

Women

Lena Caroline McLure, Women's Editor, Phone 8508

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IDA BAILEY ALLEN

Serve Cheese Ramekins For Substantial Lunch

"Here is a food par excellence!" exclaimed the Chef. "It's Switzerland Swiss cheese, containing the robust qualities of the country from which it comes."

"Robust is a good descriptive word, Chef," I said. "Switzerland Swiss is higher in protein and a little lower in fat than most other full-milk cheese. It is equal in protein content to fresh beef, and contains less fat."

"How about the calorie and vitamin content, Madame?"

"It contains 105 calories to the ounce, Chef. The chief vitamin is A, of which it contains 41 International Units per ounce."

ALTERNATE TO MEAT

"It is an excellent alternate to meat. There is no waste. But, because it is a concentrated food, it is easy to eat too much at a time, for hunger is not satisfied until sufficient bulk of food is taken to fill the stomach."

"This cheese should always be eaten with or made into a dish containing bulky food, such as coarse bread, vegetable salads or fruits."

"Swiss Cheese Ramekins are a

classic example of a cheese dish to enjoy with a green salad," observed the Chef. "And our new Gypsy Salad, about to be photographed in the test-kitchen, is a tasty example of the combination of Switzerland Swiss cheese with vegetables as a balanced main course for luncheon or dinner."

Measurements are level; recipes for 6.

Swiss Cheese Ramekins: Line 2½" tart pans with American pie pastry. Among them divide ½ lb. shredded Switzerland Swiss cheese.

Mix 1 tsp. flour, 1-3 tsp. pepper, ¼ tsp. salt and 3 well-beaten eggs. Add 1 e. milk. Pour over cheese.

Bake 20-25 min. in mod. oven, 375 degrees F., or until firm in center and lightly browned.

Gypsy Salad: Line 2-qt. oblong salad bowl, preferably wooden, with soft lettuce leaves. Center with strips of 2 whole tomatoes cut in quarters.

Border each side with strips of Switzerland Swiss cheese cut in narrow strips. Next to this, arrange strips of cheese cut in cubes. On one side, arrange

strip of quartered hard-cooked eggs, and dust with strip of paprika.

On opposite side, arrange about 12 cold, cooked, small scraped white potatoes, marinated while cooling in French dressing. Dust with fine-minced parsley.

Pass Gypsy Salad Dressing.

Gypsy Salad Dressing: Into pt. jar measure ¼ c. olive or safflower oil, ¼ c. wine vinegar, 1 tsp. salt, ¼ tsp. paprika, 1 tsp. minced parsley, ¼ tsp. dry mustard, 1 fine-chopped hard-cooked egg, 1 tsp. grated onion, 6 coarse-chopped radishes and 1 tsp. capers (optional).

Shake until well blended.

TOMORROW'S DINNER
Tomato Bouillon Piquante
Broiled Chicken
or Thin-Broiled Ham Slices
Gypsy Salad
Rye Bread
New England
Strawberry Shortcake
Coffee Tea Milk

TRICK OF THE CHEF
The Irish have a way of serving chicken and ham together.

Par example: Section broiler-fryers: brush with corn oil and little lemon juice. Dust with seasoned salt and plenty of paprika. Broil 30 min.

Serve on very thin rounds of broiled tenderized ham. Spoon over mushroom sauce. Garnish with parsley.

PARKDALE PHARMACY

St. Peter's Rd. Dial 6532
OPEN EVERY DAY
Mon.-Sat. 9 a.m. to 9 p.m.
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Free Delivery
Cream • Tobacco
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Dependable Service

ST. THERESA'S C.W.L.

The June meeting of St. Theresa's sub-division of the C.W.L. was held at the parochial house on June 7th, with an attendance of twenty-two members and two associate members attending.

The president presided and the meeting opened by spiritual director reciting the league prayer. The minutes of the last meeting were read, approved and signed. The councillors passed in the membership fees for the coming year.

