

Spring-Summer 2020
Issue 12

Altar & Hearth

Inspire. Amuse. Inform.

Sawdust Sidewalk Art

A great project for big feasts!

Why NOT Me?

In the shadow of the Cross

Milk Gone Sour?

✕ Make cakes, breads, and more!

Why you should read Owen Francis Dudley

Boys Getting Shaggy?

Learn how to cut their hair at home!

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.

Unless restating established traditional Catholic teaching, the opinions found herein belong to the individual contributors and do not necessarily reflect the opinion of Altar and Hearth Magazine. If you find yourself in disagreement, you are more than welcome to voice your views in a letter to the editor.



Managing Editor

Colleen Eldracher holds a bachelor's degree in Business Management, with a major in marketing and a minor in graphic design. She is an outspoken defender of the Oxford comma and has worked as a wedding dress designer, but currently makes church vestments and is writing a step-by-step book about the process. She much prefers writing historical fiction. She teaches 4th & 5th grades, high school English, and sewing at a Catholic parochial school in Ohio.



Founder & Former 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.

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 at altarandheartheditors@gmail.com. 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,

Happy Spring! (Because it *is* Spring, and no matter what world governments say, they can't control the seasons!) Trees are flowering, daffodils and tulips and Star of Bethlehem are popping up to grace our flower beds, and soon it will be warm enough to go barefoot in the soft new grass. Babies are being born or hatched, birds are singing, and the whole world is rising up and shouting the renewal of Easter (at least if you live in the northern hemisphere).

If all the panic and hysteria has you down and stressed, there's a great book recommendation for you on page 20 in this issue. A friend lent me "The Shadow on the Earth" by Owen Francis

Dudley before all this nonsense started, and one Sunday about two weeks before Easter I was just in a miserable mood and finally got around to reading it. WOW. Just wow. I finished it in a MUCH better mood, and have thankfully been able to keep it up pretty well since. (After reading the second volume in the series, I finally googled the author and discovered he was a priest - I was like, "Now THAT explains a LOT of things!") Wonderful author, wonderful stories, and truly uplifting and strengthening spiritual advice.

Pax Christi,
Colleen



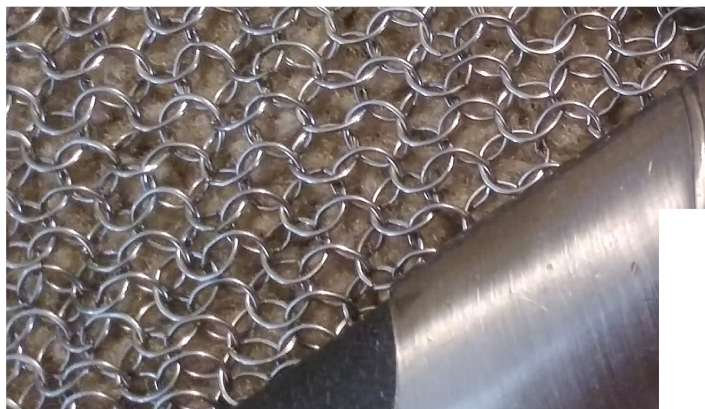


Letters to the Editor

WHAT PEOPLE ARE SAYING

As a southern boy, I was glad to see the piece on cooking with cast iron. One caveat, though - don't clean it with steel wool. It will wreck the patina. Instead, use this:

- J.S.



Editor's Note:

You can purchase the stainless steel mini chainmail ringer at Amazon for \$15. There are a few different shapes and sizes available.

Catholic Business Directory

Alex & Co - Photography - Brooksville, Florida

Arbonne Independent Consultant - Katie Quain - Kansas; online

C & P Cars - Car maintenance & repair at reasonable prices - Cincinnati, OH

Current Construction - Built to last - Johannesburg, Michigan

Keep It Light Art - Whimsical artwork - online

Pure Goat Soapworks - Handmade soaps - online

St. Apollonia Dental - Reliable family dentistry - Sterling Heights, Michigan

St. Jerome Library - Spiritual & secular reading, homeschooling materials, gifts, and more - online; Elkhorn, Wisconsin

St. Zita's Cottage - Catholic crafts - online

The Misty Mountain Boys - Live & recorded bluegrass music - Minnesota

My Holy Cards - Fully-customizable holy cards for weddings, funerals, First Communions, and more! Online at www.myholycards.com

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Know someone who owns a Catholic business or offers professional services? Listings in the directory are absolutely FREE! To place an advertisement with us, contact us at altarandheartheditors@gmail.com. We provide design services by request; otherwise you can submit your own promotional pieces. We reserve the right to refuse objectionable ads or to modify ads to meet our criteria in terms of space and content.

Pricing

Full page: \$40 per year [11 in tall x 8.5in wide]

Half page: \$20 per year [Specify vertical (11 in x 4.25 in) or horizontal (5.5 in x 8.5 in.)]

Quarter page: \$10 per year [Vertical only. 5.5 in tall x 4.25 in wide]

Sidebar: \$15 per year [11 in tall x 3 in wide]

Footer: \$12 per year [2.5 in tall x 8.5in wide]

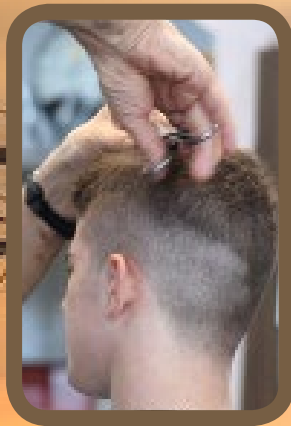


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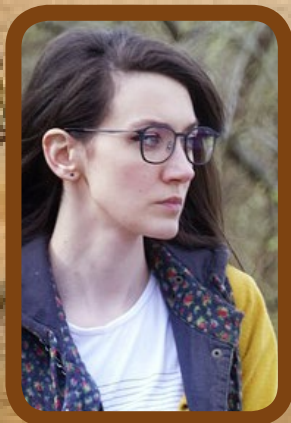
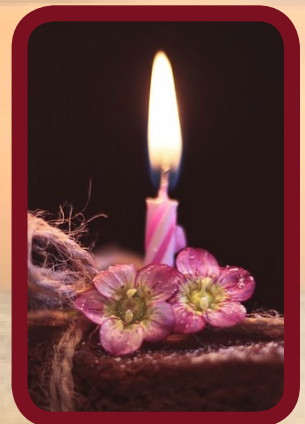
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Dressing Up the
SIDEWALK
by Anne Dowland



LOOKING FOR A WAY to add extra pizzazz to your parish's Corpus Christi procession? Look no further! These stunning designs in dyed sawdust are spectacular, fairly durable, and comparatively easy to do if you have the time and willing helpers. You will need:

SAWDUST

Compressed bales of fine pine animal bedding (DO NOT try to use hardwood sawdust - it doesn't absorb the dye). Sold at feed or agricultural stores in 2.25 cubic foot bales.

CHALK

Regular sidewalk chalk is helpful for drawing the designs on the pavement, especially if you have only one artist and several non-artistic helpers. If you can, color-code things for efficiency.

DYE

Bulk food coloring. AmeriColor Soft Gel Paste works well. It is available in a 13.5 oz size for about \$14 on Amazon.

- **Colors** (suggested, depends on the designs you decide to do): Red, yellow, blue, orange, green, pink, purple. Two shades of green and two shades of blue are helpful. The untinted sawdust is rather bland unless you can think of a design that could make use of it.

- **White** - egg shells work best. Save, wash, and dry them for months ahead. Crush when completely dry and store in sealed airtight bags or containers. Cheap white salt can be used in a pinch.
- **Black** - Save your used coffee grounds! If you don't have enough coffee drinkers, just purchase cheap canned coffee to use.

RUBBER GLOVES

Long sturdy gloves are best for stirring the water, dye, and sawdust together. Short disposable ones are great for laying out the actual designs.

ASSORTED PAILS AND TUBS

Rectangular storage totes from the dollar store are ideal for dying the sawdust in. You will need buckets for water and smaller, quart or pint-sized cottage cheese/yogurt containers for working the designs.

PORTABLE GARDEN SPRAYER

A 2-gallon portable one from a garden supply/hardware store is best for keeping the designs dampened. The water stabilizes the sawdust and prevents it from drying out and blowing away.

PLASTIC DROP CLOTHS

If you create the designs the day before (highly recommended!) it is best to cover them overnight in case of inclement weather.

ASSORTED UTENSILS

Paint brushes, spoons, and plastic spatulas are helpful for fine-tuning the designs.

CRAFT STENCILS

If you will be repeating designs several times, you may find it helpful to either make or buy stencils for them. To make your own, you can cut the designs out of foamboard with an exacto knife. (The roses in the photos were done with homemade stencils.)

PIECES OF OLD CARPET

You can use these as a base for doing the sawdust designs on grass. Cut them into the shapes you will need. Don't make them too complicated around the edges.

BROOMS

For cleanup afterward. Once you allow the sawdust to dry out, you can sweep it up and compost it.

THERE IS A BIT OF A LEARNING curve to mixing the sawdust with the water and dye initially. You want the sawdust wet enough to absorb the dye and hold together, but not sopping wet (or else the dye will run off all over the sidewalk).

Keep the designs fairly simple the first year you try it, and don't get too carried away with the colors. Some ideas you may want to consider are a giant rosary, the Sacred and Immaculate Hearts with doves, an Agnus Dei lamb, and Celtic crosses with knots. You can also do words and ejaculations, such as Our Lady's monogram, "Jesus et Maria, Vivo Christo Rey," or "O Sacrament Most Holy, O Sacrament Divine, All praise and all thanksgiving, Be every moment Thine."

What you do ultimately depends on your own creativity and how much time, space, and help you have available. Happy dying and designing! (And we'd love to see pics if you try this!) Ω





Many hands make light work. Be sure to wear grubby clothes in case you accidentally get some of the colors on yourself or your helpers!





Why NOT Me?

by Melissa Carter

I T WAS A QUIET EVENING in September at my house where my parents were visiting from their home two hours away. The shadows were long and the dimming light cast shadows into the living room where my mom and I sat on a sofa together. We talked about her recent neurology appointment.

At age 52, my mom was diagnosed with early-onset dementia. She had become more forgetful for several years. She took my advice and went to get formal psychological testing and to see a neurologist.

Mom talked matter-of-factly about how she was trying to come to terms with the diagnosis. She revealed that she had told most of our extended family and some close friends about the diagnosis. I asked how they all responded.

She replied: "They all appeared shocked because I'm so young. Most people don't know this can happen to someone my age.

