisters Mary and Nichola, collected her poems into a small book, "Bridging the Troubled Waters," illustrated with family photos spanning several generations. Victoria wrote many of her poems specifically for her individual children.



"Aunt Vic" was a great source of comfort and inspiration to her niece, Helen Pfannenstiel McDonnell, who was also widowed when her husband Bill was killed in a Navy test flight crash shortly before the birth of her own tenth child.

Helen later remarried a widower with four children, Raymond Nugent, and together they had four more children, bringing their combined families to a total of eighteen - the "McNugent Clan." Raymond and Helen (now deceased) are the maternal grandparents of A & H design editor Colleen Eldracher.

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## SYMPTOM:

Symptoms: You see red when the person driving in front of you is traveling right at - or just under - the speed limit. You lose your cool over spilled milk or other inconveniences. Doesn't everyone realize you have things that need doing, now?!! How can people be so inconsiderate?

## DIAGNOSIS: Impatience

Impatience is a breed of anger, typically uncharitable, which, in turn, is spawned by pride. Many of us would like to say our impatience is justifiable, and thus deflect blame for it. If we took a closer look, we'd see that there was no excuse for our being impatient or uncharitable.

## TREATMENT OPTIONS:

Resigning ourselves without a grudge to inconveniences outside our control is the most effective remedy against impatience. Usually there is no lack of such opportunities. Our vehicles end up needing unscheduled maintenance. A last minute change of plans throws our entire day out of whack. Someone ate our sack lunch. If we can learn to meet these God-sent challenges with equanimity, we'll make much greater headway.

In the event that such crosses are wanting, voluntarily mortifying our desire for having things done on our own timetable will be necessary in order to remove the vice.

**1** Go to the DMV, or maybe just Wal-Mart, and wait in the longest line. It can be incredibly frustrating to deal with other people going about their daily lives. Bureaucracies and large corporations are also not known for either their efficiency or their personalized service. It might make you nauseous to even think about doing either of these, but if you can manage to do it and preserve your smile and your peace, you're in better shape than most.

**2** Do some meditative spiritual reading. It improves one's spiritual life and slows a person down. This isn't something to be gotten out of the way, something to rush through, or something to time one's self on. It's a slow, thoughtful process of assimilating the material. Make this a daily priority, rather than a time- dependent footnote to the day.

**3** Remove as many superfluous commitments as you can. Sometimes we spread ourselves too thin and expect time to stretch instead. This can lead to road rage, hellion moms, or unhappy husbands. If we commit ourselves to fewer things per day, we're less likely to be hurrying from one thing to the next (and exploding when anything stands in the way).

**4** Refuse to impulse buy. Instead of satisfying your need for instant gratification (it happens to all of us!) wait a set number of days before purchasing. This may not work for a clearance piece, but we must mortify the need to have things happen right away. Exercising restraint in our buying habits might be annoying, but it's an effective way to work against impatience. Ω







# No Regrets!

*by Magdalene Zapp*

**Most Catholic women aren't going to tell you they have it all figured out, that the answers are obvious, that being a Catholic woman is easy, and that the how-to's are self-evident.**

As much as we might look at someone else and say, "wow, she really has it together," it's usually not as true - or as simple - as we imagine.

Some of us may be better than others at creating and maintaining the illusion of a perfect trad Catholic life – down to cooking highly nutritious meals in high heels and having a row of children in picture perfect miniature on Sunday (to their less ambitious peers' discouragement). But that doesn't mean things are always what they seem.

Recently I asked the advice of an experienced mother on disciplining children. She's been married 20+ years, with 10+ children elementary age through married, and none of her children have fallen away from the Faith. I figured, with that kind of track record, she must have all the answers.

But instead of a laundry list of how-to's, she looked at me blankly and said, "There is no process. It's whatever works." And then, with a huge smile, she



told me that if I ever get it all figured out, I should get back with her on it because she'd love to take notes. And that, inconsequential as it was, really made me feel like I wasn't alone in the world, suffering the exigencies of trad Catholic momdom while everyone else knew all the answers.

A lot of times we feel, as single women, mothers, or grandmothers, that we are just barely making it through life, or just barely made it through life. We have and are going to have regrets, those moments where we can look back with that 20-20 lens and say, I really wish I had done things differently; if I had only known then what I know now! And even if we don't have regrets, per se, we can usually look back on certain points in our lives and question whether the course we took was the one we should have taken.

Single women, women who have made a sacrifice of marriage and children by consecrating their virginity to God, may sometimes question whether they were preemptive in their choice. They may

feel as if, despite their many contributions to parish, family, and more, that they still aren't doing enough to justify their not having pursued a vocation as a religious, or in the married state. How sincere was their decision? Were they just being lazy, avoiding a life which very well might require more of them than they were willing to give? Did they take the easy route on purpose? Are their crosses large enough?

Unwilling single women, on the other hand, may regret missed opportunities. They may look back and think that they spent years occupied in ways that weren't a waste necessarily, but that didn't help them in what they believe is their vocation of marriage. Could they have put themselves out there more? Did they not give certain young men enough of a chance? Were they too quick to reject a potential spouse? Were all of their reasons for rejecting a certain young man completely justified?

Married women too, despite the many successes

## Personal Resolutions (update weekly)

- 1) Stop talking so much!
- 2) Perform duties of state in life better
- 3) Pay attention more during prayers
- 4) Stay AWAKE during sermon!
- 5) Limit the chocolate ☺
- 6) Exercise every day!
- 7) Lose 10 pounds.
- 8) Get hubby's lunch ready the night before
- 9) Budget groceries each week
- 10) Be a better sister, aunt, daughter, wife, mother, mo.





their peers may see, often feel as if they aren't accomplishing what they should be. After all, they have more autonomy than those in a religious order, where every hour of every day is under obedience to a specific rule. But with such independence comes the questions of whether or not their priorities in life are as aligned with their duty to their vocation as they could be. Are they balancing attention to their children, their spouse, their spiritual life, and their home in the most dutiful, the most effective, the most beneficial way? Should they not have allowed their child to do this or that, enforced this or that rule, said this or that in that specific way? Was this child singled out in a way that was potentially damaging to his character?

All these questions and more are posed by traditional Catholic women the world over, not about sinful choices made, but about benign ones. Ones that are morally neutral, but which may still have lasting effect. Sometimes these questions lead to self-doubt, to a constant questioning of whether we are doing what we should be doing – dwelling too much in the past and on previous mistakes or regrettable choices. At other times, it may lead to a sense of desperation to fix or repair damage done by the choices made. And still other times, a person may say they could have done better, that they will do better with God's grace, and leave it at that.

Some among us may pshaw at the idea of any woman questioning or regretting the non-sinful choices she made in life. After all, what is there to regret but sin?

While it can't be denied that for certain women the admission of their own imperfections aids their spirituality more than maintaining what is often times the façade of a perfect, "no regrets" trad Catholic life, for others, such self-analysis can

be a debilitating quagmire that leads to scruples, self-doubt, and despair. Maybe this feeling that we're never enough is a flaw of human nature. Maybe it's just a flaw of most women.

Or maybe it's a Godsend to keep us from having an exorbitant pride in what are, in reality, our quite petty accomplishments.

From a purely natural perspective, looking back on our lives helps us learn lessons about what choices need to be made in the future.

The effects of our choices are not usually seen until years after, when we realize that the seemingly innocuous opportunity to teach in a certain city (for example), to care for a certain relative, or to take a certain job led to a whole new chapter in our lives. We couldn't possibly have known what kind or how great of an impact that decision would have, sometimes for better, sometimes for worse. Not until it's far, far too late to go back and choose a different course.

The contemplation of the enormity of even the simple choices we make could make us timid. But it could also teach us the lesson that the best we can do is pray for discernment, ask the advice of trusted friends, and make a decision. Because ultimately, what we do or don't do, how we succeed or fail, whether or not taking one road v. another will change our life forever or not at all, is in God's hands.

Hindsight can make us wiser, in the biblical sense. Not by giving us the opportunity to beat ourselves up over and over again for the choices we make, but by helping us understand how much we need to be resigned to the workings of Divine Providence in order to advance as Catholics.

