

Princess Anne Is Learning Reading, Writing, Arithmetic

LONDON (AP)—Princess Anne, whose uninhibited gaiety has gained her the title "Little Miss Mischief," celebrated her sixth birthday.

Her party was a private family affair board the royal yacht Britannia with "mummy" and "daddy," the Queen and Duke of Edinburgh—and brother Charles, heir to the throne.

The Royal Family is cruising in Scottish waters visiting the remote Western Isles.

The little blonde girl with the sparkling blue eyes has won the hearts of Britons by her carefree manners and perpetual smile.

LOVES CROWDS

She loves crowds and plays up to them, but still doesn't know that she's a princess - or if she does, she never gives any indication of paying any special significance to her royal rank.

She is called just Anne - without the princess - by her nursemaid and palace officials.

She is learning reading, writing and arithmetic, but has not really begun formal classroom lessons yet.

She would rather play.

She shows an intrepidity that often brings her into the palace grounds on her bicycle or goes riding on her frisky Welsh pony, William.

HAPPENINGS

Mrs. J.P. Simmonds has arrived home from an extended visit to Vancouver and Montreal. She was the guest in these cities of her daughters.

Mr. and Mrs. Frank Nutting and Mr. and Mrs. Jack Nutting and family have returned to their homes in Toronto. While in the province they were the guests of Mr. and Mrs. J.A. Simmonds.

Mr. and Mrs. D.A. MacDonald and son Paul, returned from a very enjoyable motor trip to Boston and New York. They were accompanied home by Miss Mary Revell, Miss Margaret Revell, R.N., and Miss Ann Revell, R.N., who will spend their vacation with their mother, Mrs. Teresa Revell, School Street.

Mr. and Mrs. Harold Laird, Kelvin Grove, entertained at the supper hour on Saturday for Miss Anne Templeton, her parents, Mr. and Mrs. Templeton and sister, Miss Isabel Templeton all of St. John's, Newfoundland. Miss Templeton is the organizing secretary of the Newfoundland and Labrador Jubilee Guilds. The Templetons are vacationing in this province. They are guests at Dalway House.

Mrs. George Carson and Mrs. Miller Bealston left Tuesday morning by car for Barrington Passage, N.S. They will spend the next few days with Bennie Carson, guests at the Victoria Hotel. They were accompanied to Halifax by Mrs. Gordon Garnham and children Glenda and Blair, who will visit with Mr. and Mrs. Lloyd Garnham.

Mr. and Mrs. Robert Grant and their three sons, Robert, Allison and Shelley of Sydney, Nova Scotia, are visiting in this province. While in Charlottetown they are the guests of Mr. and Mrs. H.W. Davison.

Mrs. Edwin C. Johnstone entertained at a delightful Coffee Party Wednesday morning at her residence Villa Avenue. The guest of honor was Mrs. M.L. MacDonald who with her husband Dr. MacDonald is visiting in the province. Dr. MacDonald for many years practised in Waltham, Mass. Dr. and Mrs. MacDonald are now residing in Winter Park, Florida. Mrs. MacDonald is a very fine musician. She studied at the New England Conservatory. Music and was a pupil of Felix Fox, Boston.

Mr. and Mrs. G. Vadala, Highland, New York, and Mrs. Frank Duessler, Brooklyn, New York, are visiting relatives and friends in the province. While in Charlottetown, they are the guests of Mrs. Farquhar MacRae. They are also visiting at Bonny Bank Cottage, Murray River, the guests of Mr. and Mrs. N.D. Walker.

Mrs. F.B. Proude, and daughter Janet, are visiting in Montreal. They are the guests of Mr. and Mrs. J.L. Peck and daughter, Helen, of Sydney Mines, Nova Scotia, are attending the Old Home Week Races. This is Mr. Peck's 29th annual visit.

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Creamer-Clark Wedding At Alberton U.C.

A quiet summer wedding was solemnized at the United Church in Alberton on Saturday afternoon July 28, when Mary Paterson, daughter of Mr. and Mrs. George Clark, Alberton, became the bride of LeRoy Robert, son of Mr. Francis Creamer and the late Mrs. Creamer of Charlottetown.

The double ring ceremony was performed by the Rev. Murray Gardner.

The bride given in marriage by her father wore a gown of white lace and net over satin with matching bolero of nylon net. Her dress was designed with a Peter Pan collar and lily point sleeves. Her shoulder length veil was of nylon net and was held in place by a scalloped tiara. She wore a pair of pearl earrings, the gift of the groom and carried a bouquet of red roses with white satin streamers.

Miss Bertha Clark a sister of the bride was maid of honour. She wore an ankle length gown of blue nylon over satin with matching headdress. Her bouquet was a nose gay of red sweet-heart roses.