The one thing they all ask though is if I ever ask myself 'Why me?'"

"What do you tell them?" I asked.

"I just answer, why **not** me? We are all God's children. I'm not any different than anyone else."

Mom saw the tears welling up in my eyes. She leaned over to touch my arm.

"Melissa, I know I won't suffer. I won't even know what is happening to me. I just worry about you, my family. I worry about all of you suffering. That bothers me more than anything else. Your suffering is my concern."

That conversation was one of the last coherent conversations I had with my mother. She lost her memory and eventually lost her ability to speak in the last few years of her life. She passed away at age 60 from early-onset dementia with my father at her side.

When I look back on that day, I am sad, but above all, I see courage. I see someone who believed in the reality of suffering and accepted it. I see a young woman faced with a tragic, terminal illness that would completely consume her mind, who looked at her future with the words that many of us need to ask ourselves every day.

Why not me?

We seem to think when we are young that we are immune to tragedy or misfortune. We live in a country where comfort is normality. Around the world, most are not so fortunate. People flock to America because of what we offer - an opportunity for prosperity that most of the world does not know.

In our society we have lost our ability to suffer well. In fact, we view suffering as meaningless and attempt to avoid it at all costs. Rather than seeing the redemptive power of suffering, we see suffering as a mere state to be avoided at all costs.

When faced with misfortune, we typically blame others, the economy, the government, or God. We insist that nothing unfortunate should happen to us.

We rage. We lash out at the world. We become resentful of our lives and those around us.

Social media exacerbates these feelings as we endlessly compare ourselves to those who appear to have better lives than we do. We scroll past the highlights of other people's lives seething with hostility and insecurity. Everyone seems to have a better life than we are living. We leave our screens feeling bitter as we go into the world to interact with reality. Our relationships suffer and our sense of reality is skewed.

How many of us honestly ask, Why not me? How many of us worry more about how others are suffering than we worry about ourselves?

Do we live for ourselves, seeing our happiness and comfort as the preeminent good in life?

Do we reach out to others to ease their suffering? My mother made it clear that what matters when faced with death is our relationships with others, not our own desires and expectations.

Watching my mother's decline and death was difficult, but if I learned one thing from the tragedy is that courage exists. Suffering can lead us to a closer union with God and those around us. She taught me to believe that we are all equally human and that resentment or anger is not the ultimate answer to misfortune.

Compassion is the answer. My mother's compassion and love for her family and for God spoke volumes about the woman that she always was until the moment of her death. She was someone who gave to the world and never felt entitled. I can only hope I can live up to her example.

We are all human.

We all suffer in some way.

How will you *use* your suffering? The choice is yours. Ω

Originally published at treasureoftradition.com on February 10, 2020.





SYMPTOMS:

Do you tend to always be on the lookout for ways to bring a conversation back around to you? Do you find yourself constantly referring to the awesome things your family members do or can do? Do you experience the need to one-up anyone else who is being praised?

DIAGNOSIS:

- *Bragging* -

Bragging is a particularly unpleasant bad habit that sprouts up from pride - pride in our own accomplishments, in our family, etc. Habitual braggers may congratulate themselves that they're only telling the truth, but the point is that while we certainly do not need to deny the gifts God has given us, and must make good use of them, we do not need to be running an endless advertising campaign. Let others have the spotlight to themselves for a change!

TREATMENT OPTIONS:

1 Keep your mouth **shut**. Easier said than done, true! Make a conscious effort to listen to others and to avoid putting in one's oar unless asked. Becoming a good listener takes practice. Work on trying to find things to ask the other person about that will keep the conversation centered on **their** accomplishments and goals. People love to talk about themselves and will simultaneously consider you charming.

2 Set goals. Can you get through an entire conversation with a person without tooting your own horn? See if you can do it!

3 Try not to interrupt. While it can be difficult at times to determine if someone else is actually finished speaking or only pausing for breath, giving them time to actually **take** that breath can help regulate the impulse to jump in. Practice patience! Ω

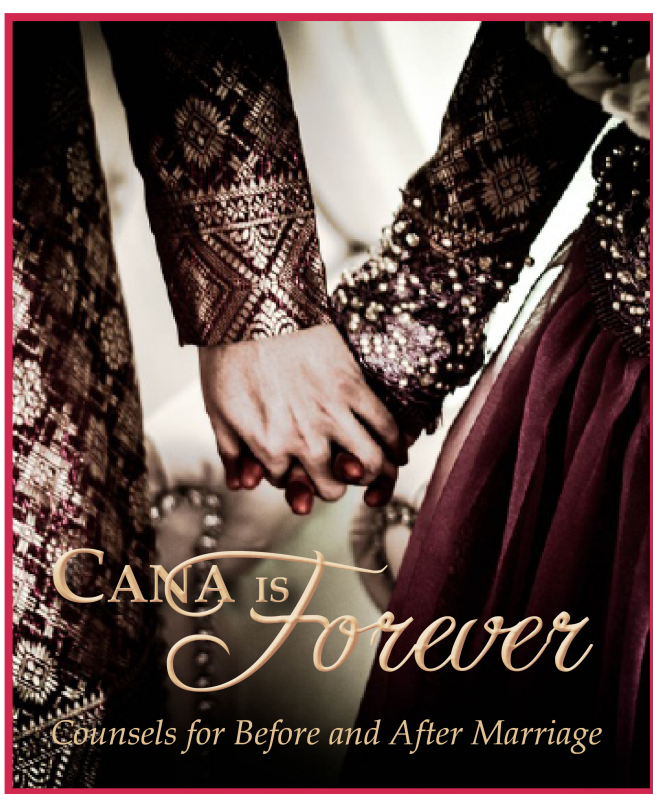


Cana is Forever: On the dangers of mixed marriages, no matter how well-intentioned the parties may be.

CHAPTER FIVE
Mixed Marriages

“Worshippers at the shrine of Bacchus may differ as to the potency and merits of various spirituous beverages, but they are unanimous in denouncing the folly of mixing drinks. Such universal accord is due in no small measure to the inevitable pink elephants, splitting headaches, and the-morning-after dejection.

Strangely, the untold numbers of broken hearts and homes resulting from mixing religions in marriage have failed to produce similar unanimity concerning its injudiciousness. In spite of the frequent warnings of the Church against mixed marriages, they continue to take place, and while some turn out well, the vast majority are doomed to failure. Never, in my twenty years experience in the ministry, have I interviewed young people of different religious beliefs who wanted to marry, without hearing the old refrain: “But Father, our case is different. We have reached a complete understanding about religion. We have decided never to permit religion to interfere with our lives.” And my answer is always the same. “Whether you like it or not, religion *will*



the marriages in which the husband and wife were of the same faith ended in failures as compared with fifteen per cent in the case of mixed marriages.” Brother Gerald J. Schnepf, S.M., M.A., in his survey made in 1942 for his dissertation entitled “Leakage From a Catholic Parish,” asserted that in “sixty-two per cent of the marriages leading to separation, one party was Catholic and the other not.” In other words, the percentage was high because of

the mixed marriage angle. Dr. Clifford R. Adams, director of the Marriage Counseling Service of Pennsylvania State College School of Education, and author of the

Book Review

interfere with your life. It is too important, much too important, to be relegated to the background of life.”

The proof that difference of religion in marriage does interfere is demonstrated by the fact that it is one of the great causes of separations and divorce today. The Reverend Robert Good, a Presbyterian minister, addressing a church group in Ottawa, Ontario, Canada, said recently that “mixed marriage ought to be avoided at all cost because of the high rate of their failures. Only six per cent of

recent book, “How to Pick a Mate,” stated in an article appearing in the September, 1946, issue of “The Woman’s Home Companion” that “Three out of four girls seriously date, at some time, a man of different religion. To a girl in love the matter of religious difference is apt to seem inconsequential. After all, the man she marries will be a freethinking adult. To such girls I point out the jarring fact that my records show that seventy per cent of such marriages now end in divorce or separation.”

Now, Dr. Adams should know what he is talking

about, since he counsels some four thousand persons a year. Perhaps, after considering well this high percentage of failures in mixed marriages, the Church's warnings may not seem too exaggerated.

To those who think this problem is solved when they plan to enter matrimony with a person without any religious convictions or beliefs at all, I say that they worsen the condition and merit to be nicknamed after a nationally known decaffeinated coffee, whose advertisements claim "it has no active ingredient in the bean." "A man without some sort of religion," says Marvel, "is at best a poor reprobate, the football of destiny, with no tie linking him to infinity and the wondrous eternity that is begun with him; but a woman without religion is even worse--a flame without heat, a rainbow without color, a flower without perfume."

This much is certain, the single state in life is a thousand times more preferable, in nearly every case, to a mixed marriage. Even in the Old Testament mixed marriages were definitely forbidden. The Jews were not permitted to contract marriage with the Canaanites nor

indeed with the Samaritans, who, while practicing heathen ceremonies, kept the law of God and had the books of Moses. God's abhorrence of mixtures is evidenced by His command in the ancient law: "Thou shalt not sow thy field with mingled seed; neither shall a garment mingled with linen and woolen come upon thee."

The Church warns her children today against mixed marriages for the same reason that a loving mother might warn her child against undertaking a journey she knows will expose her offspring to great peril. Lowell once said: "One thorn of experience is worth a whole wilderness of warning," and it has been the sad experience of the Church during her two thousand years that mixed marriages are dangerous both to the faith of the principals and even more so to their innocent children.

Let us consider these two angles separately. That mixed marriages are fraught with danger to the salvation of those who contract them can be amply proved. For instance, the wise and enlightened King Solomon took to himself heathen wives in his old age, and they prevailed over him so far that, from a worshipper of the true God, he himself became an idolater and allowed temples of the false gods to be erected in his kingdom. Solomon's folly has been perpetuated down through the centuries by untold thousands who, like him, lost their faith because they failed to marry their own. Take, for instance, the apostasies listed in the official German civil census for the year 1929. This document shows that 40,000 souls were lost to the Church in Germany in one year through mixed marriages, while the number of converts was only 8,762. Claire Boothe Luce, in her inspiring apologia entitled "The 'Real' Reason," which appeared in the February, 1947, issue of "McCall's Magazine," very frankly states that her mother was born a Catholic but fell away from the Church when she married a non-Catholic. That this very thing has happened to so many others who marry a person of a different faith is easily understood. Human nature being what it is, it is prone to take the line of least resistance.



The mixed marriage that is entered into with the best of intentions may result in the loss of faith for the Catholic party in later years.

