

WOMEN

ELEANOR ROSS

Sheets Are Versatile As Decorating Fabric

If you've been using your bed sheets just for their original purpose, you probably don't realize how versatile they can be as decorating yardage. A big company, famous for its exquisite bed linens, has been doing some constructive work and has come up with some fascinating ideas on how to make further use of them.

POPULAR COLOR

As you know, there's hardly any popular decorating color that cannot be had in sheets these days. The aqua tones so popular now are especially appealing for summer bedroom draperies. Dressing table skirts, dust ruffles and as underlining for a fine lace or crocheted bedspread.

DECORATIVE FABRIC

The readymade pinch pleats are just as washable as the sheets themselves. This brings up one of the best possible reasons for using sheets as a decorative fabric

—these can be no possible doubt as to their washability! You know how wonderfully a sheet takes to frequent washings! And that's reason enough to use them in the living room, too, even with your most formal period pieces.

IN MANY SETTINGS

Living room draperies fashioned of a pair of peach-colored bed sheets, edged with white ball-fringe, are perfectly beautiful and at home in so many settings. Sheets can also be used to curtain off the dining alcove or to separate that pullman kitchen in your apartment from the living room. Make it a rainbow partition. Choose three or four sheets in harmonizing tones and you've got a conversation piece people will rave about.

STUDIO COVERS

Colorful sheets for studio covers are smart decorating for the children's room, too. Quilt them and tailor them trimly and they'll look rich. Yet they can be popped into the washing machines whenever necessary and will come out looking like new.

Incidentally, when using sheets for other purposes than curtains, rip out the deep hems and you'll gain some five inches per sheet.

HAPPENINGS

Hon. Dr. J.J. Bowlen, lieutenant-governor of Alberta since 1950 was honored by the citizens of that province on his eightieth birthday.

Dr. Bowlen holds many offices and tributes came to him from across Canada. Governor Prowse and Dr. W.J.P. MacMillan conveyed greetings from this province, Governor Bowlen's birthplace.

The scroll presented to Dr. Bowlen on his birthday honored him as a man of many talents but, above all, as an Albertan.

Hon. George Prudham, federal minister of mines and resources, brought greetings from Prime Minister St. Laurent. Dr. Bowlen's great accomplishments are probably due to the fact he likes people so much," Mr. Prudham said.

Hon. A.R. Patrick, provincial economic affairs minister said that anywhere in the province tonight, were the people to have the privilege of honoring Dr. Bowlen, the hall would be filled and crowds outside the doors."

Mayor William Hawrelak said Dr. Bowlen, who has been part and parcel of the great development of this province" is the finest lieutenant-governor who has served any province in our country.

Not the least important feature of his birthday party, as it is on any such occasion, was the birthday cake! This was a very large concoction, delicious to the taste, beautifully decorated—and all candles valiantly blazing!

Dr. and Mrs. Oscar Albert have returned from their vacation in Nova Scotia. Special points of interest included a trip along the Cabot Trail and a visit to Cape Breton.

Mr. Westley T. Wadman of Cambridge, Mass., is visiting relatives and friends on the Island and was a recent dinner guest at "Dalvay by the Sea Hotel." He had as his guests, Mr. and Mrs. Roy Coles of Milton and Mrs. A.C. Evans of Montreal.

Mr. Wadman was born at Cra-paud, on November 29th, 1875, the son of Mr. and Mrs. Artemas Wadman. His mother was the former Mary Jane Trowsdale.

Mr. Wadman was engaged in the contracting and building business and also was Inspector of Buildings for the Town of Lexington for a number of years. In 1897 he was employed as carpenter by Schurman Clark and Company of Summerside in the building of "Dalvay House" at the Prince Edward Island National Park. While at Dalvay, Mr. Wadman was asked by Mrs. Worth the name of the wood in the building, as they receive a great many inquiries each season as to what species of wood

HOUSEHOLD HINT

The side of a pastry board used for rolling or kneading dough should never be used for cutting or any other purpose that will damage its smooth surface. Do not leave such a board soaking in water, for moisture will raise the grain of the wood and roughen the board.