It was decided that all members of the sub-division to take lunches for the Vernon River play which was coming to the hall on Thursday night. The play cast, to be given a free lunch, the remainder of lunches to be sold for 15c each. Mrs. Peter McKenna and Mrs. A. J. Mooney to take charge of making tea for that night.

A discussion took place on cleaning the church and hall, it was decided the date for this was June 10th. The delegates were appointed to attend the convention in Summerside on June 28th, 29th and 30th.

A discussion took place on having a tea-party, date to be decided on later.

Next meeting to be at the home of Mrs. Walter Croken on July 5th. Father Croken closed the meeting by saying a prayer.

An inspiring talk was given by Rev. Mother Loyola, C.S.M. on religious vocations, which every one present enjoyed very much. A few words were also spoken by Fr. Croken.

A delicious lunch was served by the hostesses, Marie Carrom, assisted by Helen Hughes and Mrs. Joseph Kenny.

BONSHAW BAPTIST W.M.S.

The Bonshaw Baptist W.M.S. held their June meeting with Mrs. J. K. Gordon, on Wednesday evening, June 3rd, with an attendance of six members and six visitors.

The opening hymn "Stand Up For Jesus" was sung. Scripture from Ephesians 6th chapter, verses ten to end of chapter was read responsively, followed by prayer by Mrs. E.C. Holm.

The lesson on "The Habitation of God" was read with each of the group participating.

Minutes of May meeting were read, approved and signed. Roll call was answered by a Biblical verse containing the word "dwell". Collection then taken amounted to \$3.00. A donation of \$4.00 from Mrs. Ambrose Barrett, Charlottetown was gratefully received.

Programme consisted of a reading by Marjorie Gordon and a solo, "Be Careful Little Hands" by little Miss Dawn MacEach-

ern. It was unanimously decided to hold meetings in the church at Bonshaw during the warmer season.

ROCKET SHIP TESTED

EDWARDS AIR FORCE BASE, Calif. (AP)—The rocket ship X-15, expected some day to carry man 100 miles high at 4,000 miles an hour, successfully made its first glide test Monday. A brief announcement said everything went as planned—the ship was dropped at 36,000 feet from a B-36 mother plane, glided for four or five minutes, and landed on a dry lake bed at 230 miles an hour.

More than 3,000,000 passengers travel on railways in India on an average day.

INDIAN RAILWAYS

FOR THE LAND'S SAKE — LIME

Soil acidity slows down the decomposition of organic matter and reduces the yields and quality of hay and pasture. LIME is the cheapest all-round soil conditioner on the market and should be applied to acid soil, it makes all major plant foods more available. Always remember, "HAVELOCK LIME WORKS". Shipped in carload lots of 30 tons or more, bagged or bulk. Order now from—

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COLORFUL RAINCOAT

BY ALICE ALDEN

IF RAINS showers of flowers on wet days — or so it seems as the beautiful, floral-print raincoats flash by, brightening the haze. Coming in for summer weather vagaries are sumptuous, warp-printed silk shantung rain-and-shine coats. For this one Adele Lawrence chose a huge

floral design in gray, bronze or blue on white. The wing-collared trapeze coat has its own beret.