It happens this way. In nearly every mixed marriage the Catholic party honestly believes and hopes that some day, somehow, his or her mate will enter the Church. The danger lies in the fact that the Catholic may suddenly come to the realization that all the good example, tolerance, and patience displayed through many years have in no way brought the other party nearer the faith and thus they grow weary of hoping and praying and gradually lose faith. It is not so difficult to give up doing or believing something that upsets someone we love very dearly. Herein lies the secret of the ultimate loss of faith! Joubert puts it this way: "Religion is fire which example keeps alive, and which goes out if not communicated."

In the rare instances where in a mixed marriage the Catholic party does not actually suffer loss of faith there is definitely violence done to the essential and complete unity demanded in all marriages. His Holiness Pope Pius XI, of happy memory, pointed this out very clearly in his famous Encyclical "Casti Connubii." The Pontiff stated: "If the Church occasionally on account of circumstances does not refuse to grant a dispensation from her strict laws provided the Divine Law remains intact, and the dangers already mentioned are provided against by suitable safeguards it is unlikely that the Catholic party will not suffer some detriment from such a marriage." It was in this same letter that His Holiness listed the two well-known evil effects of mixed marriages--"deplorable deflections from religion" and "religious indifference."

That mixed marriage is an obstacle to complete harmony is readily understandable. People of different religious beliefs have different philosophies and in marriage these differences take on new importance. When the first glow of the honeymoon is over, a couple with different religious backgrounds may become impatient and even intolerant. Complete unity of mind and heart, complete happiness in such a marriage, is threatened when two



persons of different faiths find themselves obliged to ignore the most discussed topic in the world, and by that, I mean religion. The very thing parties to a mixed marriage wish to ignore, will come into prominence every Sunday of their lives. The Catholic will walk to Mass alone and the non-Catholic will sit alone in his seat in some Protestant church. Both will hear doctrines diametrically opposed to their life partner's faith. The Catholic may hear in a sermon that the Mass is the continuation of the Sacrifice of Calvary, while the non-Catholic may hear the Mass denounced as idolatrous, sacerdotal trickery; in one edifice the Holy Father may be denounced as a humbug and in the other, at that very moment, the little woman may be contributing a dollar from her husband's last pay check toward a Peter's Pence collection.

Fundamental differences in religious beliefs invariably form a gulf between two married

persons. Such differences are more insurmountable than differences of education, race, culture, or economic standing. Love could be said to be an outgrowth of our recognition of another's resemblance to ourselves, and where the resemblance is only faint, the love will be faint. The more things two married people have in common, the greater are their chances of happiness in marriage and the fewer adjustments will be necessary.

Another important thing that must be considered in a mixed marriage is that such a union offers the Catholic party the minimum of matrimonial security. In the case of a serious misunderstanding the non-Catholic may feel free to walk out and obtain a divorce and marry again; whereas the Catholic is bound not to take a second partner as long as the former lives. On the other hand, two practical Catholics, while not exempt from the possibility of grave misunderstandings, will usually avoid the extremes that lead to difficult reconciliations because they know they must reconcile, since divorce for them is out of the question.

Dangerous as mixed marriages are to the faith of the Catholic parties involved, the dangers to the faith of the children are even greater. Here are a few statistics from the Holy Name Journal that may amaze you.

- In families where both parents are Catholics only eight out of every hundred will forsake the practice of religion in later life.
- In families where both the parents are of the same Protestant denomination some thirty-two out of every hundred will be lost to the practice of that religion.
- In families where one parent is Catholic and the other a non-Catholic sixty-six out of every hundred will forsake the practice of religion later in life.

Some years ago Rev. M. V. Kelly, C.S.B., made a survey of the leakage in the membership of a Catholic city parish of seventeen hundred souls. He limited himself to the special study

of one hundred twenty-one cases in which the whole family was lost to the Church. Here are his findings:

1. There is not one case out of the one hundred twenty-one in which both parents were brought up Catholics. Six were cases in which one of the parties had become a Catholic on the occasion of marriage and the remaining one hundred fifteen were cases of mixed marriage.
2. The falling off can be explained in six cases by the death of the Catholic parent and in eight cases by a divorce or permanent separation.
3. There remain today, therefore, one hundred six clear cases of a Catholic father or mother who had contracted a mixed marriage and who is allowing his or her children to grow up outside the Church.
4. In these one hundred six cases the Catholic party is almost entirely to blame; instances of any determined or effective resistance on the part of a non-Catholic husband or wife are almost negligible.

Such tremendous leakage from the faith through mixed marriages is easily understandable when one considers the whole problem in the light of cold judgment.

For instance, how can a non-Catholic mother, even though she signed the pre-nuptial promises in the best of faith, very convincingly teach her children doctrines they must study in the catechism when deep in her own heart she believes them to be false, if not downright evil? Or take the case of a Catholic mother who rises early on a Sunday and starts out for Mass with her children on a cold winter's morning. In between the biting blasts of wind one of the children is certain to ask, "Why doesn't Daddy come to Mass, too?" "Your father is not a Catholic," the mother must say, "and his religion does not demand that he attend Church under pain of sin." Right there and then a division is created between the father and the rest of the family--a division which

ought not to be there. Too, human nature being what it is, it is quite possible that a less exacting religion might seem more appealing in view of the biting wind. It is possible, too, that the faith of the little ones might even suffer damage by a thoughtless remark of a non-Catholic parent. I recall once hearing of a little lad who asked his father to go with him to the Catholic Church for the closing exercises of the Forty Hours. "You go, son," said the father. "I can't stand all that ritualistic stuff." So saying, he finished putting on his long tails and white tie, and packed a sword, apron, fancy cuffs, embroidered collar, scarf and a white-plumed Lord Nelson hat. "I'll be home late," the father said; "there is an initiation at the lodge tonight, and I'm on the ritual team." The father's scorn of religious rites was bad, but his logic was worse!

Another great disadvantage for children born of mixed marriages is that they rarely receive a Catholic education. The public schools today have hundreds of thousands of Catholic children on their registers who are there because a Catholic mother or father has compromised on the matter of their Catholic education, and such compromise leads to subsequent loss of faith by the offspring.

If the Church never warned against mixed marriages, good logic would dictate their avoidance. Marriage is based on perfect sympathy and understanding. It is a career-partnership, and the fundamental requisite for any successful partnership is common interest. A wise lawyer who wished to take a partner into his firm would naturally choose another lawyer and not an electrician. Then apply that same logic to matrimonial partnerships. A woman who has made a career of painting would not let herself fall in love with a man who despised art and artists; then why should she fall in love with a man who, if he does not despise religion outright, at least is cold and indifferent toward it? No other partnership would succeed under like conditions. That is just common sense, and when common sense and love work together, you can expect a masterpiece.

A Catholic who begins serious company-keeping with a non-Catholic and does not at the outset discuss the problem of religious difference as it affects them acts unfairly and selfishly. Many a non-Catholic falls in love and becomes engaged before the Catholic party dares mention the sweeping promises regarding the Catholic upbringing and education of all children of either sex born to them in marriage.

Long before the matter of the engagement is contemplated, religious differences should be discussed as well as the problem of birth control and Catholic school education of the children. Above all, the non-Catholic should be acquainted with the fact that certain promises regarding the Catholic education of the children must be signed and, if possible, a visit should be paid to the rectory and permission asked to have the non-Catholic person read over the promises.

Did you ever see those promises yourself? Here they are in their usual form:



ARCHDIOCESE OF.....

MIXED MARRIAGE (Mixta Religio Vel Disparitas Cultus)

Reverend dear Sir:

N.N., child of (Father) and (Maiden Name of Mother), of (Address), a Catholic of this parish, wishing to marry N.N., child of (Father) and (Maiden Name of Mother), of (Address), a non-Catholic baptized in [(sect)/never baptized (if non-Catholic/a Hebrew, please so indicate)], humbly petitions the Archbishop of _____, as delegate of the Holy See, to grant a dispensation from the impediment of _____.

THE REASONS ARE (give sufficient canonical reasons in proper form; cf. approved authors): _____

The necessary promises in writing are attached hereto; there appears to be no unusual danger of perversion and there is present MORAL CERTAINTY THAT THE PROMISES AS MADE WILL BE FULFILLED.

Yours respectfully, _____

ARCHDIOCESE OF.....

FORM OF PROMISES FOR NON-CATHOLIC

I, the undersigned non-Catholic, desiring to contract marriage with the Catholic party named in this application before a Catholic priest, duly authorized by a special dispensation from the Archbishop (or Bishop), hereby promise in the presence of the undersigned witnesses: (1) That all children of either sex born of this marriage shall be baptized and educated in the Catholic religion. (2) That I will neither hinder nor obstruct in any manner whatsoever the Catholic party in the exercise of the Catholic religion. (3) That in the solemnization of my marriage there shall be only the Catholic ceremony.

(Signature of non-Catholic)

FORM OF PROMISES FOR CATHOLIC

I, the undersigned Catholic party, hereby promise in the presence of the undersigned witnesses: (1) That all children of either sex born of this marriage shall be baptized and educated in the Catholic religion. (2) That in the solemnization of my marriage there shall be only the Catholic ceremony.

(Signature of Catholic)

We, the undersigned, hereby declare that we witnessed the signatures of the above mentioned contracting parties in their presence and in the presence of each other, on this (day) of (the month) of 20--.

(Signature of priest)

(Signature of witness)

Many a mixed marriage could be avoided if only the Catholic party had sufficient strength of character to insist that marriage is out of the question if the other person cannot conscientiously accept Catholic doctrines. Many fine, worthy Catholics today owe their submission to the Church, after God's grace, to the presence of that condition.

Sad to say, there are many who are not willing to accept the alternative of abandoning the prospect of a marriage which seems in every other way most desirable. They have all sorts of excuses ready to offer for their indifference or fear, and usually they are cloaked under such statements as: "I would not have him enter the Church just for my sake," or again: "I knew others who became Catholics just to marry someone, and they gave it up soon afterward."

It might be well to remark here that no one is admitted to the Church unless a priest has first given the person adequate instruction and passed upon the candidate's disposition and assumed responsibility for the serious step to be taken. It has been the experience of most priests that where the Catholic party is prayerful, firm, and patient, he or she will inevitably be rewarded with the conversion of the non-Catholic before marriage. Too, it has been the sad experience of priests that where such converts later lose the faith, the blame must be laid directly to the bad example of the Catholic mate.