In the long run, advancement in the spiritual life is all that matters. Ω

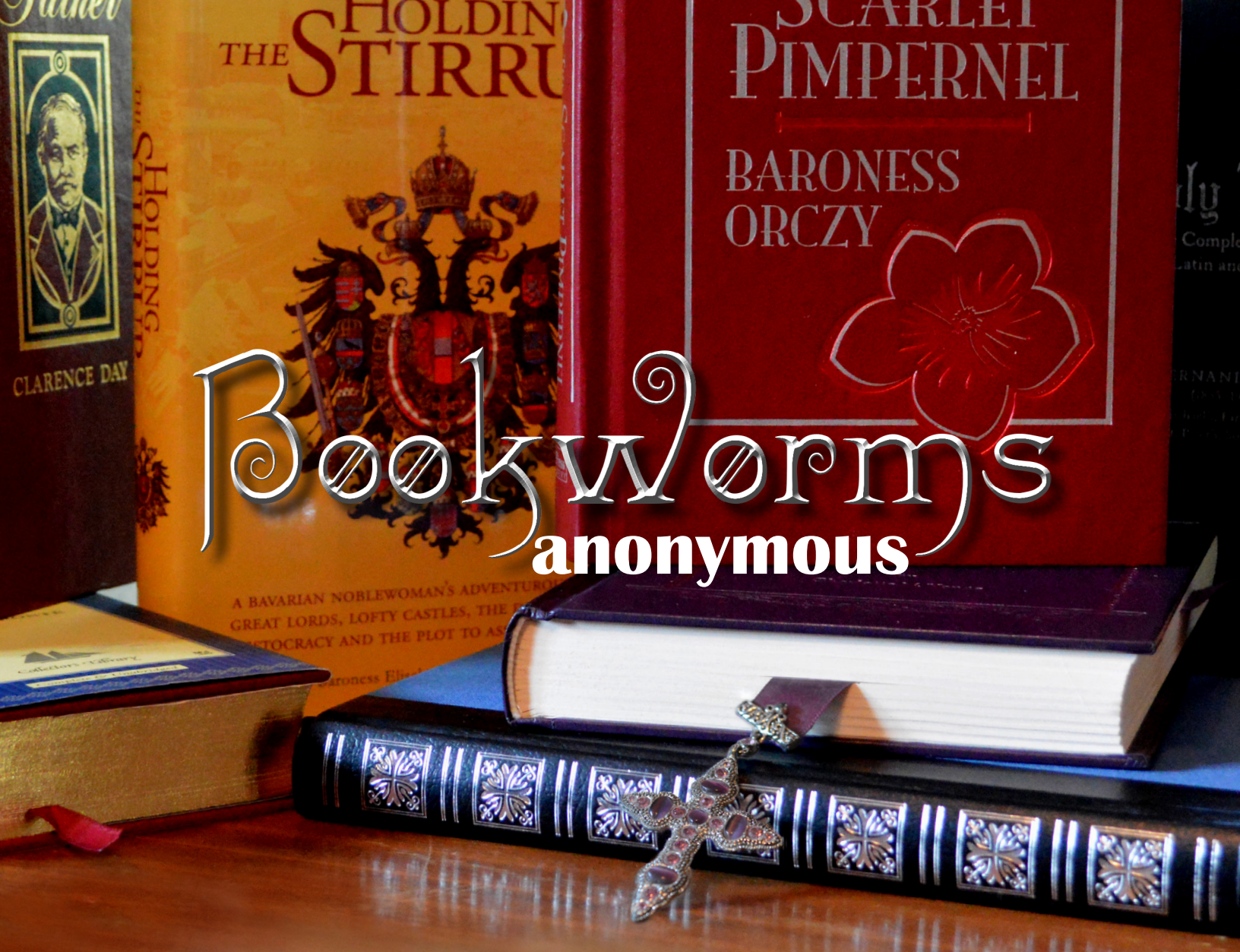
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## DID YOU DEVOUR BOOKS LIKE ICE CREAM

when you were a child? Did your children inherit this pernicious trait and drive you crazy by constantly requesting trips to the library to replenish their book piles? Do they whine and complain that they've read all the books in the house? If so, you're in good company!

Below is a multi-genre list of books selected by our Catholic family readers as suitable for children [and adults] from preschool through highschool and beyond. Many of these are the ones we've laughed over, cried over, and read again and again, snickering at the antics of our favorite characters. [Keep in mind that the editors have not been able to read all of these books personally.]

Next time the kids start clamoring for another good book, check and see if there's anything here that they haven't read yet!



\*\*\*Authors with the triple asterisk are recommended "opera omnia" – all works as far as we have been able to discern.

However, some of their books may be more appropriate for older readers. All age recommendations are approximate, except for the 16 + ratings.





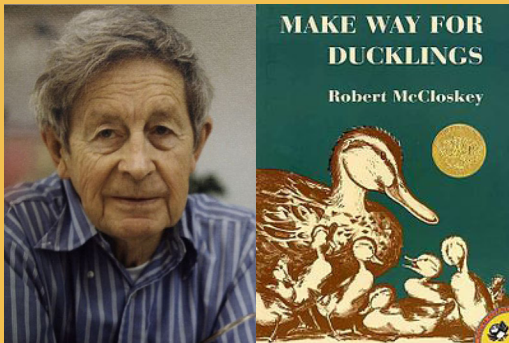
6 Years and Under:

- |  |                        |
|--|------------------------|
| Sam the Firehouse Cat                        | Virginia Parsons       |
| Scuffy the Tugboat                           | Gertrude E. Campton    |
| The Littlest Wolf                            | Larry Brimmer          |
| Ferdinand                                    | Munroe Leaf            |
| The Little Engine that Could                 | Watty Piper            |
| Across the Big Country                       | G. Harrison            |
| Corduroy                                     | Don Freeman            |
| Make Way for Ducklings                       | Richard McCloskey***   |
| The Christmas Donkey                         | William Taylor         |
| The Little Red Caboose                       | Marian Potter          |
| The Little House                             | Virginia Lee Burton*** |
| Mike Mulligan and Mary Ann                   |                        |
| Katy and the Big Snow                        |                        |
| Square Bear & Cousin Bear                    | Charlotte Steiner      |
| Frog & Toad                                  | Arnold Lobel           |
| ...and any and all of their other adventures |                        |
| Cyrus the Sea Serpent                        | Bill Peet***           |
| How Droofus the Dragon Lost His Head         |                        |
| Big Bad Bruce                                |                        |
| Kermit the Hermit                            |                        |
| Chester the Worldly Pig                      |                        |
| Bufford the Little Bighorn                   |                        |
| ...any and all others.                       |                        |

- |                          |                   |
|--------------------------|-------------------|
| Peter Rabbit             | Beatrix Potter*** |
| The Tailor of Gloucester |                   |
| A Tale of Two Bad Mice   |                   |
| Mrs. Tiggy Winkle        |                   |
| Tom Kitten               |                   |
| The Roly-Poly Pudding    |                   |
| ...any and all others    |                   |

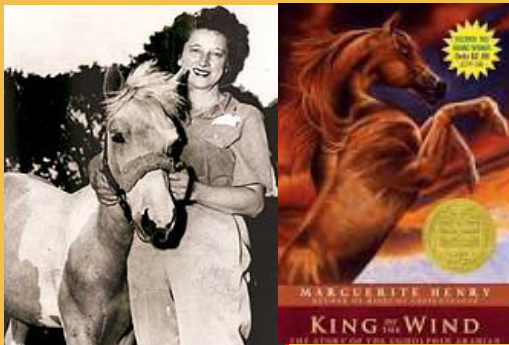
7 Years:

- |                          |                   |
|--------------------------|-------------------|
| Billy & Blaze            | C. W. Anderson*** |
| ...and the Mountain Lion |                   |



Robert McCloskey

[1914 - 2003] Winner of multiple Caldecott Awards, McCloskey wrote and illustrated eight picture books for children. A series of bronze statues of his famous Mallard ducklings stands in Boston, MA.



Marguerite Henry

[1902 - 1997] Pictured here with one of her most famous subjects, *Misty of Chincoteague*, the pony with the map of the United States on her withers, Henry wrote almost 60 books for children and teens, most of them about horses. Many of her books have wonderful illustrations by Wesley Dennis and are perfect for reading aloud to kids. She won the Newberry Medal for *King of the Wind* and was a runner up with *Justin Morgan had a Horse*. Her last book was published when she was 94 years old. Many of her stories are based on real people and their horses or pets.



...and the Forest Fire  
...and the Lost Quarry  
...and any and all others  
  
Sarah Plain and Tall  
Robin Hood  
  
The Littles  
...Have a Wedding  
...Go Exploring  
...and any and all other "Littles" books  
  
There's an Alligator Under My Bed

Patricia McLaughlin  
J. Walker McSpadden  
  
John Peterson

8 Years:

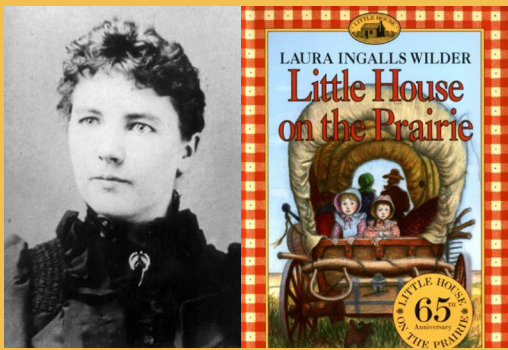
Blueberries for Sal  
Five O'Clock Charlie  
Misty of Chincoteague  
Stormy, Misty's Foal  
Sea Star  
...and any and all others  
  
The Cricket in Times Square  
The Horse of Hurricane Hill  
A Pony for Three  
  
A Nest for Celeste  
Mountain Born  
  
Doctor Doolittle  
The Adventures of Doctor Doolittle  
  
Tintin (comics, now published in volumes)  
The Enchanted Hill  
One Morning in Maine

Robert McCloskey\*\*\*  
Marguerite Henry\*\*\*  
  
  
  
  
  
  
  
  
  
Garth Williams  
C. W. Anderson\*\*\*  
  
  
  
  
  
  
  
  
  
Henry Cole  
Elizabeth Yates  
  
Hugh Lofting  
  
  
  
Hergé  
Peter Kyne  
Robert McCloskey\*\*\*

9 Years:

Little House in the Big Woods  
Little House on the Prairie  
Farmer Boy  
On the Banks of Plum Creek  
By the Shores of Silver Lake

Laura Ingalls Wilder\*\*\*  
[read about one of these every year as the kids get older.]