Mr. Garfield Creamer, brother of the groom, acted as best man. Following the ceremony a family reception was held at the home of the bride. The bride's table, decorated with flowers, was centered with a two tiered wedding cake, topped with a miniature bride and groom.

Following the reception, Mr. and Mrs. Creamer motored to Charlottetown, where they will take up residence.

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8506

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KEEP IN TRIM

Tone Up As You Slim Down

By Ida Jean Kain

Toned muscles can help you to feel trim and slim as you lose bulky pounds. Regular exercise restores live tone to the figure controlling muscles. The rule on summer slimming exercise is . . . don't get up steam. In hot weather the idea is to get rid of heat, and exercise generates heat which must be dissipated into the atmosphere. High humidity doesn't favor evaporation, so in muggy days, take easy stretching and contracting exercises, holding the movement.

First, a stretch to pull the fat from the waistline, ribs and wishbone. Standing an inch or two from the wall, left side toward wall, left arm raised and against wall stretch muscularly from below the waist, reaching up . . . higher. Pull all along the left boundary line as you stretch. Repeat slowly 3 to 4 times, keeping the stretch long and smooth, then slowly releasing the movement. Change sides and repeat.

Nw. . . put the action on the in-pulling muscles of the abdominal girdle: Lie on back on floor, knees bent, soles of feet flat on floor. Raise hips just slightly off the ground, pulling in forcibly with the side-front muscles and hold to a slow count of six, then release gradually. Swing hips back to center, tilt hips toward the left, pulling in forcibly and again hold to count of 6, releasing slowly. In this movement, it is the strong in-pull plus the holding that is toning . . . not the swing of the hips.

Any measure that stimulates circulation is all to the good. Exercise taken in swimming is an ideal way to tone up, slim down, and cool off. Swimmers can skip the calisthenics.

But what will reduce the fat? Less food! Without cutting calories, you cannot reduce body fat. So on with summer slimming . . . Breakfast: Fresh peach sliced on corn flakes, 1/2 cup; sugar, 1



MR. AND MRS. ROSS ALBERT WOODSIDE AND ATTENDANTS

Summerside Couple Wed, Groom Serves In R. C. N.

Trinity United Church, Summerside, was the setting for a pretty mid-summer wedding on July 28th at 5:30 p.m. when Mary Lillian Frances Currie, daughter of Mr. and Mrs. Sidney Currie, Summerside, was united in marriage with Ross Albert Woodside, son of Mr. and Mrs. Frank Woodside, Summerside.

The officiating clergyman was the Rev. C.D. Matheson.

The organist was Miss Mary Geldart. The soloist was Miss Audrey Woodside. Her selections were "O Perfect Love" and "Walk hand in hand."

The church was decorated with baskets phlox, mums, carnations and other summer flowers. The guest pews were marked with mums and white satin bows.

The bride was given in marriage by her father. She wore a gown of nylon tulle over satin which had a Chantilly lace bolero with Peter Pan collar. The sleeves of the bolero were lily-pointed and the collar was trimmed with pearls and sequins. There were wide bands of matching Chantilly lace on bodice and overskirt. Her headdress was a scalloped style tiara trimmed with sequins and pearls which held in place a fingertip veil. Her bouquet was a cascade of carnations and rose buds.

The maid of honor was Miss Sheila Woodside, sister of the groom. Her gown was Princess style in mauve taffeta, V neckline front and back, very full skirt with inserts of satin bows and matching taffeta mitts. The head-dress was a tiara of mauve net and she carried a nosegay of mauve mums.

The bridesmaid was Miss Shirley Inman who was gowned in a yellow ensemble similar to the maid of honor. Her nosegay was yellow poms.

The best man was Mr. Steven Labchuk. The ushers were Mr. Wendell Morrison and Mr. Robert Davis.

The reception for forty-five guests was held at the Birch Hill Tourist Home. The table was centered with a three tier wedding cake topped with miniature bride and groom under wedding bells. The table was further decorated with tall white lighted tapers and white carnations. The toast to the bride was proposed by Mr. Steven Labchuk.

The bride's mother wore a terry-line dress of white with mauve flowers. Her accessories were white and her corsage was yellow roses.

The groom's mother wore a flowered dress of Wamsutta corded silk with pink bolero. Her accessories were white and her corsage was pink roses.

Mr. and Mrs. Woodside left on a wedding trip to various parts of the Maritimes. Her travelling costume was pastel blue gingham cotton ensemble, with white trim

groom. Her corsage was white roses.

The out of town guests were Miss Roma Stewart, Hunter River, and Mr. and Mrs. Steven Labchuk and daughter Sharon of Trenton, Ontario.

The bride and groom received telegrams from the following relatives: Mr. and Mrs. Thomas Dickinson - New York; Mr. and Mrs. John Holtzern - Malverne, Long Island.