When Our Lord changed the water into wine at the marriage feast in Cana, the change was complete and total. There was not just part water and part wine, but the contents of the whole six waterpots were miraculously changed into superb wine. Let there be no mixture of religions in marriage. Good common sense demands that you marry your own, and if there must be any converting done, by all means get it done long before the marriage. And don't be too anxious about the possibility of losing your beloved because you are holding out against a mixed marriage, for Thomas Carew naively suggests:

*Then fly betimes, for only they
Conquer Love, that run away.*

Remember it's better to say "no" now to a mixed marriage than be tempted to say "Reno" later! Ω

***Abridged from "Cana is Forever," by the
Rev. Charles Hugo Doyle, 1949.***

Nihil Obstat: John M. A. Fearn, S.T.D.

***Imprimatur: Francis Cardinal Spellman,
Archbishop of New York***

***This series will be continued in Issue 13
with Chapter 6.***



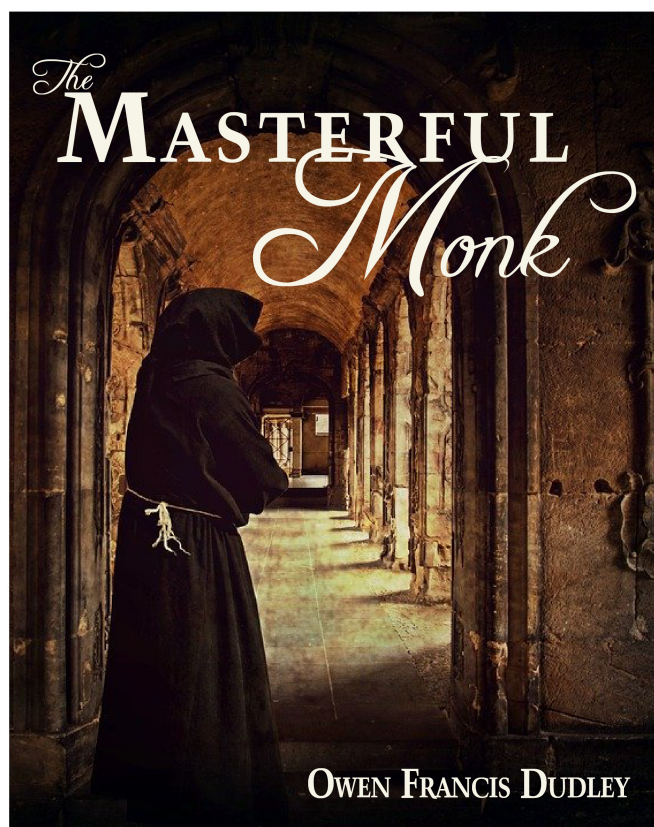
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IF YOU ASKED ME to describe Father Thornton to you in three words, I couldn't. I'd need at least a dozen to convey his various roles throughout the series: student, athlete, horseman, medical doctor, gunnery officer in WWI, monk, priest, public speaker, detective, and throughout it all, Englishman and Catholic.

Physically, the matter is easier done: tall, broad-shouldered, powerful, calm, steely gray eyes, resonant voice. If it was a TV series instead of a series of books, it would be VERY easy: Tom Hiddleston in a habit or a clerical suit, with the war years conveniently taken from his look as Captain Nichols in *War Horse*.

So much for the man himself.

The true appeal of the Masterful Monk series, however, lies in their refreshingly untarnished, clear-eyed Catholic view of the world and how we are to live in it. Characters come and go, good seeking to become better, bad needing to become good, bad wanting to remain bad, and good at times even being afraid to see the need to become better, to make great sacrifices to follow God's Will. For the author, Owen Francis

SO I KNOW THAT this is a bit of an unusual addition to our normal program, and I wavered over where to put it, finally sandwiching it here between the spirituality section to which it three-quarters belongs and the feature article. Because honestly, it could go in either position. Technically it's a book review - a review of a series of books - but that slot has been reserved for some time now to *Cana is Forever*.

It is a novel.

It is a profoundly spiritual look at the problems of the world.

It is a portrait of Catholic life when there was no question of what Catholic life was.

And it is a rip-roaring good story, to boot.

Ladies and Gentlemen, may I introduce Father Anselm Thornton, the masterful monk.

Dudley, was himself a priest (as I didn't find out until looking him up after reading the first two books in one sitting, they were that good) and a convert, with a priest's keen insight into both human nature and the calls of the different vocations in life. He also has a real gift for working common-sense apologetics into his stories, rebuttals of atheism, communism, free love, hedonism, while giving piercing insights into the psychological makeup of hardened sinners of all kinds and the single most uplifting treatment of why God allows human suffering that I have ever seen.

In one of my favorites of the series, *The Tremaines and the Masterful Monk*, he even gives us the most interesting process of breaking a sadist and rebuilding him again into a likeable human being!

There is plenty of love and romance and humor, too, for those who may be worried that the series sounds too preachy; there are war stories and heroism and guns blazing and plenty of "getting practically killed" parts. And real fear - the kind of fear that only true love and trust in God can face head-on.

Father Dudley in many cases seems to have been drawing upon his own experiences. Born a Protestant, he became an Anglican minister at the age of 29, entered the Catholic Church a mere four years later, was ordained as a Catholic priest in 1917, and became a chaplain in the British Army during World War I. After the war he became famous as a lecturer, and began writing both fiction and non-fiction books, all dealing with religious topics. He died in 1952, just before the Catholicism he knew and loved was destroyed by Vatican II. His final book was published posthumously in 1954 (Wikipedia).

The Masterful Monk series is written in such a way that it can be enjoyed by the casual non-Catholic reader - at first. As such a reader goes on, he will find his beliefs challenged, put to

the sticking point, his arguments coolly shot down, and his heart won over by the warmth, the acumen, and the genuine honesty of Father Thornton and his cadre of fine Catholic friends. There are no sappy caricatures of humanity here - every personality is drawn with an almost aching realism at times. They are down-to-earth, lively, by turns wretched, happy, angry, lonely, impatient - and all fighting their way either toward or away from Heaven. There is no pampering, no sugar-coating of hard truths. Father Thornton is so effective because he is so absolutely genuine in his Faith, the Faith of the Ages. The reader comes away inspired, usually uplifted (although there are a few sad endings), and motivated to do his best for God.

Can't recommend them enough! Ω





WITH BARBERSHOPS AROUND THE COUNTRY temporarily closed due to the corona hysteria, your boys may be getting a bit shaggy by now. If so, no worries! If you've never cut their hair yourself before, now is a fantastic time to get in some practice - especially if it doesn't look like they'll be going out in public anytime soon!

I GAVE MY FIRST HAIRCUTS in the summer of 2006. My mother was out of town for the entire month of August taking care of my dying grandfather in another state. My four brothers had probably been close to due for a round of barbering before my mother left, and with another month's reprieve, they were starting to look like homeless hobos. Time passed, their hair continued to grow, and at length I made the executive decision that they

were too shaggy to attend church in that state. Out came the shoebox of haircutting supplies, and fifteen-year-old me cut their hair. I think I even cut my dad's. We attended church the next Sunday with the family honor intact.

When my mother returned home after my grandfather's funeral, she gave me a few pointers about tapering off the lower edges and trimming around the ears, but from that time on I stepped into her shoes as the primary

family barber. I continued in that role until I moved away from home in my mid-twenties. On average during that time, I cut hair once a month and completed each person in under half an hour.

Not only is giving haircuts fairly easy; it is also significantly more cost-effective than taking the whole crew to the barber at \$14 a head. At that rate, any supplies you purchase will pay themselves off in just a few months. Really all you need is a sharp scissors, a comb, a clippers, a cape, and a soft brush for removing the cut hair. If you find that you make a big mess on yourself while haircutting, a plastic apron also comes in handy.

SCISSORS. Your haircutting scissors does not have to be expensive. I personally prefer either a Scotch brand craft scissors (under \$5 at Walmart) or a Dritz sewing scissors to a professional barber's shears. Generally speaking, select one scissors that will be "the haircutting scissors" and keep it reserved for that purpose. My mom still keeps all the haircutting supplies together in a shoebox under the sink in the bathroom. If the scissors become dull, either get them sharpened or replace them. In approximately ten years of cutting my family's hair, I went through maybe 3 or 4 pairs of scissors.

COMB. A graduated barber's comb *is* helpful, but not absolutely essential. My dad's hair is so thick and wiry that I used to use one of those giant footlong plastic combs to do his. Depending on how thick or fine, straight or curly the men in your household's hair is, you may find that you prefer a particular style of comb for the different heads. Generally speaking, you will want a comb with a thicker spine and teeth for thick hair and a correspondingly thinner comb for fine hair.

CLIPPERS. This is hands-down the most expensive piece of home haircutting equipment, but as long as you oil it periodically and don't drop it on the tile floor repeatedly, a good clippers will last you anywhere from ten to twenty years. My mother has been using the

same one for as long as I can remember. If you only use the clippers for trimming around the edges rather than for doing the whole head, you will also help preserve its useful life. A quick search on Amazon.com reveals a range in price of approximately \$50 to \$130 for a good clipper with all the guards and accessories. If you will just be using the clipper for edge work, you don't need *all* the guards, but they are helpful if you're just starting out and don't trust yourself to get the back section smooth with just a scissors. The finer your family's hair, the harder it is to get smooth in the short sections without a clippers.