Laura Ingalls Wilder

[1867 - 1957] Laura wrote her famous **Little House** books later in life, prompted and encouraged by her daughter Rose, who wrote for newspapers and magazines. Laura felt that her story was important because she had lived through a time of vast change - from the horse and buggy to the airplane - and the old way of life was disappearing. The books give an accurate portrayal of pioneer life, although she skips periods that were very difficult for her family on a personal level.



Bill Peet

[1915 - 2002] As a boy, Peet used to draw in the margins of his schoolbooks. After studying art, he spent some time working for Disney [notably on **101 Dalmations** and **Sleeping Beauty**]. His books for children, in highly entertaining rhyme, are vividly illustrated and have wonderful vocabulary - worlds better than Dr. Seuss!



**The Long Winter**  
**Little Town on the Prairie**  
**These Happy Golden Years**  
**The Cottage at Bantry Bay**  
**Pegeen**  
**The Mitchells:**  
**Five for Victory**  
**Canadian Summer**  
**Friendly Gables**

Hilda von Stockum\*\*\*

...and any and all others

**The White Stallions of Lipizza**  
**Little Britches**

Marguerite Henry\*\*\*  
Ralph Moody

...and its sequels

**The Tale of Despereaux**  
**Mr. Popper’s Penguins**  
**The Phantom Tollbooth**

Kate Decamillo  
Richard & Florence Atwater  
Norman Juster

**The Complete Adventures of Homer Price**

Robert McCloskey\*\*\*

**Charlotte’s Web**  
**Stuart Little**

E. B. White\*\*\*

**The Trumpet of the Swan**

**The Wind in the Willows**  
...and the rest of the Toad Hall books

Kenneth Grahame

**Knight Crusader**

Ronald Welch

**The Happy Hollisters**  
...and the Cuckoo Clock Mystery  
...at Seagull Beach

Jerry West

...and the Mystery at Missile Town  
...and the Swiss Echo  
...and all the rest (12 total?)

**10 Years:**

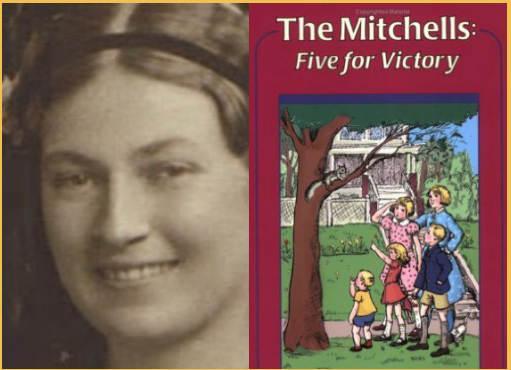
**The Borrowers**  
**Poor Stainless**  
**The Borrowers Afield**  
**The Borrowers Aloft**  
**The Borrowers Avenged**

Mary Norton



**C. W. Anderson**

[1891 - 1971] An amazingly vivid and realistic artist, Clarence William Anderson loved riding and working with horses, and based many of his characters and their mounts on real people of his acquaintance. He wrote and illustrated over 35 horse books.

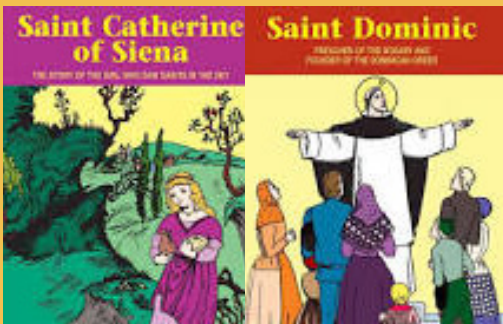


**Hilda von Stockum**

[1908 - 2006] Raised as a Protestant, Hilda converted to Catholicism in 1939. The mother of six children, her books [most of them written after her conversion] portray large family adventures from the point of view of the child characters, depicting wholesome but far from perfect life in boisterous homes. Many of her books have historical settings. Her first novel, **A Day on Skates**, is a Newberry Honor book reflecting her upbringing in Holland.



Carry On, Mr. Bowditch	Jean Lee Latham
The Kissing Hand	Audrey Penn
A Kiss Goodbye	
A Pocketful of Kisses (series is about a raccoon)	
Five Little Peppers and How They Grew	Margaret Sidney
...and any and all other "Little Peppers" books	
Rabbit Hill	Robert Lawson
Mrs. Frisby and the Rats of NIMH	Robert C. O'Brien
Mountain Born	Elizabeth Yates
Freddy the Pig	Walter R. Brooks***
...the Cowboy	
...Goes Camping	
...the Detective	
...and any and all others about Freddy	
The Chronicles of Narnia:	C. S. Lewis
The Lion, the Witch, and the Wardrobe	
The Horse and His Boy	
Prince Caspian	
The Voyage of the Dawn Treader	
The Silver Chair	
The Magician's Nephew	
The Last Battle	
The Incredible Journey	Sheila Burnford
The Hero's Guide to Saving Your Kingdom	Christopher Healy
The Hero's Guide to Storming the Castle	
The Hero's Guide to Being an Outlaw	
The Black Stallion	Walter Farley
The Black Stallion Returns	
Son of the Black Stallion	
The Black Stallion and Satan (a horse, not the devil)	
The Black Stallion's Filly	
The Black Stallion Revolts	
The Horse Tamer	
Hunters of Souls	Sr. Mary Jean Dorcy, O. P.
...and any other saints books illustrated by her	
Lad of Lima	Mary Fabyan Windeatt***



Mary Fabyan Windeatt

[1910 - 1979] Known as "the storyteller of the saints," Mary was a third order Dominican and wrote over 20 biographies of popular saints in formats accessible to children. She never married. Later in life she lived near St. Meinrad's Abbey in Indiana. Many of her books are now available from TAN.



Beatrix Potter

[1866 - 1943] Beatrix Potter overcame great opposition from her middle class family to become a published author. After extensively developing her talents as an amateur painter, Beatrix finally published her tiny children's books with the help of Norman Warne, a young man she intended to marry. Norman died from leukemia only a month after their engagement, but his family's publishing company took over to produce the rest of her works. She married later in life and lived in the countryside raising sheep. The film *Miss Potter* is a fairly accurate portrayal of her early life.



St. Paul  
St. Rose of Lima  
The Cure of Ars  
St. Margaret Mary  
St. Louis de Montfort

...and any and all others

The Door in the Wall  
Madeleine Takes Command  
The Cabin Faced West  
The Great House (17th century)  
The Wool-Pack (1493)  
Ring Out Bow Bells! (1415)  
Stars of Fortune (1554)  
The Load of Unicorn (1482)  
The Writing on the Hearth

The Mitten  
Tin Lizzie  
Pierre Pidgeon  
Stan the Hot Dog Man  
Clown Dog  
The Miraculous Journey of Edward Tulane  
Twig

The Nancy Drew Mystery Series #1 - 64  
The Hardy Boys Mystery Series #1 - 58

Marguerite de Angeli  
Ethel C. Brill  
Jean Fritz  
Cynthia Harnett

Jan Britt  
Peter Spier  
Lee Kingman  
Ethel & Leonard Kesler  
Lavina Dazis  
Kate Dicamilo  
Elizabeth Jones

11 Years:

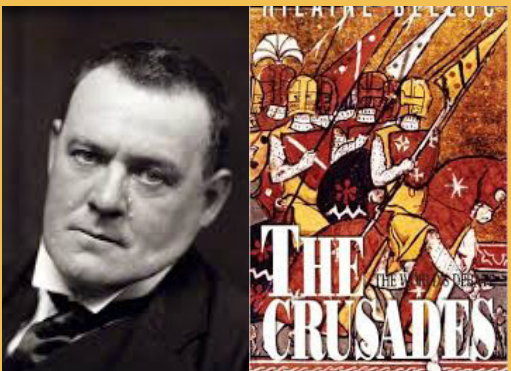
Puppy Lost in Lapland  
Otto of the Silver Hand  
The Whipping Boy  
Swallows and Amazons  
Swallowdale  
Peter Duck  
Winter Holiday  
Pigeon Post  
We Didn't Mean to Go to Sea  
Dealing with Dragons

Peter Hallard  
Howard Pyle  
Sid Fleischman  
Arthur Ransome  
Patricia Wrede



Fr. Francis J. Finn

[1858 - 1928] Having entered the Jesuit novitiate at the age of 17, the young Frank Finn was sent out to the rough pioneer school in St. Mary's, Kansas, where he would spend much of the rest of his life teaching a host of memorable boys. His books have the quaintness of the period combined with a sure knowledge of human nature and the Catholic Faith, and are rip-roaring good reads for all ages.