The bride is on the staff of M. F. Schurman Co. Ltd. and the groom is with the Royal Canadian Navy in Halifax—Heckbert Stud-

Woman Dentist Has Two Careers And Is Gardener

VANCOUVER (CP)—Dr. Hella Unger, who recently visited Vancouver with her orchestra - conducting husband, is a woman with two careers and an engrossing hobby.

As secretary to her husband Dr. Heinz Unger, she handles bundles of correspondence. As a dental surgeon she practices in her Toronto home, and as a gardener she tends a planned plot in her backyard.

Dr. Heinz Unger has been conducting open-air concerts in Vancouver's Stanley Park this summer.

Dr. Hella Unger says her garden in Toronto is the first she has had. "I've had window gardens of course, but never a real outdoor plot. This one is near a creek with lots of rockeries."

Sometimes Dr. Unger travels to Europe from Toronto, or to the United States and various parts of Canada.

She is dentist to her conductor-husband. He says he won't allow anyone else to explore his teeth. "I've grown up with music," said Dr. Hella. "I still play the violin for my own 'disse'."

COOK'S CORNER



LEMON DELIGHTS
1 pkg. graham wafers
1 pkg. lemon pie filling
Place 1 half of wafers on cookie sheet. Spread cooked lemon filling over wafers. Place remaining wafers on top. Cover these with this butter icing. Place in frig. to set.

LET'S EAT

Tropical Countries Eat Fruits To Combat Heat

By Ida Baily Allen

"In tropical countries, long experience has proved that eating juicy fruits in the natural state is necessary to combat the heat."

The chef moved his high bonnet to its most professional angle and continued: "Of all the fruits, melons contain the highest percentage of water to solid content. REFRESHING FLAVOR."

"This 'water' is very special because it has been distilled by nature. The flavor is refreshing and the melon is so bulky it fills the stomach and satisfies hunger, for a while at least."

"The cantaloupes at the market are very fine. I have been eating plenty of them." He patted his waistline. "Will you please give me the calories content of cantaloupe, Madame?"

"It's very low, chef," I replied. "Half of a 4 1/2 in. cantaloupe is only 30 calories."

"Very good, Madame. This fact will also interest all weight-watchers."

Also all watchers of good nutrition, chef, for that same size

rounded tsp. milk; 1/4 cup whole milk; Mr.—1 slice toast lightly buttered; coffee, black.

Luncheon: Omelet—Mrs.—1 egg Mr.—2 eggs; toast or bread, 1 thin slice; butter, 1/2 pat; mixed green salad (Dieter's Dressing); wedge of cantaloupe; 1/4 skim milk or buttermilk.

Dinner: Baked ham, lean meat only, 2 small slices, 4" by 3" by 3/4" thick; broiled pineapple, 1 small slice; corn on cob, 1 ear, 5" long; butter, 1/2 pat; choice of cauliflower, string beans or asparagus with pimento cheese; 1/2 oz. coffee; toasted crackers, 2; tea or coffee.

HOUSEHOLD HINT

While delivering a lecture on what to do in case of a heart attack, a lieutenant in the Oklahoma City, Okla., fire department was summoned to the aid of a passenger in the city airport who had had a heart attack, and few days later, when giving a talk on the danger of explosions caused by expanding gas, a refrigeration gas tank exploded in the airport's basement.

Pass a dressing made by slightly sweetening and salting fresh lime or lemon juice.

Monday Dinner: Cantaloupe cup veal salad platter in New England style; corn-on-cob; heated rolls; puff criss-cross pie; hot or iced coffee or tea or milk.

All measurements are level unless proportioned to serve 4 to 6.

Veal Salad Platter New England: Dice enough cooked oddments of veal to make 3 heaping cupfuls.

Add 4 coarse chopped hard-cooked eggs, 1 c. small-diced celery, 1/2 tsp. prepared horseradish 1/4 tsp. pepper, 1/4 tsp. monosodium glutamate and 1/4 tsp. salt. Over it sprinkle 1/2 c. not-sweet French dressing. Toss until absorbed. Refrigerate 30 min.

Blend with cooked salad dressing. Arrange on a bed of lettuce. Top with a little more dressing and with sliced pickles.

Garnish the platter with alternating slices of tomato and cucumber and big spoonfuls of well-drained cole slaw or potato salad in lettuce leaves.

Cantaloupe Cup from the Chef: Dice chilled, fully ripe cantaloupe in bite-sized pieces. Spoon into cocktail glasses. Half cover with frozen lime and lemonade prepared according to package directions.

EXPENSIVE SMOKE

SOUTHEND, England (CP)—Two cigarette cost butcher Charles Frankel 26, 3s. He was fined that amount on two charges of "failing to refrain from smoking while handling food."