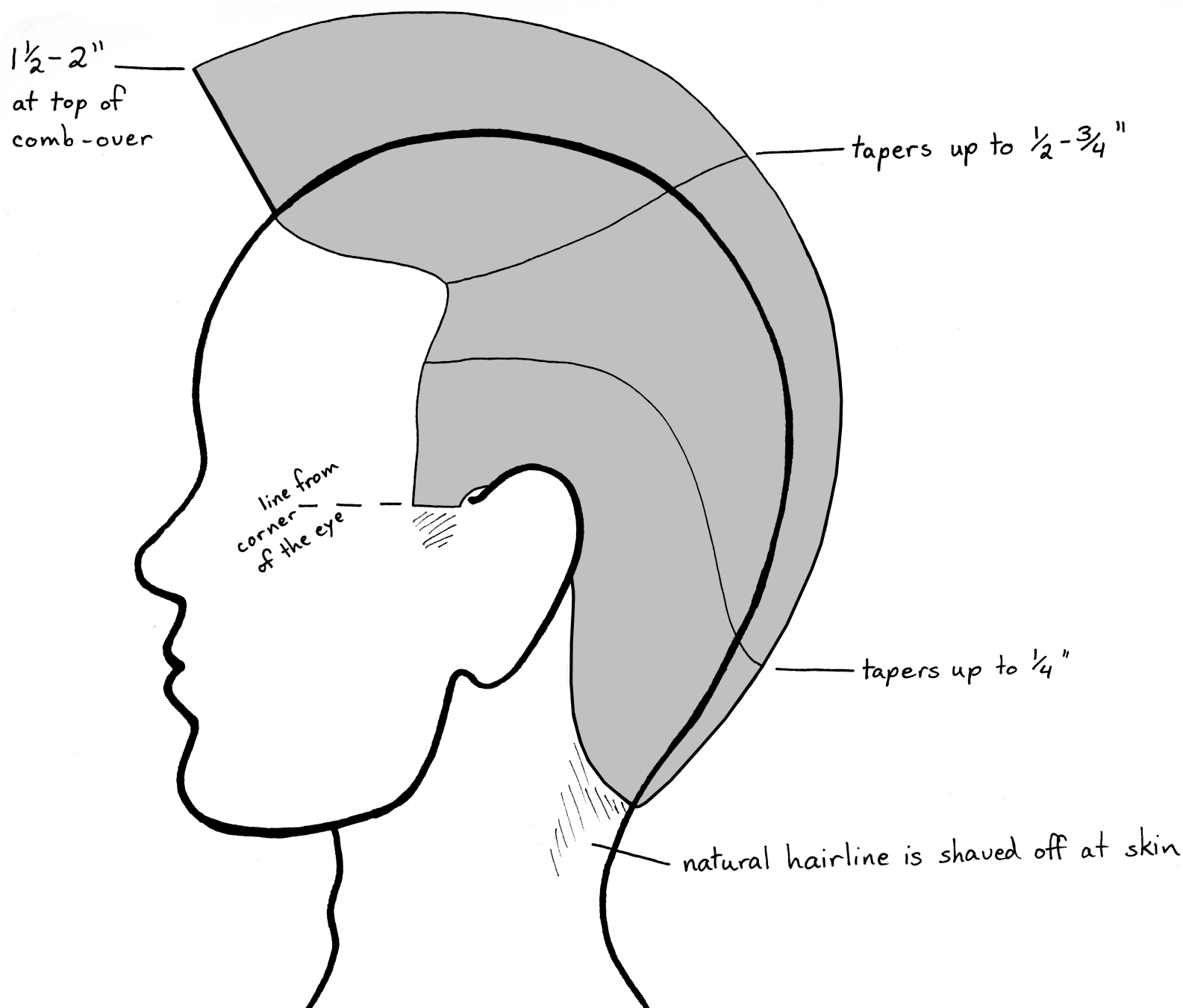
CAPE. You can buy a nice cape at a beauty supply store for \$25. I prefer the ones with snaps at the neck rather than velcro, because all the cut hair gets stuck in the velcro and eventually it doesn't stick very well. A cape will easily last you 20 years as long as you don't accidentally cut holes in it.

SOFT BRUSH. This is just for gently sweeping the itchy little pieces of hair off the face and neck of your longsuffering (or not so longsuffering, in the case of kids) victims. The bristles can be plastic or natural; you can probably substitute a big soft paintbrush or makeup brush if you already have one.

APRON. This is just a plain black barber's apron. You have to be careful not to tie them too tight because it strains the plastic, but they are helpful for beginners, and also if you're cutting hair outside and it's a little windy. When I first started out I would have to change my clothes afterward because they got so full of itchy hair after five shaggy heads, so for me the apron was totally worth the \$20-25 I paid for it.

All together then, that makes for an outlay of approximately \$120 to get started with a fairly professional set of haircutting equipment, but if you have even five heads to cut you will break even in under three months compared to what you would pay at a barbershop.

Now that you have your supplies assembled, let's move on to the actual barbering!



SIDE VIEW OF HEAD. The main principle of a neat, traditional-looking man or boy's cut is that it tapers from quite short around the ears and the back of the neck up to a longer section at the top that can be combed to the side. The hair through each of these sections should be fairly uniform in length, as seen along the back profile of the scalp. I do a rounded back, as shown, because that was the style mandated at the school we used to attend. It is easy enough to do a square back if you prefer it, but fair warning, you may have trouble getting the line across the bottom perfectly straight at first. You can use the clipper minus any guards to shave the neck and sideburn areas clean. For a grown man with thicker hair, you may want to use his electric shaving razor for a nice smooth neck. Have your client lower his head to give you easier (and flatter) access to the hollow at the base of the skull. To trim around the ear, fold the top of it down so you can get the comb and clippers in more easily.

WHEN I BEGIN A HAIRCUT, I usually start just in front of the right ear, using a tapered comb against the grain to lift the hair straight away from the scalp. I work up towards the temple level, then switch and do the left ear before going on to the back. On the first round, I don't particularly worry about getting things even. Most of my brothers have quite thick hair, so I do a bit of rough "brush-hogging" first just so I can see what I am doing. Once I hack off the worst of the month's growth at the sides and back, then I work on smoothing things out.

If you are doing the bulk of the cut with a scissors rather than a clipper, you will need to run over the same area three to four times, combing the hair in different directions, to eliminate all the ridges. Depending on which side of the head you're on (and the direction the hair grows), run the comb horizontally, diagonally in both directions, and finally vertically. At this point you should not have cut anything from the top of the head.



Once you are happy with the back and the sides, you can test your taper by standing the comb at an angle from the ear up to the full section at the crown of the head at the front hairline. There should be no bulges. Cut off anything from the top that sticks out past that taper line.

If you have not done so already, finalize the lower side of the part. Depending on whether or not your son or husband likes a little more length below the part for easier combing, you can either cut this hair off quite short or make a more even taper up to the long section on top. Most boys will be quite happy if you cut the hair off short below the part, because then they only have to run the comb in one direction across the top and the part remains distinct with absolutely no additional effort on their side.

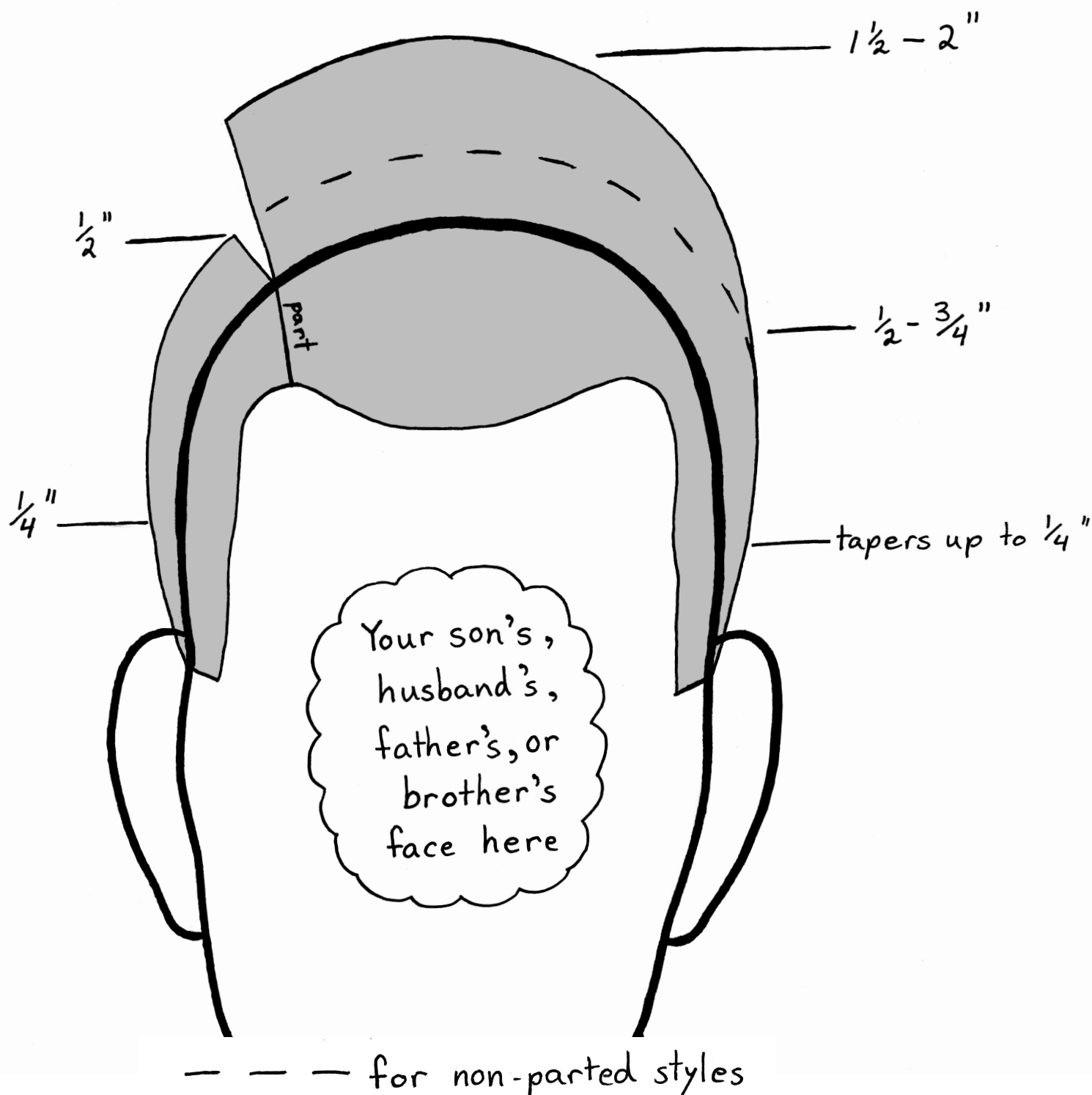
COWLICKS. Most people have at least one cowlick. This is a circular whorl, usually near the back of the head, where the hair changes direction in order to lie down evenly all around towards the edges of the head. The cowlick is usually positioned more to one side or the other; if a man wants to part his hair, generally speaking he **MUST** part it on the cowlick side or have no hope of keeping it in order.

Little boys (mothers of altar boys are particularly aware of this phenomenon) are prone to "rooster tail" syndrome, where the rest of their hair lies beautifully flat, except for the cowlick, where a single recalcitrant lock sticks straight up, usually too far back for the child to see it in the mirror.

This problem can be 95% resolved by simply extending the short ($1/2$ - $3/4$ inch) section of the taper at the back up to include the cowlick. It makes shading the top a little more interesting, but for peace of mind for mother and school-age child it works wonders.

If there are cowlicks at the front hairline, you may have to experiment with the placement of your son's part and the length of the top section in order to get his hair to lie down in any semblance of order.