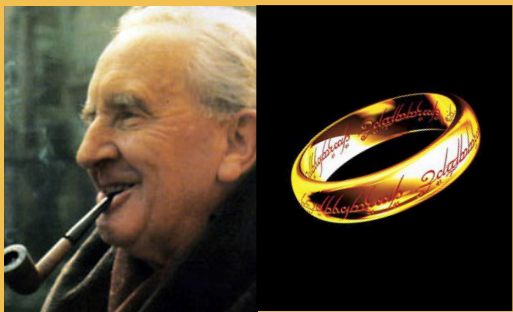
Hillaire Belloc

[1870 - 1953] Born of a French father and an English mother and educated in England under Cardinal Newman, Belloc collaborated with G. K. Chesterton and is widely remembered for his poetry and histories. He married an American, Elodie Hogan. He and his wife had five children. After her death in 1914 from influenza, he wore mourning for the rest of his life.



Searching for Dragons  
Calling on Dragons  
Talking with Dragons  
Tom Playfair  
Percy Winn  
Harry Dee  
The Hobbit  
Ladd, a Dog  
...and all other dog books by him  
Old Yeller  
Gentle Ben  
The Blind Connemara  
A Filly for Joan  
Afraid to Ride  
Great Heart  
Brighty of the Grand Canyon  
Black Gold  
King of the Wind  
Outlaws of Ravenhurst  
Across the Western Sea  
Lord Kirkle's Money  
The Avion My Uncle Flew  
Edmund Campion  
Francis and Clare  
Little Lord Fauntleroy  
A Little Princess  
Little Lame Prince  
The Ghost Battalion  
Ride, Rebels!  
Appomattox Road  
Rifles at Ramsour's Mill  
Battle for King's Mountain  
Clash on the Catawba  
Gray Riders: JEB Stuart and His Men  
Jamestown Adventure

Fr. Francis J. Finn, S. J.\*\*\*  
  
J. R. R. Tolkien\*\*\*  
Alfred Payson Terhune  
  
Fred Gibson  
Walt Morey  
C. W. Anderson\*\*\*  
  
Marguerite Henry\*\*\*  
  
Sr. Mary Imelda Wallace  
AVI  
  
Cyrus Fisher  
Gardener  
Homan  
Frances Burnett  
  
Manly Wade Wellman



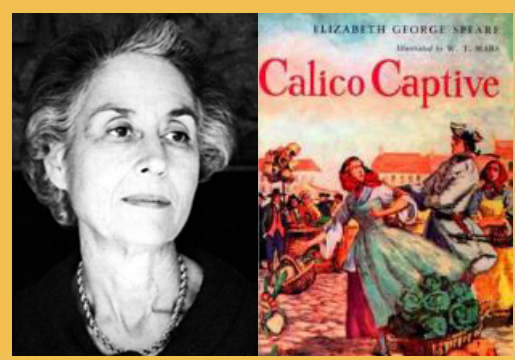
**J. R. R. Tolkien**  
[1892 - 1973] Famous the world over for his massive series **The Lord of the Rings** and its prequel **The Hobbit**, few stop to realize that Tolkien was a devout Catholic who worked an amazing amount of religious symbolism into his “fanatasy” novels, crafting a subtle but penetrating allegory on a much deeper level than that in his Protestant friend C. S. Lewis’s **Chronicles of Narnia**. Ever notice that all the key victories of the good forces occur on major feasts of Our Lord, Our Lady, and the Saints? Tolkien drew much on his experience in the British army during WWI to bring to life the horrors of war and the old chivalry of knights on horseback - a form of warfare that became obsolete with the invention of the machine gun. A proficient linguist - he was a professor of languages at Merton and Leeds Universities - he developed all of the languages in his books, rather than merely inventing phrases. He was thoroughly turned off by the changes to the Mass after Vatican II.





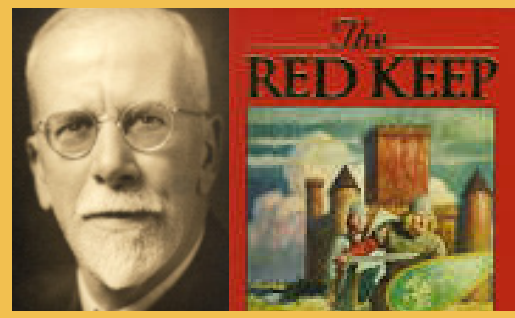
12 Years:

Big Red	Jim Kjelgaard
Irish Red	
Outlaw Red	
Desert Dog	
Haunt Fox	
Wild Trek	
...and the vast majority of his other dog and animal books	
My Side of the Mountain	Jean C. George
The Far Side of the Mountain	
Frightful's Mountain	
White Fang	Jack London
The Trumpeter of Krakow	Eric P. Kelly
Moccasin Trail	Eloise Jarvis McGraw
Operation Escape:	Dennis Madden
The Adventure(s) of Father O'Flaherty	
The Snow Queen	Hans Christian Anderson
Claude Lightfoot	Fr. Francis J. Finn, S. J.***
That Football Game	
Ethelred Preston	
Fairy of the Snows	
Lord Bountiful	
Rifles for Watie	Harold Keith
So Young a Queen	Lois Mills
Bob Son of Battle	Ollivant Elfred
The Midshipman Quinn Series	Showell Styles
The Blue Gonfalon	Margaret Ann Hubbard
Beorn the Proud	Madeleine Polland
Black Beauty	Anna Sewell
Cobra Island	Rev. Neil Boyton, S. J.
Silver Chief, Dog of the North	Jack O'Brien
Silver Chief to the Rescue	
The Return of Silver Chief	
Wings Over England	Roy J. Snell
Scruffy	Jack Stoneley
A Coat for Private Patrick	Lee McGiffin



Elizabeth George Speare

[1908 - 1994] Born in Massachusetts and spending most of her life on the East Coast, Speare's writings realistically portray that region's history. Two of her books, *The Witch of Blackbird Pond* and *The Bronze Bow*, are winners of the Newberry medal. The first book explores Puritan prejudice against outsiders, however harmless they may be. The second is an account of a bitter young man in Israel and his struggles with the teachings of a Rabbi from Nazareth.



Allen French

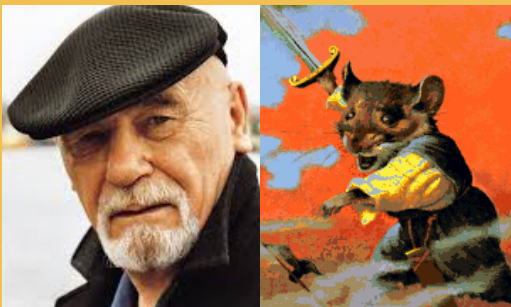
[1870 - 1946] Also a native of Massachusetts, French attended Harvard and did extensive research on the battles of Lexington and Concord. He wrote several intensely historical novels for children, most set in medieval times. His books show strong Catholic characters who stand up for the Faith - unlike modern novels that try to Protestantize the Middle Ages.



Crusader King	Susan Peek
Mother Seton and the Sisters of Charity	Alma Power Waters

13 Years:

Capture of the Golden Stallion	Rutherford G. Montgomery
The Golden Stallion's Victory	
Another Man O'War	C. W. Anderson***
Early Thunder	Jean Fritz
Miss Bianca	Margery Sharp
The Rescuers	
Song of the Voyageur	Beverly Butler
Snow Dog	Jim Kjelgaard
Stormy	
Mush, You Malemutes!	Fr. Bernard Hubbard, S. J.
Cradle of the Storms	
Alaskan Odyssey	
Little Women	Louisa May Alcott
Eight Cousins	
Rose in Bloom	
Jo's Boys	
The Good Master	Kate Seredy
The Singing Tree	
The Lord of the Rings (3 volumes)	J. R. R. Tolkien***
Fabiola	Cardinal Wiseman***
Follow My Leader	James B. Garfield
Anne of Green Gables	L. M. Montgomery***
Anne of Avonlea	
Anne of the Island	
Anne of Windy Poplars	
Anne's House of Dreams	
Anne of Ingleside	
The Blue Castle (stands alone - not part of a series)	
The Witch of Blackbird Pond	Elizabeth George Speare***
(not a real witch – wonderful story)	
Calico Captive	



Brian Jacques

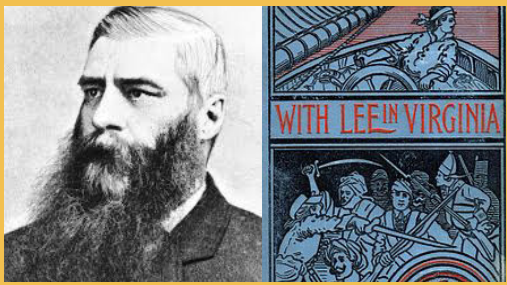
[1939 - 2011] One of the most beloved children's authors of modern times, Brian Jacques [pronounced "jakes"] was of Irish descent and, when he was at home, was usually to be found in Liverpool, England. Widely mourned after his early death from a heart attack at 71, Jacques had a nearly lifelong interest in writing - starting when he was caned for lying at age 10 because a teacher couldn't believe he had actually written a story he submitted for homework.