Words Of The Wise

The size of a man can be measured by the size of the thing that makes him angry. —(J. Kenfield Morley)

ANNE ADAMS PATTERNS



SEW IT IN A DAY! Look at the diagram—even a beginner can whip up this honey of a dress in a day! FEW pattern parts, minimum details—a world of style! Curvy neckline, fitted and flared skirt are so smart, so-o-flattering! Choose cotton, linen, cool nylon print. Pattern 4553: Misses' Sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 40, 42. Size 16 takes 3 3/4 yards 35-inch. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, ADDRESS, STYLE

Advertisement for Children's Own Tablets, featuring a child's face and text about upset tummys.

4553 by Anne Adams Children's Own TABLETS



MR. AND MRS. VESSEY WILL LIVE IN AMHERST

A very pretty wedding was solemnized at Trinity United Church Study on Saturday afternoon, June 30th, when Vaunda Nadine, daughter of Mr. and Mrs. Stanley Buell, Parkdale, was united in marriage with Roy Matthew Vessey, son of Mr. and Mrs. H. L. Vessey, Charlottetown. Rev. A. Frank MacLean officiated. In attendance at the ceremony were the immediate relatives of the bride and groom.

The bride wore a white nylon organza dress with matching hat and white accessories. Her corsage was a white orchid. The bride's only attendant, Miss Shirley Vessey, sister of the groom, wore a yellow organza dress with white accessories. Her corsage was white carnations.

The groom was attended by Mr. Irwin Buell, brother of the bride. A reception followed at Oakwood Lodge with relatives and friends of the bride and groom in attendance. Mr. Arthur M. Clark proposed the toast to the bride which was responded to by the groom. Misses Marion Rogers, Lydia Sims, Lucie Sims, Frances Clark, Esther Hill and Marina Buell served the guests. Miss Dalphine Jenkins attended the guest book.

The interior finish is made from Mr. Wadman having had a wide experience in the handling an use of different woods. Informed Mrs. Worth that it was made from Cypress" a member of the Pine family and grows extensively in Persia and Lavant, and because of its durability and great resistant qualities, was used by the Egyptians in the making of coffins and mummy cases. This particular variety is known as the "Bald Cypress" and grows in the swamps of the Southern United States.

The roots grow under water and are fringed with stems above the water with cup-shaped urns through which air is supplied to the roots. Because of its great length and uniformity of size it is used for ship's masts and for exterior work. It grows to a height of 175 feet. It is the only wood known to the trades that will shrink endwise and can only be air dried by standing on end.

Mr. Wadman, although in his 81st year is still hale and hearty and says he is old enough to retire but can't find the time to do so.

In his spare time he writes poetry as a hobby, and has recently had published a booklet of some forty poems entitled "The Homeward Path".

Mr. A.L. Hubley, Brockville Ontario, has been a recent guest of Mr. Ronald Harris and Mr. and Mrs. Keith Havill of Halifax. Mr. Hubley also visited other points of interest in Nova Scotia.

Misses June, Shirley and Helen Rose Eikhoud are visiting their parents, Mr. and Mrs. Brant Eikhoud, Wheatley River.

Mr. Alan Swanson, East Natick, Mass., is spending his vacation with his grandmother, Mrs. Harry Matheson.

Mrs. Annie Laurie, Miss Margaret Brown and Mr. Raymond Hotch have returned to their homes in Andover and Brocton, after spending a most enjoyable holiday the guests of Mr. and Mrs. Seymour Farquharson, Southport. They were accompanied by

Mrs. Earl G. Morrill of Amesbury, who was the guest of her brother-in-law and sister, Mr. and Mrs. Vernon MacKinnon, Union Road North.

Mrs. Charles Hand, East Bakerfield, Calif., is visiting her brother, Mr. Jardine Stavert, Mrs. Stavert and family, Freetown.

LONG CR W.I. The regular meeting of the Long Creek Church, W.I. was held in the hall, Thursday evening, July 5th.

The meeting opened by singing the Ode followed by the Creed in unison. Nine members answered roll call by naming their first school teacher. Minutes of previous meeting were read and adapted.

On motion all bills were voted upon. Correspondence was read and discussed. Thank You notes were received. A card acknowledging an expression of sympathy was received from Mrs. Dan MacEwen and family.

T.B. League collection was taken. A pantry sale was discussed. It was decided to hold same July 20th at S.A. MacDonald's.

The roll call next meeting is to be answered by sing, say, or pay. Next meeting to be held at the home of the secretary, Mrs. Reg MadFadyen, with the St. Catherine's W.I. as our guests. The programme committee is: Mrs. Wilfrid Stretch and Mrs. Malcolm MacNeill.