Good luck!



FRONT VIEW OF HEAD. The lengths shown at the outline of the scalp should be continued forward to the front edges of the hairline. The length on top is really up to you and the person whose hair you are cutting. If you're doing a little boy who is too young to maintain a side part, you can leave it about an inch long on top, comb the bangs straight down in front, and cut them off level all the way across. If you are cutting an older boy or man who has a part, always part the hair and slick it down with water before you start to keep the line distinctive while you are working. For bangs combed off a part, once you have shortened the top to the desired length, sweep the bangs forward and down onto the forehead and trim off any unevenness, starting from the temple and curving out across the forehead.

ONCE YOU GET TO THE TOP of the head, I find it easiest to start with the comb running lengthwise from front to back. From the side opposite the part, comb the hair up so that it is standing mostly on end. Standing off to the side, you will then be able to easily see how the taper needs to ease in from the short back section up to the full length in the front. You will need to leave a bit more length towards the back on the part side (to give him something to comb) than on the side without the part, where you can smoothly continue the taper. Then standing behind, run the comb crosswise from front to back and trim from side to side following the curve of the head.

If your sons and or husband have strangely shaped heads, you can do a bit of creative lawnmowing to even out pointy or hollow spots as best you can.

Comb the top down and pay particular attention to where it blends with the short section at the temples; there will probably be a few long hairs that you will want to trim off.

BANGS. For straight bangs, comb the top section forward, damp it down, and cut straight across. For bangs with a part, comb the hair forward a bit and to the side so the ends lie on the forehead, then, starting from the temple, cut in gentle curve around the front toward the part. Then comb as normal. This step is really just to even off any ragged edges left from trimming the top.

EDGE TRIMMING. Once you have done everything you can with the scissors, it's time to get out the clippers. Personally, I prefer to do the edges without any guards on at all, but when you're just starting out a 1/8 pr 1/4 inch guard may add greatly to your peace of mind.

Again, I usually start at the right or left ear, but you can start at the center back and work out to each side as well. It may help you keep things more symmetrical.

At the ear, then, I run the clipper straight up to an imaginary line drawn straight back from the corner of the eye. If you have disappearing sewing markers or even eyeliner, you may want

to make use of it the first few times. Once the line is straight, then I fold down the top of the ear and, angling the clipper so only the corner touches the skin, taper off the curve behind the ear. I go about half way up from the front, then switch and come up from behind, to go better against the grain of the hair.

THIS IS THE PLACE WHERE YOU ARE MOST LIKELY TO MAKE AN ACCIDENTAL GOUGE.

If you do gouge it, you will have to shorten the surrounding area accordingly to smooth it out. To reduce chances of gouging, you can use a comb as a buffer between the clippers and the skin so that you will be guaranteed to have some hair left. I usually run the comb and clippers up toward the temple a bit especially along the front hairline and above the ears, just to make sure things are extra smooth.

Once you are happy with the ear area, move around to the back. Shave the neck right up to the hairline (in the summer this will leave a very white tanline) and even into it a bit for a neat appearance. Once you are happy with the placement of the line, taper it off with comb and clippers again, and retouch any small rough spots you may notice higher up.

Dust off client thoroughly.

And then you're done! Ω





Sour milk baking

IN THE DAYS OF the Great Depression, long ago in the 1930s when our grandmothers were young girls, thrifty housewives didn't let anything go to waste. They often came up with ingenious ways to use up items that were going dangerously close to their expiration date.

Just one of these solutions was the widespread use of sour milk - for baking instead of yeast, and even for making butter, as you can read about in the later books of the *Little Britches* series by Ralph Moody.

Even today, you can find a variety of recipes for baked goods and dairy products made with sour milk on the internet.

In this issue we'll be sharing our editor's grandmother's first mother-in-law's sour milk chocolate cake recipe, as well as a fabulous sour milk white bread recipe that her roommate has been making lately. And as a bonus, enjoy an easy NON-STICK potato soup recipe!

Happy baking! Ω



SOUR MILK CHOCOLATE CAKE

Mary McDonnell

DRY INGREDIENTS

2 cups sugar
3 cups flour
2 teaspoons baking soda
1 teaspoon salt
1/2 to 2/3 cup cocoa powder

WET INGREDIENTS

2 cups sour milk
2/3 cup melted lard OR light olive oil
1 teaspoon vanilla

BAKE AT 350 F. Grease pan and put waxed paper in the bottom if you want to flip it out.

TIME & YIELD

20 minutes in a sheet pan (it is WAY too big for a 9 x 13 inch pan and will not get done)
30 minutes in an 11 x 14 pan
14 minutes for mini cupcakes (makes 78!)

DIRECTIONS

If using lard, put it on to melt over low heat. We always did it in a pan on the stove rather than in the microwave. The cake really tastes better with the lard rather than the oil, but the kids will NOT want to taste the batter!

Sift dry ingredients together several times until they are a uniform brown instead of patchy-looking.

Measure out the sour milk. If it is only mildly sour, add a few teaspoons of plain white vinegar and stir it around until the milk curdles. The stinkier the milk, the better!

Add wet ingredients to dry ingredients. Beat until smooth.

Bake at 350 Fahrenheit according to the chart on the left. When done, a toothpick or fork stuck in the middle should come out clean but moist. Cool thoroughly before frosting, unless you want gooey frosting.

Decorate with frosting or fresh whipped cream.
Enjoy!

CHOCOLATE FROSTING HACK: Want the death-by-chocolate taste without using up all your powdered sugar and butter and cocoa? Stretch a can of Duncan Hines dark chocolate fudge frosting with 1.5 cups of powdered sugar and a dab of milk. Beat until it achieves piping consistency. Will cover 50 mini cupcakes. Ω



SOUR MILK

Bread

Ex Army Chick

SOUR DOUGH STARTER

- **1.25 cups sour milk**, warmed to 110-115°F (about 1-1 ½ minutes on high in 1100 watt microwave)
- **1 tablespoon honey** (or molasses, sorghum, or sugar) - **EDITOR: Honey is yummy!**
- **3 teaspoons yeast**; double to 6 teaspoons if in a hurry

REST OF INGREDIENTS

4 cups flour

2 teaspoons salt. Add to the starter & mix it in well, otherwise there will be big pockets of salty-ness. **EDITOR: We prefer 3 teaspoons of salt. Just 2 makes it a little flat.**

2 tablespoons in small chunks of **lard or butter** — original poster thinks it tastes better with lard, but editor notes that then you can't eat it on Fridays.

1 egg

DIRECTIONS

1. In a bowl big enough to make your bread in, get the starter going by sprinkling the yeast over the sour milk & honey (or whatever sweet you use to feed the yeast beasties).
2. Set aside in a warm place, covered with a bit of plastic wrap & a towel until ready to finish the bread. This process doubles as proofing your yeast, but keeping yeast in your freezer makes it last almost indefinitely (I had yeast in freezer for almost 10 years anyhow!).
3. Preheat the oven to **350-375°F** (For glass pans, preheat to 350°F).
4. Grease 2 baking vessels well—again, I use lard as nothing works as well for bread as lard does.
5. Add the remaining ingredients to your starter and work it until you are happy with it. You can leave it relatively wet and unknaded (this is for those days where

everything hurts & you wanna just cry; results in a more crumbly quick bread) OR you can do a full out workout and knead until it is nice, smooth, and there are few crevasses in the bread (this holds up well for hearty sandwiches). This is a great option for teaching new bread bakers how to knead bread; there is an art to it and poking it is NOT kneading it!

6. Divide your dough in 2 and place in greased vessels, flipping once to coat dough on both sides so it will not dry out or stick.
7. Cover dough ball with plastic wrap—not the vessel itself. Drape a towel over it all (the plastic wrap keeps your towel from being incorporated into the dough and getting nasty). Place in a warm area. Leave to rest and rise until doubled in size.
8. Bake 25 minutes or until golden brown; longer if you want the crust to be darker or crunchier.
9. Remove from oven to cool. If you wish, you can brush a bit of melted lard on the top of the crust to soften it a bit. If you want hard crusty true peasant bread, leave the lard off the the crust.

NOTES FROM EX ARMY CHICK

- Food in glass pans needs to be cooked at a lower temperature because glass conducts the heat so well.

- I use lard for baking bread as there is no comparison in the end result. Lard is slowly creeping into everyday life for me, while shortening and margarine are becoming curse words in my household; lard is probably better for you than butter too. Lard is being used in almost everything I make or bake these days.
- If you are doing little to no kneading and therefore have a very wet dough, use meat serving forks (they are bigger than a normal eating or a carving fork and work very well for this) to divide the dough and move it to the baking vessel.
- I bake the majority of my breads these days in bowls/storage containers. The bowls I use are 2 ½ quart Anchor Hocking bowls as they are a bit more straight sided and work better for sandwich making. Depending on the thickness you cut it, 1 slice, cut into 2 top to bottom, works for a hearty a filling sandwich. Pyrex bowls work too, but I got the Anchor Hocking bowls at the thrift store dirt cheap!
- If you want a more rustic round loaf of bread, or if you have a well kneaded, smooth ball of dough, just bake on a flat pan lined with parchment paper with a bit of cornmeal thrown on the paper to keep the bread from sticking.
- If you want a traditional sandwich loaf, by all means, bake in a normal bread pan.
EDITOR: It makes 2 VERY nice loaves this way! Ω

Originally found by Sarah Burns at <https://www.justapinch.com/recipes/bread/other-bread/sour-milk-peasant-bread.html>

Ex Army Chick, the original poster, says: This is a combination of several bread recipes I have found (below) as well as my own sour dough starter (I do not know how to link to that posted recipe yet). This has been a hit every single time I make it and it never lasts long at all.

<http://moderndayozzieandharriet.blogspot.com/2009/03/bread-making.html>

<http://www.alexandracooks.com/2012/11/07/my-mothers-peasant-bread-the-best-easiest-bread-you-will-ever-make/>

PLAGUEY POTATO SOUP

Colleen Eldracher



STEP 1

- **2 pounds carrots** (halve or quarter lengthwise, then chop into roughly 3/8 inch pieces)
- **3 big onions** (coarsely chopped)
- **1 stick of salted butter** (8 oz)

Saute together on medium heat until onions are getting soft and mild in flavor, but not mush. Add salt to taste.

STEP 2

- **1 to 1.5 teaspoons of dried rosemary** (coarse leaves, NOT powdered. If you use powdered rosemary you will need a lot less because it is powerful stuff)
- **1/2 teaspoon ground paprika**
- **1 teaspoon powdered sage**

Add water to just cover carrots and onions (this is the 2 quart line on my pot). Continue simmering.