He was an altar boy as a child, [although we were unable to find information on if he remained a practicing Catholic], and an adapted form of monastic hierarchy can be observed in his books. Of course, it's a little difficult for mice, hedgehogs, moles, otters, and badgers to be real monks or nuns, and Jacques makes no claims that they are, but the structure and moral fibre is there in spades. His *Flying Dutchman* series shows the most prominent Catholic influence.





They Loved to Laugh Freckles The Cherry Ames Nurse Series #1 - 27 The Red Keep The Sword of Clontarf Trixie Belden Mystery Series #1 - 39 The Bound Girl Martin the Warrior Mossflower ...and the rest of the Redwall series.	Kathryn Worth Gene Stratton-Porter Helen Wells Allen French*** Charles A. Brady Various Authors Nan Watson Denker Brian Jacques***
Castaways of the Flying Dutchman Voyage of Slaves The Angel's Command Burma Rifles Once on this Island Farewell to the Island Return to the Island Red Falcons of Tremoine	Brian Jacques***   Frank Bonham Gloria Whelan   Hendry Peart
<b>14 Years:</b>	
Father Brown Mysteries Kidnapped Treasure Island A Man Born Again (St. Thomas More) A Man Cleansed by God (St. Patrick) A Man of Good Zeal (St. Francis de Sales) A Rich Young Man (St. Anthony of Padua) Ella Enchanted Two Princesses of Baymarre The Scarlet Pimpernel Sir Percy Leads the Band The League of the Scarlet Pimpernel I Will Repay The Elusive Pimpernel El Dorado	G. K. Chesterton*** Robert Louis Stevenson    Gail Carson Levine  Baroness Emmuska Orczy



**G. A. Henty**  
[1832 - 1902] Sickly as a child, Henty developed a love of books as an alternative to other pastimes. He was a British war correspondent in the Crimean War, which exposed him to battles and other cultures. Occasionally a little stuffy, his books are nevertheless good wholesome adventures, for boys especially.

*Handwritten signature*



**Baroness Orczy**  
[1865 - 1947] Born in Hungary, Emmuska's aristocratic family moved to England after the peasants who farmed their lands revolted against the use of modern machinery that they did not understand. Perhaps as a result of this early experience, many of her best works deal with the French Revolution - the fear, the greed of the power-hungry, the simplicity of common people, and unexpected heroism when it is least expected. Films fall very much short in their efforts to portray her most well-known [but widely misrepresented] hero, the elusive **Scarlet Pimpernel**. He and his loyal men are much better in the pages of her books.



Lord Tony's Wife  
The Way of the Scarlet Pimpernel  
Sir Percy Hits Back  
Adventures of the Scarlet Pimpernel  
The Triumph of the Scarlet Pimpernel [mild editing of a dress description near the beginning is necessary]  
The Spy James Fenimore Cooper  
Last of the Mohicans  
The Virginian  
Glory of the Olive Susan Potts\*\*\*  
Burning Faith  
With Lee in Virginia G. A. Henty\*\*\*  
In the Reign of Terror  
...and all his other adventure books for teens  
The Bronze Bow Elizabeth George Speare\*\*\*  
The Sign of the Beaver

15 Years:

Sense and Sensibility Jane Austen\*\*\*  
Persuasion  
Northanger Abbey  
Grisley Grissel Charlotte M. Yonge  
Lances of Lynwood  
Princess Academy Shannon Hale  
Palace of Stone  
Cranford Elizabeth Gaskell\*\*\*  
Wives and Daughters  
North and South  
Holding the Stirrup Elizabeth Gutenberg  
Elyza Clare Darcy  
Beowulf (ancient Saxon)  
A Heart for Europe James & Joanna Bogle  
Initiation Robert Hugh Benson\*\*\*  
Come Rack! Come Rope!  
The Horatio Hornblower Series C. S. Forester  
(brief editing - might not be necessary for boy readers)



Meghan Whalen Turner

[1965 - Present] When you read Meghan's novel *The Thief*, anyone from a big family can recognize that she's taken multiple kids on long trips. As the titular hero [or anti-hero?] complains and grumbles his way through the book, readers slowly grasp the idea that there is WAY more to this guy than meets the eye. A master of complex plot and character development, Turner unwinds fascinating tales with surprising turns and endings that are NEVER what you would expect - and they're immensely satisfying.

Set in an imaginary series of kingdoms resembling those at the time of Ancient Greece, but with a light sprinkling of other cultural influences, the action is fast-paced but never shallow. A made-up pantheon of occasionally entertaining deities keeps an eye on the characters' well-being, while subtly placed fables and folk stories add depth to the choices to be made. Overall, the series has a strong thread of trust in the inexplicable workings of Divine Providence - perhaps comparable to Tolkien's mythological framework in *The Silmarillion*.

Also included is a fascinatingly complex love story, a far cry from the trite sentimental nonsense that is so common in modern novels, and without any of the garbage. Two more books will complete the series, but lack release dates.

16 Years:

Pride and Prejudice	Jane Austen
Little Dorit	Charles Dickens
David Copperfield	
Nicholas Nickelby	
Red Banners, White Mantle	Warren H. Carroll
The Spy Mistress	Jennifer Chauverini
The Thirteenth Princess	Diane Zahler
The Prisoner of Zenda	Anthony Hope
The Silmarillion	J. R. R. Tolkien
The Lost Tales	
The Ranger's Apprentice Series	John Flanagan
(books 1 - 6 need mild editing; the rest are fine)	
The Brotherband Chronicles	John Flanagan

17 Years:

Cyrano de Bergerac	Edmund Rostand
Isabella of Spain	William Thomas Walsh***
St. Teresa of Avila	
Philip II	
Characters of the Inquisition	
The Mirage of the Many	
Out of the Whirlwind (novel)	
Shekels (blank-verse play)	
Lyric Poems	
"Gold" (short story)	
Thirty Pieces of Silver (a play in verse)	
Our Lady of Fatima	
The Carmelites of Compiegne (a play in verse)	
Saint Peter, the Apostle	
The Autobiography of Yukichi Fukazawa	Fukazawa
Charles I	Hillaire Belloc***
Charles II	
The Crusades	



William Thomas Walsh

[1891 - 1949] A staunch American Catholic, Walsh literally takes the world to task on its faulty, prejudiced views of Catholicism and Catholic history.

Focusing on the 15th and 16th centuries, when the Protestant "Reformation" was wreaking havoc, when the Inquisition was a functioning entity, and when kings made choices for the good of the Faith rather than for the good of their own pocketbooks, Walsh sets out in clear, engaging language "what really happened," based on freshly translated documents and unbiased research.

Now you can get the whole picture on villains like Martin Luther and John Calvin and the (few) heroic kings who resisted them, like Philip II of Spain. Now you can finally understand the complex relations between the Spanish and the English in the days of Henry VIII and Katherine of Aragon - and get the whole scoop on William of Orange.

Any of his books in itself would make a phenomenal high school history course, or at the very least excellent supplemental reading.

As an added bonus, attentive readers will also see many parallels between the situation then and the troubles in the Catholic Church today. History has a habit of repeating itself.



<b>The Thief</b>	Meghan Whalen Turner
<b>Queen of Attolia</b>	
<b>King of Attolia</b> (you may want to edit one scene)	
<b>A Conspiracy of Kings</b>	
<b>Beau Brocade</b>	Baroness Orczy
<b>Leatherface</b>	
<b>The Laughing Cavalier</b>	
<b>The First Sir Percy</b>	
<b>Life With Father</b>	Clarence Day
<b>The Robe</b>	Lloyd Douglas
<b>The Road to Nagasaki</b>	Fr. Paul Glynn

**18 Years:**

<b>A Tale of Two Cities</b>	Charles Dickens
<b>Oliver Twist</b>	
<b>The Living Wood</b> (Emperor Constantine and St. Helena)	Louis de Wohl Overall his works are good, but often require editing for younger readers due to a little too much detail on the vices of villains.
<b>Throne of the World</b> (Attila the Hun and Pope Leo I)	
<b>Imperial Renegade</b> (Emperor Julian the Apostate and St. Athanasius)	
<b>The Restless Flame</b> (St. Augustine of Hippo)	
<b>The Golden Thread</b> (St. Ignatius Loyola)	
<b>Set All Afire</b> (St. Francis Xavier)	
<b>The Spear</b> (St. Longinus)	
<b>Saint Joan: The Girl Soldier</b>	
<b>Citadel of God</b> (St. Benedict of Nursia)	
<b>David of Jerusalem</b>	
<b>Founded on a Rock: A History of the Catholic Church</b>	
<b>The Glorious Folly</b> (St. Paul the Apostle)	
<b>The Joyful Beggar</b> (St. Francis of Assisi)	
<b>The Last Crusader</b> (Don Juan of Austria and The Battle of Lepanto)	
<b>Lay Siege to Heaven</b> (St. Catherine of Siena)	
<b>Pope Pius XII: Shepherd to the World</b>	
<b>The Quiet Light</b> (St. Thomas Aquinas)	

- FINIS -

Special Thanks to All of Our Book Contributors...