MORNING SMILE

Boy (to bride)—Gee, you don't look a bit tired.

Bride—But why should I?

Boy—I heard mama say you'd been chasing the bridegroom for months

Words Of The Wise

We can't help the past . . . but we don't have to repeat it.—(Unknown)

Bohaven-Curley Wedding In The Fraser Valley

Points as far apart as the Atlantic coast and British Columbia shared interest in the marriage which took place at St. Anthony's Church, Agassiz on Saturday July 7th, 1956.

The bride was Katherine Zelma, daughter of Mr. and Mrs. Wilfred Curley, Clermont, P.E.I. and the groom, Mr. Ronald George Bohaven, son of Mr. and Mrs. R. Bohaven of Agassiz.

Rev. Father A.M. Dickenson performed the double ring ceremony and conducted the nuptial mass which followed.

Mr. Leland Curley, now of Smithers, gave his sister in marriage. She chose for her ensemble, a strapless floor length gown of net over satin. The lace jacket was buttoned from the Peter Pan collar to the waist. The back had a graceful ruffled. The sleeves were lily point style. Her chapel veil was held in place by a coronet of pearls. Her bouquet was white carnations and red roses.

Miss Glen Curley, sister of the bride, was bridesmaid, with Miss Jean Donohue. They wore ballerina length dresses of blue nylon net over taffeta. Miss Curley's dress was strapless with a lace jacket. The skirt was encircled with rows of dainty ruching. Miss Donohue's dress featured cap sleeves worn with elbow length gloves. They carried bouquets of yellow tinted carnations.

The best man was Mr. Eugene Fraser, brother-in-law of the groom. The ushers were Mr. Paul Darel and Mr. George Harrison. The organist was Mrs. D. Lacey.

A reception was held at the Elks Hall, where Mr. L. Curley proposed a toast to the bride.

One of the three tiers of the beautifully decorated cake, the bride will send to Prince Edward Island to be shared by her family, her parish priest, and other intimate friends.

She presented her bouquet to her sister Miss Glen Curley.

Mr. and Mrs. Bohaven are spending a short honeymoon at points in the Okanagan Valley. For travelling the bride wore a two piece suit, in off white, flecked with black. Her accessories were white and her corsage was red carnations.

Upon their return the happy couple will make their home in Harrison, Hot Springs. The bride was formerly on the teaching staff of Seabird Island Indian School.

Among the out of town guests were: Mr. and Mrs. E. Fraser of Mallowville, Mr. and Mrs. Kenny and daughter Mae, Mrs. L. Nelson and son of Vancouver, Mr. and Mrs. D. Lacey and Olive of Aldergrove, Mrs. H. Bqwen

Witcher-Thistle Wedding At Harbour Grace

A wedding of interest in the Dartmouth area took place recently in Harbour Grace, Newfoundland, when Ebba Ruth Eunice, only daughter of Mr. and Mrs. Clarence Thistle of that place, was united in marriage to Robert, son of Mr. and Mrs. Leonard Witcher, 8 Brookside Ave., Dartmouth, formerly of Prince Edward Island.

The bride made a most attractive picture entering the church on the arm of her father to the strains of the Bridal Chorus.

Her gown of white crystalline made with a fitted bodice of lace and tapering sleeves and bouffant skirt was most attractive. Her shoulder-length veil was caught with a coronet of sequins which followed the pattern of the veil and she carried a bouquet of American Beauty roses.

The maid of honor was Miss Daphne Beck, cousin of the bride, who was gowned in a floor-length dress of pale pink nylon net and matching headdress. Her flowers were white and blue shasta daisies. Miss Wilvena Sheppard was bridesmaid and she wore maroon blue nylon net with matching headdress and she carried lemon and blue shasta daisies.

The groom was attended by Constable John Briggs, R.C.M.P., and Constable Laurie McIsaac, Ushers were Constables Smith and Oostok, R.C.M.P.

During the signing of the register the solo "Because" was beautifully rendered by Constable Oostok. A motorcade of some twenty cars formed outside the church and drove through the town to Pike's Hotel, where Mrs. Thistle, mother of the bride, received in a gown of wedgewood crepe worn with white hat and matching accessories.

Her corsage was of white carnations. Over one hundred guests were present and the usual toasts were duly honored.

The honeymoon is being spent at Swift Current. The bride, a registered nurse and the groom, formerly attached to the R.C.M.P. of Harbour Grace, are a popular young couple in the community.

and family of Port Kells, Mr. and Mrs. L. Curley and Mrs. Hibber of Smithers, Mr. A. Fast, Mrs. Casey and Mr. D. Casey of New Westminister.

Catering was by the ladies of the C.W.L. A.V.

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