

Parish faith is theme for national catechetical day

The Reverend Clyde A. Lewis, Diocesan Director of Religious Education, has announced that the National celebration of Catechetical Sunday is set for September 19. If the date conflicts, parishes are encouraged to adapt this date to their own catechetical plans.

Catechetical Sunday is celebrated each year to emphasize the importance of religious education in the parish. This year's theme is "Parish Faith Alive: The Spirit of '76." The reason for selecting this theme is a desire to emphasize the parish community of believers as the place where catechetical efforts must take shape and give life. Without a group of believing people, a community of faith, catechetical efforts will be seriously weakened.

A special booklet has been published by the United States Catholic Conference containing ideas which may be used for Catechetical Sunday or at any other time during the year. There are both liturgical and educational aids in the booklet.

The liturgical aids include: homily helps, banner suggestions, commissioning rites for teachers, general intercessions and other ideas. There are also educational ideas for parish and inter-parish religious education boards, programs for teachers and individual sections on adult education and special education.

This booklet which is entitled "Parish Faith Alive: The Spirit of '76" is available from the Diocesan Office of Religious Education, 604 Washington Street, Ogdensburg, 13669, for \$1.50 each.

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ORGANIC POLLUTANTS EXTRACTED FROM WASTE WATERS IN CLARKSON PROGRAM-James W. Rogers is working with a gas chromatograph in the chemistry lab at Clarkson College. He is involved in a summer research project at the College, funded by a National Science Foundation (NSF) grant. His project is connected with recent federal legislation which requires the analysis of waste waters for hydrocarbons and other organic solvents. There is concern about the physiological and ecological effects of these compounds, and his experiment involved the concentration of these organic compounds from water samples in which they are widely scattered. After methods have been explored in the lab, samples from local streams will be obtained and studied.

Beginners

ANTON, MARGO JANE born August 21, 1976 to Joseph Charles and Carol Anne Canivan Anton, Wheeler Road, Riverview Dr., Potsdam.

CLARY, NEIL TAIT, born August 20, 1976 to Timothy Lee and Nancy Susan LaPage Clary, Route 1, Russell.

COVELL, KRISTOPHER GARRETT, born August 16, 1976 to Jeffrey Brent and Paula Christine Colby Covell, 131 Main Street, Potsdam.

Story on ice cream is told

By Debra Burdick,
St. Lawrence County
DAIRY PRINCESS

Have you ever wondered how ice-cream came into being? It wasn't an accident or anyone's brainstorm. The creamy, smooth dessert we all enjoy today is a perfection of the primitive ice-creams made in China for the past 3,000 years. When Marco Polo made his famous journey there he was lucky enough to return to Europe with the knowledge of how to make these delightful concoctions.

Though the flavor of ice-cream was relished by all of those who were able to get it, it was a dish for the wealthy. Why? Until ice-making became a widespread practice it was hard and expensive even if ice were available. When an insulated ice house went up near a community, one was sure ice-cream would soon be the new rage in town. When the knowledge to make ice houses crossed the Atlantic in the early 1700's, a flood of ice-cream recipes poured in with it. Yet it still wasn't until 1851 that the wholesale manufacturing of ice-cream was capped on.

Though ice-cream was no accident, the ice-cream soda was. At the Franklin Institute Exposition in October 1874 Robert M. Green was exhibiting a soda fountain. The popular drink he served was a mixture of sweet cream, syrup and carbonated water. Customers were still waiting to be served when he ran out of cream so he quickly substituted ice-cream and the new concoction was met with hearty approval.

The sundae was derived from the ice-cream soda by an ingenious soda fountain operator to get around a law. In Evanston, Illinois the Methodist-minded town fathers forbade the sale of ice-cream sodas on Sunday because of the dissipating influence of the soda fountain. The local soda fountain operator made his "Sunday soda" with ice-cream and syrup but without soda. Sundaes were so popular that they were ordered every day of the week. When objections were raised on naming the concoction after the Sabbath the

spelling was changed to Sundae.

Today over 200 flavors, are manufactured here in the U.S., with vanilla still the favorite. Though it's so simple to walk into a store and buy it today, the kind that tastes the best and is the most rewarding is homemade. So below are some recipes I'd like to share with you.

Mariella's Ice-Cream
Stir 2 cups scalded milk slowly into 2 beaten eggs. Add 1 1/4 cups sugar and cook slowly over direct heat, stirring constantly, until thickened. Cool. To egg mixture add 1 1/2 cups heavy cream, 2 cups milk, 1 tablespoon vanilla, and 1/4 tsp. salt. Pour mixture into an ice-cream freezer, cover and pack ice and salt around the outside. Freeze according to freezer directions. Makes 1/2 gallon.

French Vanilla Ice-Cream
Ingredients: 2 1/2 cups heavy cream, 1 1/2 cups milk, 3 eggs (separated), 1 cup sugar, 2 tsp. vanilla, 1/4 tsp. salt.

Beat egg whites stiff and stir into yolk mixture. Add cream, milk, and the rest of the sugar. Cook in a double boiler 15 minutes until thick, stirring constantly. Add vanilla and salt. Chill 1 hour in the refrigerator. Freeze in an ice-cream freezer according to freezer directions. Makes 1/2 gallon.

German Chocolate Ice-Cream
Scald 2 cups milk, 1 stick of cinnamon, and 6 squares of sweet German Chocolate, grated, in the top of a double

boiler. Beat 3 eggs whites and gradually beat in 3/4 cup sugar. In another bowl beat 3 egg yolks, 3/4 cups sugar, and 1/4 tsp. salt. Stir egg yolk mixture into the scalded milk mixture. Cook, stirring constantly, until the mixture coats a spoon, about 5 minutes. Remove from heat and pour into a 1 gallon freezer. Add egg mixture, 2 tablespoons vanilla, 4 cups light cream, and 2 cups of milk. Mix well, cool and freeze according to freezer directions. Makes 1 gallon.

Butterscotch Ice-Cream
Melt together 2 tablespoons butter and 3/4 cup brown sugar, stirring and cooking gently for 10 minutes. Set aside to cool. Scald 4 cups half-and-half. Remove from heat and when it's lukewarm add sugar mixture. Cool, add 1/4 tsp. salt, and 1 1/2 tsp. vanilla. Chill 1 hour in the refrigerator and then freeze in an ice-cream freezer according to directions. Makes 1 quart.

Lemon Honey Ice-Cream
Combine 2 eggs, 1/2 cup sugar and 1/2 cup honey. Beat until fluffy. Add the grated rind of 1 lemon and 3 tablespoons lemon juice. Beat until well blended. Stir in 2 cups heavy cream, whipped, and freeze until partially set. Remove from freezer and beat until fluffy. Makes 1 quart.

Cherry Ice-Cream
Combine 4 cups fresh cherries and 2 cups sugar. Heat in double boiler until warm. Let stand 1 hour. Stir in 4 cups of half-and-half and the grated rind of 1 lemon. Freeze in an ice-cream freezer according to directions. Makes 2 quarts.

Birthday Wishes

Emily Shattuck is celebrating her birthday and has received birthday wishes from her friends and relatives.

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