...and to all of those nice librarians over the years who realized that we weren't looking for stupid trashy books. You ladies are fantastic!



“I must say I find television very educational. The minute somebody turns it on, I go to the library and read a good book.”

- Groucho Marx

[www.brainyquote.com](http://www.brainyquote.com)





# Fall Doesn't Mean Fat

**A COLD WIND BLOWS LEAVES THROUGH THE AIR,** pumpkin patches seem to pop up unexpectedly, and you enthusiastically dig out those scarves and flannel - there's just something good about this crisp, cool time of year. But as much as we love fall, so many fall recipes are heavy comfort food dishes that leave us feeling bloated and weighed down. Why?

Why do we put ourselves through all the retrospective pain and poundage of fall eating when it's the perfect time of year for a bounty of garden-fresh crops? Bright rusty-orange gourds like pumpkins, magenta-purple stone fruit like plums, and deep yellow roots like rainbow carrots can become delicious and healthy meals with a few simple steps. The following recipes have all the warm fuzzy feelings of that familiar comfort food without the stomach ache or worry.

Creamy roasted butternut squash and acorn squash allow for more substantial and hearty dishes, while still retaining that light side. Warm baking spices like cinnamon and holiday reminiscent herbs like sage remind us of the chilly season. Using these ingredients will bring all the autumnal flair, with very little of the usual accompanying flab.

And as high as they are on flavor, the health perks of these dishes are even more impressive. Here's just a short list of what a few of our ingredients can do for you.

Butternut squash is very low in calories and high in fiber so a lot of it can be consumed and can keep you fuller longer. It contains high amounts of vitamin A which is a powerful antioxidant that aids vision and maintains skin integrity. Acorn squash is extremely nutrient dense for its size. This trophy vegetable is high in Vitamin C, B, and A, thiamin, and pantothenic acid. The mineral list includes potassium, magnesium, manganese, iron, copper, phosphorus, and calcium. Cinnamon has the highest antioxidant strength of all the food sources in nature. The spicy bark also contains potassium, which helps regulate the heart rate. The essential oils found in sage contain ketones which have anti-inflammatory, anti-allergic, and anti-fungal properties.

Now that you know some of the health benefits to eating autumnal seasonal vegetables, try out these recipes to satisfy your fall cravings in all the best ways!





# what does it mean to be **VEGAN?**

Ever hear the words, “I’m vegan” and feel your hackles rise because you associate the phrase with an ideology that is almost polar opposite to your own? Do you associate it with the liberal left?

You aren’t alone in your reaction. But what does “vegan” actually mean? Is it a cult where they love animals and don’t eat meat? Perhaps some would argue that it is, but there’s more to it.

**T**ruth be told, at its bare bones (yay for bad puns!) the vegan diet goes a step farther than vegetarianism by not eating or using anything produced by animals, e.g. not only no meat, but also no eggs, honey, milk, butter, etc.

Given that Catholicism teaches humanity was given lordship and stewardship over the earth, the idea of being vegan can seem opposed to our religion. We were meant to use animals, kindly, but for our benefit. Thus, in so far as one is vegan due to an ideological belief that one should not use products from animals, it would in fact be opposed to our religion.

But while some people find immense advantage in taking up a high meat diet, others will benefit from a meatless or near meatless diet. A diet that is higher in meat produces higher amounts of arachidonic acid, which, for many, leads to that dragging, heavy feeling that comes of an acidic (ill-health and cancer prone) body.

A diet high in vegetables results in a body that is more alkaline and can result in a slimmer waist line, gorgeous skin, and beautiful hair. The consumption of mostly raw fruits and vegetables can produce a better mood, more energy, and overall improved emotional well-being. All of which is the result of the body experiencing a higher amount of the vitamins and nutrients it needs to run properly.

Vegan menus are generally a little more cost effective as well. Bananas are sixty-nine cents per pound; pork tenderloin is five dollars per pound. [Perhaps you can use the money you save on groceries for the smaller clothes you're going to fit into!] The increased energy level leads to a need to expend it somehow, so you will naturally go to exercising. Exercise builds muscle, increases endorphins, and further elevates the mood.

Nevertheless, it may seem simplistic to be eating mostly fruits and vegetables. It's certainly true that an all vegan diet has some drawbacks:

**Vitamin B12** can only be found in animal based products. It's a necessary vitamin for the

production of DNA, aids in maintaining healthy cells and blood, and, when one is deficient in it, a person's internal systems can go haywire.

**Animal-based iron** is more easily absorbable than plant-based iron, so keep in mind that if you decide to try a vegan diet, a big part of your daily intake will need to be iron rich foods like legumes, dried fruits, and dark, leafy green vegetables.

Fitting a **sufficient amount of protein and calcium** into your diet might be more difficult when you go vegan. Vegan protein sources include soy, lentils, quinoa, and beans. Fit your calcium in with kale, bok choy, almonds, soy, and figs.

If you decide to eat vegan, there's no need to set hard limits. The best way to go about such a diet is to eat 90% vegan and 10% lean meats, dairy, and "waste calories." A daily vegan diet routine will be packed with fruit, vegetables, small amounts of beans, seeds, legumes, and a minimal amount of healthy fats like avocado. That 10% splurge might come in the form of a few bites of cheese per day, or a glass of wine on the weekend.

If eating vegan sounds like it might be an interesting, if only temporary, dietary option, do a little research on vegan recipes before you plan your weekly menu list or consider what to make for your next social event. The amount of vitamins and nutrients you will consume will skyrocket, your body will start to look and feel better, and included with that skip in your step will be a lighter grocery bill. Ω



**L**auren Fury graduated from the Culinary Institute of America and is an enthusiast of Italian, vegan, and raw vegan cuisine. She teaches with Publix Apron's cooking school and is a private chef in the Tampa Bay area. You can contact her at: laurenfury@hotmail.com.







# ROASTED BUTTERNUT SQUASH

## WITH PEPITAS, TOFU FETA, & BALSAMIC REDUCTION

*The creamy-roasted butternut squash, the crunchy pop from the pepitas, the salty feta, and the sweet but sour balsamic work really well together. Pepitas are green pumpkin seeds, available in the produce section of most grocery stores. Serves 4.*

### Squash:

- 3 Tbsp. Olive oil
- Black pepper [to taste]
- 2 Butternut squash, halved, seeded, and diced into ½ inch pieces

### Trimmings:

- 1 cup Balsamic vinegar
- 3 Tbsp. Pepitas, roasted and salted

### Equipment:

- Small bowl
- Small saucepan
- Broiler

### Cheese:

- ½ Tbsp. Extra firm tofu, drained, and crumbled or your favorite salty vegan cheese
- 1 Tbsp. Lemon juice, fresh
- Salt [to taste]

### Stage 1:

Add crumbled tofu to a small bowl. Season well with salt and lemon juice. Set to the side to marinate.

### Stage 2:

In the meantime place a small sauce pot over high heat and bring the vinegar to a boil. Reduce the heat to low and simmer until it is reduced by half, is thick, and syrupy. Remove from heat and reserve.

### Stage 3:

Heat broiler to 500°F. Place oven rack at the second highest setting. On a medium sheet tray add 1 Tbsp. olive oil and cover pan. Place diced squash in a medium bowl and mix with 2 Tbsp. olive oil and season with salt and pepper. Place squash on pan and broil for 3-5 minutes, stirring occasionally, until they are golden brown. Reduce heat to 350°F. Move rack to middle of the oven and finish roasted squash until fork tender, about 5-10 minutes.

### Stage 4:

Place hot squash on serving plate, sprinkle with pepitas, tofu feta, and balsamic reduction. Season with a sprinkle of salt and serve.



# BABY KALE, DRIED CHERRY, & ACORN SQUASH

## WITH MAPLE CAYENNE VINAIGRETTE

*Keep an eye on the acorn squash under the broiler because it will cook fast. Add more or less of the cayenne depending on your heat preferences. This dish is all about the delicious and interesting balance of sweet and spicy. Serves 4.*

### Equipment:

- Broiler
- Medium sheet pan
- Large Bowl
- Small Bowl & Whisk

### Greens:

- 4 cups Baby kale
- ½ cup Dried cherries
- ½ cup Pecans, roasted and salted

### Squash:

- 2 Acorn squash, halved, seeded, and sliced into ¼ inch pieces
- Salt [to taste]
- Black Pepper [to taste]

### Vinaigrette:

- 3 Tbsp. Maple syrup
- ½ Tbsp. Cayenne pepper
- ¼ cup Apple cider vinegar
- ½ cup + 2 Tbsp. Olive oil

### Stage 1: Squash

Heat broiler to 500°F place oven rack at the second highest setting. On a medium sheet tray add 1 Tbsp. olive oil and cover pan. Place sliced squash in a medium bowl and mix with 1 Tbsp. olive oil season with salt and pepper. Place squash on pan and broil for 3-5 minutes on each side until they are golden brown and tender. Remove from oven and let cool to room temperature.