STEP 3

- Peel **5 pounds of russet potatoes**. Reds work too, but you may want to leave the skins.
- Chop potatoes into pieces 1/2 to 3/4 inches across.

If you add the potatoes to the water as you peel and chop them, a few at a time, this will both keep them from getting brown and give you a nice consistency from the ones that

cook down and disintegrate. Add water to the 4 quart line to completely cover the potatoes.

STEP 4

- Add **1/2 gallon of Half 'n' Half**. Stir.
- Season with **Lawry's Seasoned Salt** to taste.

STEP 5

- Chop a large **(8 inch diameter) cabbage** into roughly 10-12 pieces.

Add cabbage chunks to soup and simmer gently until cabbage is soft. Taste and see if needs more salt, either plain or Lawry's.

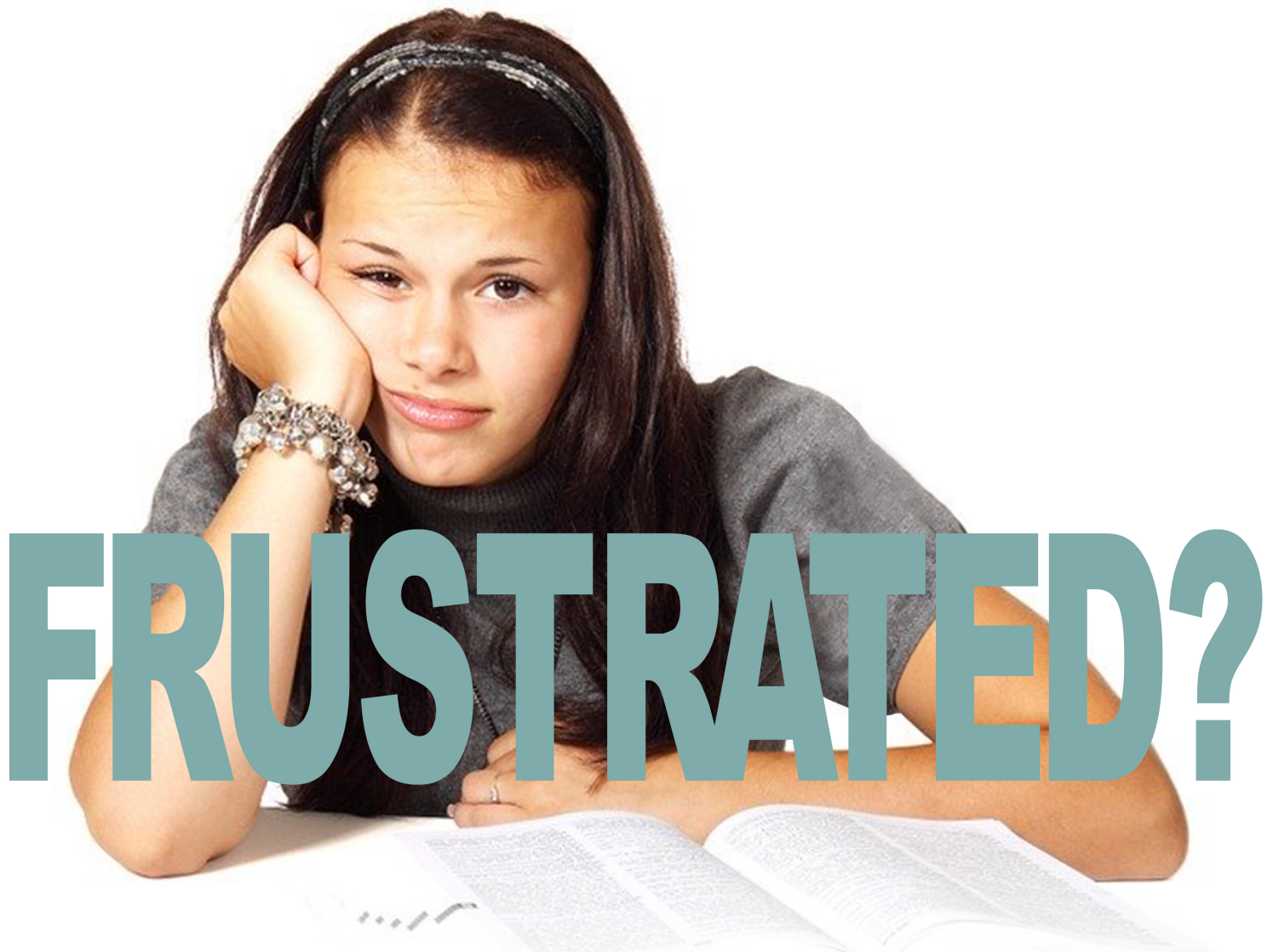
Enjoy!

YIELD: 8 quarts of soup.



COOK'S TIPS: Homemade soups are usually better the second day. You can even make this 2-3 days ahead of an event and keep it in the fridge, just don't cook the cabbage all the way or it may get a bit mushy and unappetizing.

For a larger group and a slightly thinner soup, you could easily stretch this to 12 or 14 quarts by adding more water or plain milk, and by increasing the seasonings to taste. Ω



WHY ARE SOME PEOPLE “lucky” in love, while others remain unnoticed, or worse yet, are totally avoided! We all **MUST** be married!!! Right?

JUST A PLAY?

Let’s start with the big picture. As Shakespeare alluded, there is a stage called life, in which we are all merely players. It is really much bigger than that, inasmuch as Providence has foreseen from the beginning that we all have an important role in the salvation of souls. God Himself has written the great play, and directs the actors by grace and circumstances to work the drama of human history for His greater glory. For this He has endowed each and every one of us with many gifts, natural and supernatural virtues, and constantly provides grace and inspirations to enable us to assist in the performance of His great Opus.

Unfortunately, the actors are often dissatisfied with the roles He has handed out! The basic life roles we have, at least as adults, seem to branch into three main choices as either religious, married or singlehood. Each of these of course have their focus and a great variety and means of expression. The crosses we receive, large and small, are all custom made for us while assisted by grace to bring out the best in the characters, and add very much to the excellence of the drama. If roles are wrongly switched, there would be chaos. How awful it would be for thousands of souls, if some of our great and inspirational religious men and women had decided instead to settle down and have a family! Then there are countless other beautiful souls who now, and throughout history have dedicated themselves to the completion of great works, and the assistance of others for the glory of God in a happy and holy state of singlehood.

In any case, there is only cause to rejoice in whichever role we are currently playing because God has placed us there, with all the means at our disposal to fulfil the role perfectly. As in many plays and movies, we watch intently how a character develops from loathsomeness into greatness after overcoming many obstacles, without which he would have remained fixed in the former state. St. Paul rejoiced in his infirmities, knowing full well, that God exalts the humble, and rejects the proud. We heard recently from St. Augustine as recounted in a sermon, that three great means of salvation are first humility, 2nd, humility, and 3rd (you guessed it) humility.

Humility begins with the true knowledge of ourselves.

So, let's begin there first to evaluate potential causes of frustration. Are we satisfied at this moment in our Providentially predetermined role? Are we open to the idea of God leaving us in it, for as long as He pleases, until it is the right time to change? Perhaps He has something important for us to do, that would be impossible to complete if given another role?



Married people were all once single (duh). It was only a matter of time before we finished our jobs as singles, and then were able to make the transformation to the institution of marriage. Some of us even like living in this institution. It is a pretty permanent role, ended only by death! Not something to take lightly. Actually, this may be the single most terrifying deterrent.

It is funny how single people believe they want to be married because it is always so wonderful! It can be. However, no-one is going to provide a refundable guarantee.

Joy does enter marriage, and lasting joy indeed, when family life embraces our Holy Faith, and selfishness moves out of the house.

A few questions for those seeking marriage (for both men and women):

- Are you willing to sacrifice your will to another?
- Are you willing to sacrifice your time for your children?
- Are you willing to sacrifice your resources, talents, comfort, and even life itself for your new family?

If this seems like too much to ask, it's best to stay single, as marriage and sacrifice are one.

Married people often long for religious life, and have a holy jealousy for the lack of worldly cares and the copious opportunities for sanctification they see in the cloister, or they pine away for the lack of constant distractions. In reality, opportunities for sanctity exist for all three major roles, and we can credit Providence to have given each of us all the means to obtain it.

Religious sometimes lament (if only for seconds) about the lost joys of married life they have abandoned, which are mitigated by the oblation of themselves to the will of God in all things. In many Papal encyclicals, the Vicar of Christ makes his salutation "The servant of the servants of God." Yes, they live constantly

in the service of others. In this service, married and religious have a common lot.

For those who are STILL single, and hope for a change, please read on.

THE GUY’S PERSPECTIVE

In our youth, women in general were fascinatingly terrifying. There was never any doubt that a relationship could be a wonderful thing. However, those were simpler times. Computers had just become available to the common man, and portable phones were only figments of the imagination. On-line dating encounters were not possible, so we were left to use our wits, and face to face encounters were the only way to score points.

The terrifying part was that we had failed to understand that Providence supplies everything we need to start and form these male/female relationships easily. No-one actually needs a master’s degree in humanities to make it work for them. All we really need is an event to get things started. Something unexplainable takes place when young men and women gather for a party, or dance, or other social gathering – wedding, ordination, parish picnic, etc. There is a “scoping” out, on both sides, to seek opportunities for friendship.

Now we just need to get noticed.

GETTING NOTICED - IN A GOOD WAY

Naturally, men are attracted to women who act and look feminine. Gaudy and trendy clothing or too much makeup can be like bug spray for guys. When a girl always tries to be the center of attention, it speaks volumes about her vanity. Those who are so full of opinions and always voice them so loudly that no-one else can be heard can be very annoying. Certainly, this trait smacks of pride, and there’s a good chance they will never be good listeners. A friendship must involve mutual communication, and that means listening as well. Friendly, helpful, cheerful, sincere and being modestly becoming are all qualities that will be noticed, and portray stability that can endure whatever will come along.

Once an interest has been kindled, the chap, and also the chapette, have to discover if they have a chance. If eye contact induces a friendly smile, the future has just gotten brighter. You have begun to communicate, without even saying a word. If you’ve ever watched the scene of falling head over heels that happens to the three confirmed bachelors in *Bambi*, you have a foretaste of the sweetness of the first meeting of your beloved. The truth is, however, that we can’t always expect true love to be so instantaneous. In most cases it takes some time, encouragement, and definitely effort to confirm the hope that started with the first impression.