Lunch was enjoyed by all. YORK POINT W.I. The July meeting of York Pt. W.I., met at the home of Mrs. John MacEachern on Monday, July 2nd.

The meeting opened with Creed and Collect, roll call was answered by 13 members. The committee reported that the swimming classes were to start July 3rd with Janet Matheson as instructor and that she had her own transportation. The delegates to the convention in Charlottetown were

KEEP IN TRIM

Goal Should Be To Slim Down One Size At A Time

By Ida Jean Kala

How wonderful to have slimmed down and lost that bulky feeling through the middle! For some of you, this two weeks slimming has begun is half done. If you still have considerable weight to take off, stay with this pattern of eating and lose 10 to 15 pounds between now and Labor Day.

Scientific dieting isn't a short term affair restricted to a certain number of days. Rather it is a pattern of protective eating that can be safely followed until normal weight is reached . . . even though you are 50 to 100 pounds overweight.

Knowing that at long last you are on the right course to normal weight is an enormous help. Setting a near objective is also psychologically sound. Regardless of how many excess pounds stand between you and ideal weight, make 12 to 15 pounds off your near goal. In short, aim to slim down one size at a time.

pleasure—especially in long term dieting. Plan low calorie meals that are appealing and satisfying. If you are a fast eater, start lunch and dinner with hot bouillon or soup made with skim milk. Such fare gives comfort for few calories and helps you relax and eat more slowly.

Then you eat slowly, the satiety mechanism has time to be effective and you feel satisfied. Plan each meal around a complete protein food. Include a chewy food; a bulky food; one starchy food only at a meal . . . and practice getting up from the table before you get that full feeling. Be sure to have a four O'Clock energy pickup.

Having reduced this far on the scientific fare, you have a healthy hold on the food habits that can keep your weight normal for a lifetime. Breakfast: Chilled orange juice, 4 oz.; scrambled eggs, slimming style, Mrs.—1 egg, Mr.—2 eggs; Toast, 1 thin slice; butter, 1/2 pat;

ELLEN'S DIARY

Bottling The Sunshine

No rain? No, none today. Fine skies and smiling, over island farmlands. . . and now moonlight silencing these peaceful places of earth as the day puts off to its rest.

It has been a good day. Ideal for our carpenter steadily closing a gap in a barn-roof, laying new shingles there in high places to make it weather-worthy, interested in his work and unafraid of such heights. Ideal too for the having crew-mowing, gathering, stowing. What an extent of work the scanty words cover, what rare enchantment of scene is hidden within!

"Now tell us all about it," we begged Granddaughter to describe excursion which had taken her and the visiting cousin and Mack to a neighboring woody field in search of first wild strawberries.

"I can tell you in four words," she replied with a teasing twinkle. "We went, picked and came!" "And not even a robin's song in it?" we questioned of this small one, who has a way of her own at composing.

Oh yes," she laughed happily. I forgot to say—there were robins' songs." We put a robin's song of season in the strawberry preserve we made today to fill the kitchen with its palate-tickling aroma—a robust song, and for good measure the faint lilting notes of a woodland thrush. We also dropped gently into the ruby depths, essence of fern and of meadow-flower.

What else shall we discover there when we open a jewelled jar with winter lying so white and still along the valley . . . with the millpond frozen and icicles hanging from the spillways—and footsteps frosty along the yards?

We shall see . . . how very much will be there! The millpond, as today, skipped by a haying-breeze; sun on the haylands, sunshine and shadow on a winding red road; cattle on the slopes, sheep by the stream all bound, held together on a ribbon that is summer.

"Are you happy at it?" a visitor today asked James, hedged high about with the cares of his farming. James chuckled. A fellow has to be!

"Then," the visitor nodded. "That's the best gift this world has to offer: happiness—what more can one ask!"

"Would you have any cookies?" Mack came in after dinner to inquire. "To contribute to the lunch we're making?" Granddaughter following at his heels, finished. "We're going back with the others at the haying, and we may get hungry, you see."

"And won't it taste good back there! Six anyway," he nodded, "because," he grinned "we'll have to put Gage's name too in the pot." Happy days? Aye. . . and July, delightful month weaves away at the closing length of her too—short web of days.

Until tomorrow . . . — Diary Good-night.