### STAGE 2: Vinaigrette

In a small mixing bowl add maple syrup, cayenne, and apple cider vinegar. Slowly whisk in ½ cup olive oil.

### STAGE 3: Greens

Place kale in a serving bowl. Top with dried cherries, pecans, and roasted squash. Drizzle with a little of the maple cayenne vinaigrette and serve.





# CARAMELIZED RAINBOW CARROTS,

## BRUNOISE SPICED APPLES, & FRIED SAGE

*Purple rainbow carrots have a pretty yellow center when sliced and are aesthetically pleasing. The fried sage adds a crisp herbal contrast to the roasted vegetables. Serves 4.*

### Equipment:

- Broiler
- Sheet tray
- Small saucepan

### Oil & Herbs:

- Vegetable oil [to fry]
- 1 bunch fresh sage, stems removed
- Salt [to taste]

### Carrots:

- 3 cups Rainbow carrots, halved lengthwise
- 3 Tbsp. Olive oil
- Black pepper [to taste]

### Apples:

- 4 small Granny Smith apples, diced into 1/8 inch pieces
- 2 Tbsp. Earth Balance buttery spread
- Cinnamon [a pinch]

### Stage 1:

In a small saucepan, add the vegetable oil and place over moderate heat. When the oil reaches about 350°F add the sage leaves. They will bubble. When the bubbles subside remove from oil with a slotted spoon and place on a paper towel to drain. Sprinkle with salt and reserve.

### Stage 2:

Heat broiler to 500°F. Place oven rack at the second highest setting. On a small sheet tray add 1 Tbsp. olive oil and cover pan. Place halved carrots on pan and toss with 2 Tbsp. olive oil and season with salt and pepper. Broil on each side for 4-5 minutes until they are golden brown and fork tender.

### Stage 3:

In the meantime heat the earth balance in a small saute pan over moderate heat. Saute the apples for 4-5 minutes. Remove from heat, add a pinch or two of cinnamon, and mix.

### Stage 4:

Assemble warm carrots on a serving plate. Top with apples, a few of the sage leaves, and serve.



# Perfecting your PIE CRUST

If you happened to grow up at your mother's elbow, baking in the kitchen since the days when you needed a stool to see over the countertop, than pie making is probably in your repertoire of things you have a pretty good handle on.

If you didn't, you might be clueless. When fall comes around, since the esoteric mysteries of pecan, pumpkin, and apple pie have you stymied, when the craving for pie hits (or you really need something to bring to that dinner you're invited to), you're off to the grocery store to buy one at \$6.99.

Sure, it's more convenient, and possibly even cheaper, than making one yourself. But let's be honest. Not very many people eat the crust on a store-bought pie. It's almost like the crust is just an excuse, an edible container to hold the filling. We'll buy a pie instead of a can of pie filling because it's uncouth - if more honest - to serve up a bowl of cherry pie filling. Not to mention that a bowl of pie filling flies in the face of tradition!

If you've never been bold enough to try your hand at baking, or if your baking thumb [those exist, right?] isn't very sweet, try out the following pie crust recipe for the pie of your choice. It's forgiving, simple, and so delicious that, if you are anything like our test tasters [read the children of our editor], you'll be savoring the baked scraps.

Just remember to double the recipe if you are doing a pie that calls for a 'lid.' "Openface Apple Pie" is also known as "Messy Apple Tart."

## Yummy Pie Crust Method



**1 ¼ c. flour**  
**¼ c. sugar**  
**½ c. butter**  
**2 egg yolks**  
**1 tbs ice water**



**Cut the butter into the flour and sugar until the crumbles are no bigger than pea size.**



## [TIP]

### On a time constraint?

Make a galette! For this rustic, open face, no plate French tart all you'll need is a piece of parchment paper on an oven sheet to lay your crust on. Dump your pie-filling in the middle of the pastry, fold the crust up the sides, brush with egg or milk, sprinkle with turbinado sugar and bake until the filling is bubbly and the crust is browned and flaky.

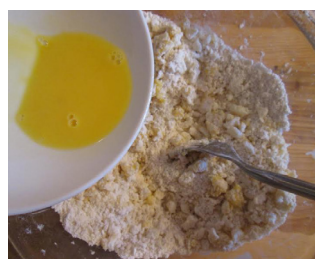
### TRY THESE DELICIOUS COMBINATIONS FOR AN UNEXPECTED TWIST ON THE STANDARD FRUIT PIE:



### Pear & Blackberry

It's not a combination you'll typically see on store shelves, but paired together, they create a beautiful medley of sweet and tart that will have your guests coming back for more. If you want an extra bit of pizzazz in your pie, add a splash of Cointreau in place of your liquid in the pie filling.





**Mix the egg yolks and ice water together until combined and then gradually add to flour mixture.**



**Use the tips of your fingers to knead the dough until it comes together into a ball.**



**Place your ball in a piece of plastic and flatten into a disk, rolling several times on its side like a wheel.**



**Refrigerate for a minimum of 30 minutes or until needed.**

**\*Adapted from *Better Homes and Gardens*' "Rich Tart Crust" recipe.**

**To Use:** Generously flour your pastry board. Flour the dough and begin to roll it out. Check often to make sure it is not sticking to the board - shift the dough from side to side or carefully lift it. If it starts to get tacky, flour the top and gently flip it over. Flour the top again and continue rolling until the dough is at least two inches wider than the outside diameter of your pie dish.

In order to transfer your dough, lay a piece of plastic wrap over the surface of your dough. Roll the dough onto your rolling pin and then unroll it over your pie plate, fitting it down in the middle first and working toward the sides. If it breaks, no problem. Fit it in as best you can and then use scraps from the side with the largest amount of excess dough to patch the holes.

If you are doing a single crust pie, trim the edges, crimp, and then fill with your preferred filling. If you are doing a double crust pie, fill your pie, lay the lid on and trim the excess dough around the edges to ½ to 1" from the edge. Pinch together and tuck under the raw edges. Crimp as desired and then cut decorative holes into your top crust for steam vents (mini cookie cutters are perfect for this). Optional: Brush the top with egg or milk and sprinkle with turbinado sugar.

To prevent the crust from burning, place bent and molded foil strips around the pie's edge before placing in the oven, and then remove 15-20 minutes before the pie is due to come out. Bake according to recipe instructions. **Ω**



## Apple & Cardamom

Cardamom isn't a spice that is typically found in the American pantry, but it should be. From rice puddings and bread puddings to pies, it has a versatility similar to that of cinnamon, and is just as warming while giving desserts an Eastern spin. Like nutmeg, grinding cardamom fresh provides the strongest flavor profile. If buying the pods isn't an option, try your local fine foods grocery store for the pre-ground jarred powder. But be warned! A little goes a long way!



## Peach & Strawberry

Hacking your way around the pits in a pound of peaches sounds like an exercise in patience [say that three times fast!] But if you are fortunate enough to source some ripe freestone peaches, making a peach pie will seem less daunting. Paired with fresh strawberries, it's the perfect way to capture the end of summer and start to prepare the palate for all the warmth of fall. For even more berry flavor, try a mix of blueberries, blackberries, and strawberries.





# How to Break Up

## Girl meets boy. Things are going great. :-)

They both love baseball and play a mean game of Scrabble. They actually like their prospective in-laws. They appreciate each other's crazy sense of humor. They share a strong commitment to the Faith.

## Things fall apart. Girl is an emotional wreck. :-)

He wants to live in rural Texas. She can't give up parish life in the big city. Neither will budge, and family takes sides until everything is a complicated mess. They call it quits.

## Girl implodes [if she's an introvert]. Girl explodes [if she's an extrovert].

**Introvert:** Withdraws into her shell beyond human contact. Broods to the point of agony. Becomes a recluse to avoid awkward questions and constantly questions the motives of her decision.

**Extrovert:** Complains loud and long to anyone who will listen about that rotten guy from Hickville. Has no qualms about airing her hurt feelings until the whole world knows every detail.

## Very messy all around. :-o

Friends are concerned, speculation abounds, everyone wants to talk about it, acrimonious feelings brew and boil over with each juicy bit of scandal, and boy and girl get so fed up that they never want to even see each other again. Ever.

## Ouch.



**T**HERE HAS TO BE A BETTER WAY, RIGHT? Where is the manual on surviving the break-up? Er...kind of missing. Like the manual on raising perfect kids.

This isn't, by any means, a comprehensive examination of the inner workings of the human heart. That's more suited to a one-on-one with your mom, your closest friend, or your confessor. But if you're hurting and need some ideas to help you through a painful break up, here are some tips that might get you through the rough patches.

**1] Pray.** Make frequent visits and attend the sacraments often. Acknowledge the fact that all crosses are permitted by God to bring us closer to Him. Sometimes He allows us to experience such pain to force us into a more intimate relationship with Him. It may require a readjusting of our focus, but it can be incredibly consoling to pour out all our grievances before Our Lord. Don't forget to make a daily offering and unite your cross to Our Lord's: "Suffering borne in the will quietly

and patiently is a continual, very powerful prayer before God." - St. Jane Frances de Chantal

**2] Keep it private, but don't be embarrassed by it.** For an extrovert, this advice might send them running in horror. It's cathartic for them to tell everyone everything, even if that means skirting the risk of sharing too much information, or worse, calumniating the person who is the source of the pain. But an introvert wouldn't have the same inclination. Sharing just adds to the stress. And who would want everyone to know they are being so affected by a failed relationship?! The truth is, it helps to have someone (one, at the most two) close friends to talk to. This someone should be supportive, but also a person you can rely on to be objective, positive, and a "vault." Don't find yourself in the position of regretting having said too much to too many.