Continue the conversation with an introduction. Is the conversation easy and comfortable? Does it revolve around the positive, or quickly turn to the negative? Can you talk easily about where you live, what you do, your trip to the event if it was a distance away? Can you tease and be teased in return? Making the conversation flow in a natural way can take practice. Do let the other have a turn to talk as well. There’s no need to beg for a phone number or email right away. When there is real interest, it will either be



offered, or they will find you through these and other means.

With the woman I married, this conversation was amazingly easy, and very quickly we found each other to be from similar circumstances. We even drove the same brand of used car! We met at the 2nd YAG in Cincinnati, and paired up for many of the events – even threw eggs at each other, but had to go our separate ways a few days later. This was just the beginning.

From then on, we wrote letters due to the long commute between home bases. I looked forward to each letter, and she in return, and still have them in my closet. As the mutual interest grew, we broke down and invested in long distance phone calls (that’s when you REALLY knew someone cared). Maybe I am sentimental, but many years into our marriage we were separated for a month when her father passed away, and I had the box of letters to re-read and reminisce about the good ol’ days. The US post office DOES still deliver letters . . .

The adventure started with friendship, and continues in friendship to this day. Of course, love and friendship go hand in hand, and builds stronger with every sacrifice offered up along the way.

In conclusion, there is nothing lost in the making of good friends. This world can be very cruel to those seeking a heavenly crown. Good friends are there to prop us up, and we in turn will do the same when the time comes. For some, we marry our best friends. Others can help our best friends marry each other. Among those in the singles category, even to ripe old age, many lasting and beautiful friendships are formed in the pursuit of the works of mercy they are free to practice, unhindered by family obligations. For the religious, the bonds of friendship can be even stronger due to the sacrifices of themselves for souls, namely ours.

Pray often for the grace to know your true vocation! Ω

DISCLAIMER

I cannot assume “expert” status in my declarations of “fact” above, since only half the experience of those married for 60 years is in my repertoire. The other fact I will disclose is that I possess zero formal training in human psychology regarding the much talked about temperaments and how they can be used to unlock the door to success. My only credentials are to have raised several children with the dedication of my dear wife, in better and worse conditions, and with phenomenally sincere guidance of excellent Catholic religious and secular men and women to help smooth out the bumps along the way.

- A Catholic Dad



THE Hand THAT ROCKS THE Cradle

BLESSINGS on the hand of women!

Angels guard its strength and grace.

In the palace, cottage, hovel,

Oh, no matter where the place;
Would that never storms assailed it,

Rainbows ever gently curled,
For the hand that rocks the cradle
Is the hand that rules the world.

Infancy's the tender fountain,

Power may with beauty flow,
Mothers first to guide the streamlets,

From them souls unresting grow—
Grow on for the good or evil,

Sunshine streamed or evil hurled,
For the hand that rocks the cradle
Is the hand that rules the world.

Woman, how divine your mission,

Here upon our natal sod;
Keep—oh, keep the young heart open
Always to the breath of God!

All true trophies of the ages
Are from mother-love impearled,

For the hand that rocks the cradle
Is the hand that rules the world.

Blessings on the hand of women!

Fathers, sons, and daughters cry,
And the sacred song is mingled

With the worship in the sky—
Mingles where no tempest darkens,

Rainbows evermore are hurled;
For the hand that rocks the cradle
Is the hand that rules the world. Ω

by William Ross Wallace



LOVE IT vs. HATE IT

"Golf is just the right mix of relaxing and challenging. Add in the fresh air and mild exercise, and I can't think of a better way to spend a morning!"



"Golf is the world's most boring sport. Not only is it difficult but it is also painfully slow-moving. The only good part is driving the cart around!"

[golf]

YOU SAID: It's not bad if you don't follow the rules and ignore par and just hit the ball(s) around! The carts are very close to the best thing, though!
- **Christina, MI**

Someday I'd love to have the time to play it, it looks kinda cool!
- **Katie, CA**

I've never actually played, aside from putt-putt, which I don't enjoy. Regular golf has always appeared rather boring to me, but I guess it could also be considered peaceful or relaxing.
- **Theresa, OH**

I enjoyed playing it on the Wii!
- **Justin, MI**

I've never played golf (aside from Wii). My guess is that if I was to play it, I would like it.
- **Angie, VIC**

I have played it once. I do actually like it! I just wish it wasn't so expensive.
- **Vincent, MI**

I don't play golf very often but I do like it for its physical activity (don't



**"I regard golf
as an expensive
way of playing
marbles."**

- G. K. Chesterton



use the carts!) and for the prolonged opportunity to have conversations (much like a test cricket match). It's best played with those who don't take it too seriously. ;)
- **Stephen, FR**

I don't play often but I like it. That being said, it is not a game for anyone who has an inclination to impatience and anger!
- **Brendon, AUS**

The only golf I've played is the miniature kind. It is however a sport that we can play in level 3 lockdown, so perhaps I'll give it a go. I'm indifferent towards it.
- **Chris, NZ**

They say golf was invented by women who wanted their retired husbands out from under their feet!
- **Rose, VIC**

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

Country Music

Dog died, truck died, girl dumped you
- is there anything worth listening to in Country Music, or not?

altarandheartheditors@gmail.com
Subject: COUNTRY MUSIC

Emily's Etiquette Essentials



Dear Mrs. Emily,

So I'm lucky to work with a pretty good bunch of people. They do their share and more, maintain a good attitude, are honest . . . there's just one problem. A couple of them have REALLY foul mouths. They're not swearing for the sake of swearing, they just use obscene adjectives constantly. Is there any way to politely ask them to keep a lid on it?

Sincerely,
Stumped in Syracuse

Dear Stumped,

You've already hit on the key ingredient for successfully making such a request - politeness! There's no need to be confrontational. Try to catch the offenders one-on-one, when they're in a good mood. Then, with an embarrassed smile, ask if they might be able to do you a favor. You can word it something like this:

"Hey - this is kind of awkward, but would you mind doing me a favor?" Then when they respond/show interest:

"Could you try **not** to use the F-word (or whatever it is) all the time? It makes me really uncomfortable. I know it's a habit, and it doesn't mean anything to you, but if you could just try while we're here working together I'd really appreciate it."

Now, your coworker is probably going to be pretty flabbergasted by this request. If they're an easygoing type, they'll probably

express surprise or even apology, and you can probably make a joke of it in the next few weeks, clearing your throat with exaggerated seriousness and an arch look if they slip up, or even just dramatically raise your eyebrows.

The main thing is that you should try not to nag or be grimly demanding about it, because that will likely only antagonize them and make them less likely to work on stopping. Make a point of thanking them when they **do** manage to contain themselves.

If the coworker is violently opposed to your suggestion, you'll probably only get a torrent of verbal abuse for your pains. Don't fire back, just walk away.

When the foul language occurs during the course of the workday, adopt a pained expression and avoid the problematic coworker as much as possible. If the situation is severe you can even take it to your supervisor - depending on the type of language being used it may be able to be counted as sexual harassment, especially if you are a woman and the coworker is a man, but also vice-versa. While getting the supervisor involved may not help your workplace relations with that coworker, at least he or she may be more inclined to take the supervisor's advice.

Above all, pray for the problematic coworker(s) conversion, or at the very least a change of heart. St. Louis IX, St. John Bosco, and St. Dominic Savio would be particularly good patrons to invoke in this cause, and of course our Blessed Mother.

Sincerely,
Mrs. Emily

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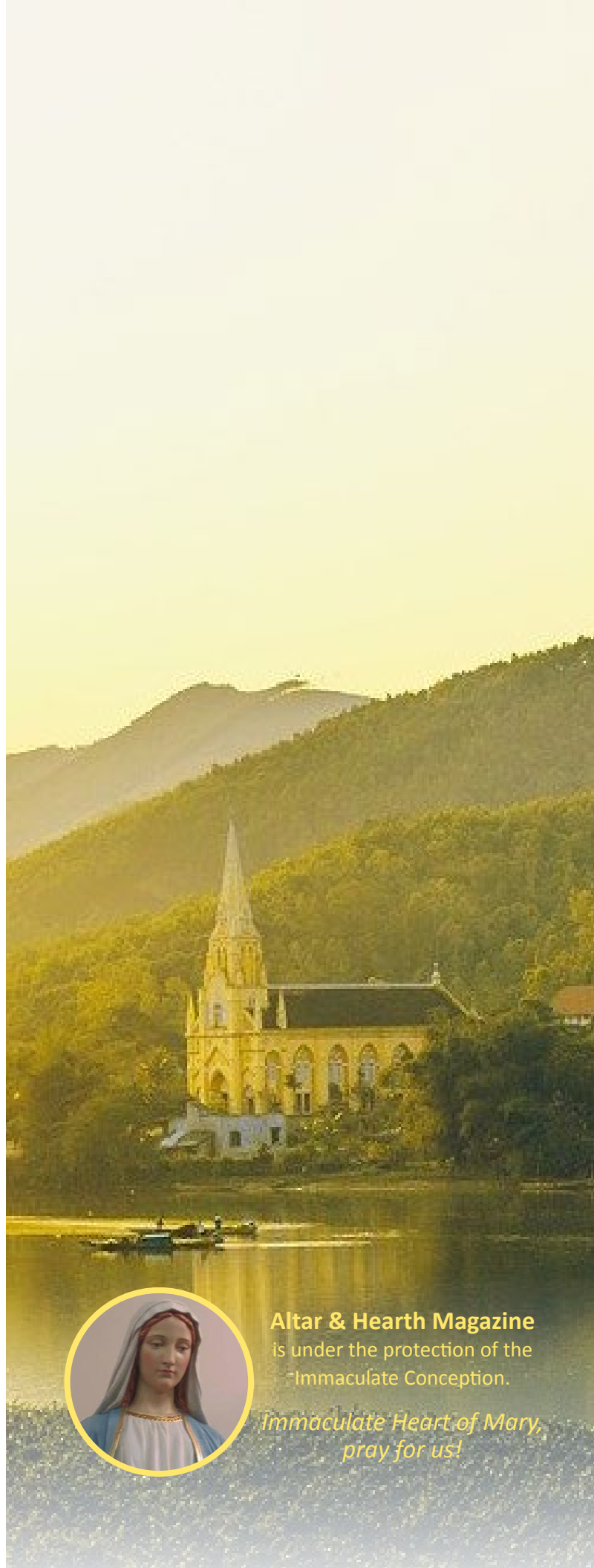
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pray for us!*