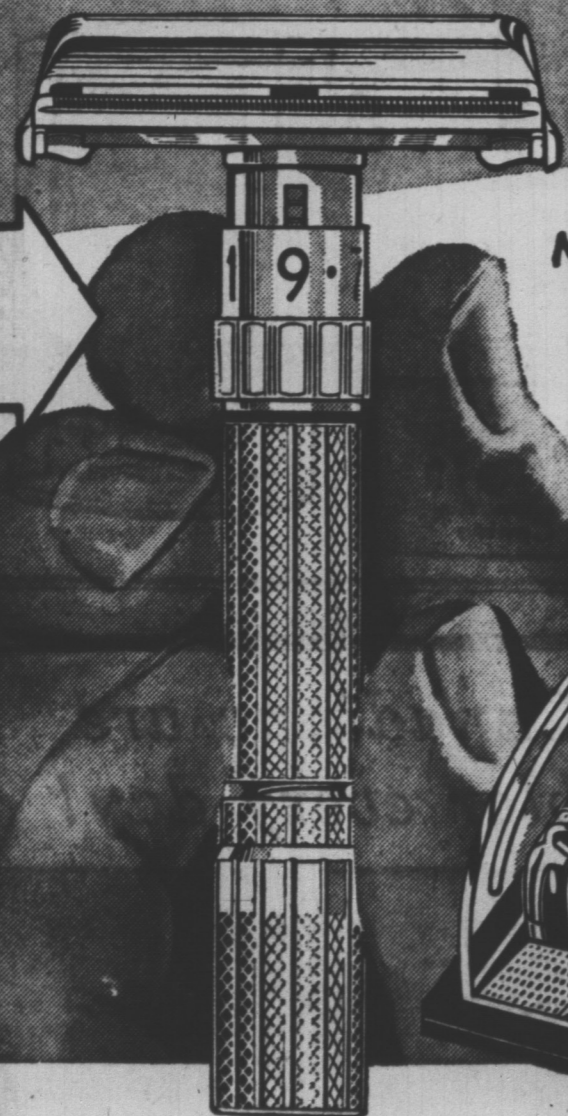
LEADER RE-ELECTED MONTREAL (CP) — Mrs. W. Rankine Nesbitt of Toronto was re-elected chief commissioner of the Girl Guides Association Canadian council at the group's annual convention here.

SENSATIONAL! THE NEW

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COMPLETE SET—
ONLY \$195

NINE SETTINGS FOR SUPERB SHAVING COMFORT. YOU TURN THIS MICROMETER DIAL FROM 1 TO 9 FOR LIGHTEST TO HEAVIEST BEARD.



A perfect gift for FATHER'S DAY Graduation, Birthdays

BLADE EDGE AT MAXIMUM EXPOSURE

BLADE EDGE AT MINIMUM EXPOSURE.

Adjusting collar raises and lowers upper assembly to increase or decrease blade edge exposure and alter shaving angle. There's a setting from 1 to 9 that matches your skin and beard exactly.

END VIEW OF RAZOR

Here it is... the greatest advance in shaving comfort since the invention of the safety razor. It's the Gillette Adjustable! Just turn the micrometer dial. You get 9 different degrees of edge exposure and edge angle.

Light beard? ... Heavy beard? ... There's a setting that delivers you comfort that's all but unbelievable.

And, change the setting if you like while shaving sensitive or hard-to-shave spots.

Believe us, it's all but a miracle the e-a-s-y, clean shaves you get with the Gillette Adjustable. Buy it. Try it. See how it adjusts to your own particular skin and beard. This is the razor to give... and to own yourself.

SHOP AND SAVE AT EATON'S

MAKE IT A BIG DAY FOR DAD... FATHER'S DAY, JUNE 21st.



MEN'S Sport Shirts

Exciting savings! Manufacturer's clearance of ends of lines in higher priced sport shirts. Checks, plaids and Ivy stripes on good quality cotton broadcloth. Sizes small, medium and large.

Special, each 3.98

MEN'S TIE AND SOCK SETS

Nylon stretchy socks with matching rayon tie—a variety of patterns in colours; navy, wine. An excellent suggestion for Father's Day giving.

Special, set 1.00

MEN'S TROUSERS

Dad will be proud to wear these smartly tailored everyday slacks in his leisure hours. Made from synthetic fabrics in worsted, gabardine and flannel weaves. Colours: blue, brown, grey, fawn, navy and black. Sizes 30 to 42. Cuffed!

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SPECIAL, EACH 23.95



MEN'S BOXER STYLE SWIM TRUNKS

Good quality cotton in miniature tartans and stripes — styled with boxer waist, lining and change pocket. Sizes small, medium and large.

SPECIAL PAIR

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Goodyear welted leather soles. All shoes are Sanitized for your protection. Brogue and blucher styles. Top quality calf leathers in black and brown. Sizes 6 to 11, C to E widths. Balmoral style in D width.

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FATHER'S DAY GIFT CARTONS OF 100 GILLETTE BLUE BLADES IN DISPENSERS \$5.00—50-BLADE CARTON \$2.50