**3] Try to focus on the positives, not the negatives.** For someone suffering a broken heart, this might seem an incredibly difficult feat.



Isn't it emotionally easier to stew about all the ways in which he failed to measure up, he's a real jerk, etc.? It's easier because remembering negatives and disappointments breed anger, and as the old saying goes, 'it's easier to be angry, than it is to be hurt.' We don't want to face the fact that we are hurting. We want to reject pain, and squirrel out of it any way we can. But facing the facts squarely, be they the honest truth in the reasons he gave for breaking up, or accepting that we may never understand the whole truth behind the reason for the break up, will bring us to a more mature and balanced healing.

**4] Up your endorphin production.** Our body's chemical processes have immense power over our moods, and vice versa. They constantly influence each other, and a girl looking to heal from a break up (as we assume you are) can use these to her advantage. For starters, practice smiling genuine smiles, even if you don't feel like smiling. Or take advantage of another well-known endorphin producer: exercise. Your heart is aching, so some cardio on a daily basis might help your through that.

**5] Keep yourself busy.** When a person is in pain, distraction can provide temporary relief, even for emotional pain. Since your brain can only juggle so many priorities, an activity that forces you to maintain your attention will pull your thoughts away from the insecurities and questions constantly buzzing around you. Ironing and doing dishes will probably not keep your mind busy enough, so try for activities that require more active input and concentration, like things that you don't usually do, don't do particularly well, or find more difficult. Working on a project, planning an event, developing and carrying out a menu, or researching information would take up your attention for bits of time. It might be just enough to help you over the hump.

**6] Volunteer.** Helping someone else out forces your focus away from your current problems and on to another person's. If you are proactive about healing, and don't want to wallow in your sorrow (yes, sometimes the broken-hearted want to wallow) volunteering can help put your emotional issues into their proper perspective. It needn't be anything drastic. It could be as simple





as going out of your way to cheer up someone else who is having a hard time, bringing and sharing a basket of fun kids' games to a children's hospital ward, or offering to help an elderly couple in the parish with their grocery shopping or housecleaning.

**7] Have a takeaway.** Too much introspection can be a bad thing. On the other hand, it's important to learn from our experiences. Some people might need to work through their grieving period before they are able to look at their former relationship with an objective perspective. Others can see the lessons to be learned right away. Regardless of which type you are (and if you are the former, don't feel bad, just go with it), there are always lessons to be learned from a failed relationship. The 'why it failed' is important, but not always knowable. Besides the why, there are a lot of questions to ask yourself: what do I wish I had had more strength about in the relationship?

Am I clear to myself on what I expect? Are my expectations unreasonable? Are they too easy? Did I behave in a way that the Blessed Mother would be pleased to see?

If you are experiencing a break up, our hearts go out to you. It's not an enjoyable experience for anyone at any time. However, it is an experience that this writer wishes on every person at least once. Few things are capable of replacing a break-up as an eye-opening event that gives a better understanding of one's self, one's weaknesses and limitations, and one's expectations.

Nevertheless, we make an appeal to Our Lady that she shower our disappointed sisters with the soothing balm of many graces.

You are not alone. Ω



*“Happiness must be  
grown in one’s own  
garden.”*  
- Mary Engelbreit

[This Hobbit Hole was built by fans in the small town of Yale, MI. Check it out at <https://www.facebook.com/mykulmorris>]



# LOVE IT vs. HATE IT

*"I'm so grateful when someone lets me know that my slip or straps are showing! Better than finding out hours later and wondering who I scandalized."*



*"People should be able to figure out for themselves when their clothing is out of order. It's none of my business, and they may take offense if I tell them."*

[giving a clue]

**YOU SAID:** If I am near them and it's not an inconvenient time to say something then I would say something. Otherwise, I will just not say anything. Nothing wrong with a little humility when they find out later by themselves. Maybe they'll be more attentive next time?

- Kathleen, CA

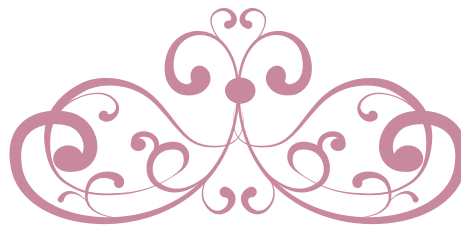
Depending on the setting and if it could be done discreetly, I would certainly try to give the person a clue. However, one would have to save her breath most of the time when it comes to bra straps. Unfortunately, it's become so commonplace now to intentionally show them when wearing tank-tops.

- Jennifer, OH

It depends on the person with the issue. Do I know them? If so, I just mention it quietly, to them. If I don't, then I won't say anything. How embarrassing would it be to tell a guy you don't know that his fly is open?

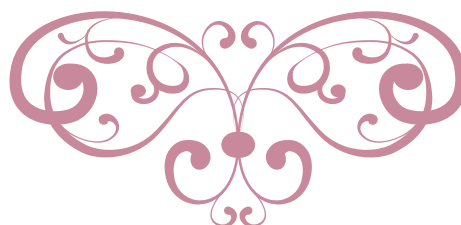
- Karen, KS

If a lady friend or acquaintance had something awry, I would definitely



**Did you know that women's nominal clothing sizes have increased in physical size over the years in a phenomenon known as "vanity sizing"? A size 8 dress with a 32 inch bust in 1967 is considered a size 0 today.**

[www.scratchhard.com](http://www.scratchhard.com)



mention it to them sotto voce ASAP! I appreciate it when friends look out for me the same way! When it comes to menfolk I wouldn't feel comfortable tipping them off unless they were relatives or very close friends, however.

- Constance, NY

Tap them on the shoulder gently and whisper, or a note on post it! I would appreciate it if someone did that for me.

- Eileen, WI

\*\*\*\*\*

***"Elegance is not standing out, but being remembered."***

- Giorgio Armani

\*\*\*\*\*

Join the **Love It** vs. **Hate It** fun in the next issue:

***First Date: Hiking***

Suppose your guy interest asks you on a first date, a double date it turns out, to go hiking for a few hours in the afternoon. Are you enthused about the idea, or did your interest in him just take a major hit?

Email a 2-3 sentence response to  
altarandheartheeditors@gmail.com  
Subject: HIKING FIRST DATE



# Emily's Etiquette Essentials



You're  
Invited!

Dear Mrs. Emily,

*I'm invited to a couple of parties/gatherings next month - one for in-laws (backyard BBQ), another in two weeks for a dinner (close friends), and yet another in two weeks following for an annual parish event. I have a lot of family obligations to consider as well, but would like to try and make it to all of them. What's my obligation in RSVPing and do I need to bring something to each one?!*

Sincerely,  
*Overjoyed & Overwhelmed*

Dear O<sup>2</sup>,

Take a deep breath! Relax, and count your blessings (I'm sure you do) for having family and friends who love you and whom you love dearly. You must be a treasure to be so in demand.

For engagements that are coming up soon, yes, RSVP ASAP in whichever manner was requested (text, email, letter, phone, etc.)

They're expecting you to do so. If you have other obligations and aren't sure if you will be able to make it on time, or at all, call them right away and tell them. They'll appreciate your consideration in their planning and preparation - you don't want them to be left with 200 extra pieces of chicken to dispose of because half their guests didn't tell them they weren't coming!

Family functions don't require that you bring a gift, especially if the event is an informal one like a BBQ. But a considerate relative will always ask if they can bring something, be it a salad, extra cutlery, or drinks. The offer will be appreciated, even if they don't take you up on it.

For an invitation that is at least several weeks to a month out, you can RSVP within a week of the party, but two weeks' notice is often appreciated. Some hostesses like to be prepared that far in advance and will most likely have the menu planned.

On a related side note, a small intimate gathering may allow for hosts to accommodate specific guests, so it would not be inappropriate to let them know if you have any food allergies. If it's a larger party, no need to mention anything, just be prudent in what you consume. If it's a close friend hosting, she should understand your concerns regardless.

As to bringing a gift to a dinner party, any small token showing your gratitude for the invite is appropriate - wine, a candle, a small picture frame, etc. Whether you should bring something is the easy question (yes); it's the what that can be difficult. Think of your hostess and then try to find something she would appreciate or find special.

As to your parish function, nothing extra is needed except yourself. The exception would be if it's a potluck, in which case you should provide a reasonable amount of food for the number of people you are bringing. It is rather thoughtless to show up with ten kids in tow and only a tiny little casserole dish. For other types of parish events you may want to volunteer to help set up or clean up.

What remains important at any social gathering is to be a grateful and happy guest. Be prepared to have a good time and share the joy!

Sincerely,  
Mrs.Emily





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pray for us!*