MORNING SMILE

These two soldiers are walking toward each other, and one's very bowlegged. The straight one, very curiously, asks: "Cavalry?" The other one answers: "Nope, short bunk."

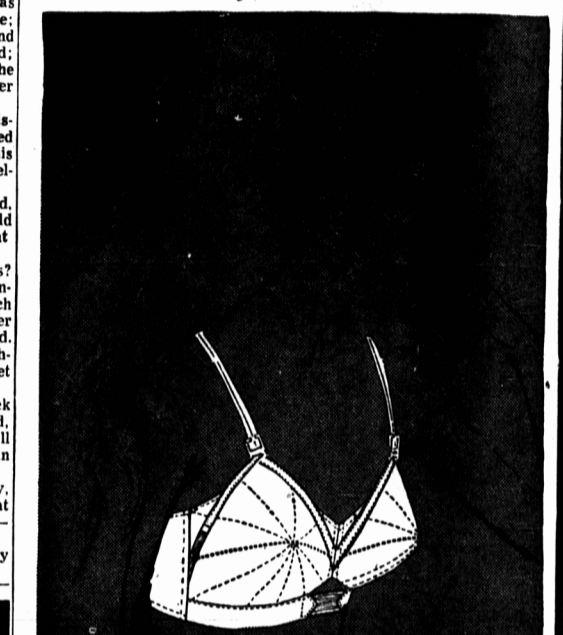
SUMMER CLEARANCE advertisement listing various clothing items and prices, including dresses, swim suits, and maternity wear, with a 33 1/3% off discount.

HOLD EVERYTHING! 3 GREAT FUR NAMES BRINGING TO YOU 3 GREAT FUR SALES advertisement for Island Furriers Ltd., featuring a final removal sale and grand opening sale.

coffee, black. Scramble eggs in top of double boiler. Use 1 tsp. milk. No fat needed. Luncheon: Chef's Salad—Hearts of lettuce, quartered tomato, celery, watercress, generous strips of chicken or luncheon meat, strips of cheese (1 thin slice), 2 tablespoons dieter's dressing; thin slice bread, lightly buttered; Mrs.—Skim milk or buttermilk; Mr.—Glass whole milk, Hot tea or coffee, if desired. Note: If Mr. prefers, he may have lean steak sandwich on 1 slice of bread plus a glass of milk and cantaloupe. 4:30 energy pickup: Choice of Orange juice, 6 oz.; buttermilk; skim milk; or coffee with cream and sugar. Dinner: Broiled lamb chops (eat lean meat only); Mrs.—1 chop, Mr.—2 chops; baked potato; butter, 1/2 pat; choice of asparagus, broccoli, spinach; crisp carrot slivers and radishes; honeydew melon, 2" wedge; iced tea with mint and lemon.

S. A. McDonald PRESENTS the new Tulip BRA with FLOATING ACTION advertisement.

Exquisite Form



TULIP BRA WITH FLOATING ACTION \$2.50

Spoke-stitched cups to mould you into lovely natural curves. Floating Action tangent straps give extra support. White broadcloth, with generous elastic back sections and front breather band. Sizes: A cup 32-36, B cup 32-40, C cup 32-44. Price \$2.50

STYLE NO. 4432 CONTOUR WITCHERY. Strap magic, detachable straps convertible to any neckline. Daintily embroidered broadcloth cups . . . gently padded . . . all elastic sides and back. Sizes: A cup 32-36, B cup 32-38, C cup 32-40. PRICE—\$3.95

STYLE NO. 195—EQUALIZER. White satin, gently padded with foam rubber, circular-stitched cups. Sizes: A cup 30-36, C cup 32-38. PRICE—\$3.00

"It saves us money too. I think it is wonderful" advertisement for Maple Leaf Liquid Detergent, featuring a woman's testimonial and product image.

Elizabeth Arden BLUE GRASS DEODORANTS



The fastidious way to keep fresh all day. Only Elizabeth Arden gives you three types of deodorant—a cream, a liquid spray, an ice-cool stick. Mist it on as a spray; apply as a smooth cream; carry as a frosty stick. So effective, so easy, so beautifully feminine . . . and each carries the signature of true freshness—cherished Blue Grass Perfume.

- LIQUID DEODORANT in plastic spray bottle . . . 1.25
CREAM DEODORANT in a pink plastic jar . . . 1.50
STICK DEODORANT propelling and repelling . . . 1.50

Moore & McLeod Ltd.