



MRS. WILLIAM SOPER

MRS. ALLISON DEACON

MRS. LEIGH DONALD

MODELS AT SUMMER FASHION SHOW

This matching two-piece knicker-to-be costume will keep you picture pretty while you wait the cool looking print worn by Mrs. William Soper is set off by black front buttons, white pique collar and sleeves daintily edged with lace. The boxed pleats in back are highlighted by across-the-shoulder tab effect which is joined by centre button. The skirt with its kick pleat is designed for "waiting flattery."

Mrs. Allison Deacon is wearing a white polka dot nylon dress, styled with bright imagination and exquisitely tailored as if cut and sewn for her alone. This beautiful white nylon chiffon with black coin dots features crushed cummerbund with scoop gathered neckline and lantern sleeves. Notice the eye-catcher black bow and streamers with red rose which adds to the excitement.

Just right — sunlight or starlight, this posy stripe on fire prettily on Mrs. Donald. It boasts finely tucked front with button-top waist top; waist whittling wide belt — flattering boat neckline with wide flat bow; and still have one or two. But it is pretty obvious that I only bring pointless suffering upon myself by these episodes. In no case would I ever break up the marriage. . . . My life has been very productive of real wonderful friends, who probably would be greatly shocked to know of my real record. I've helped so many people with their problems—but can I ever help myself to be as calm and serene inwardly, as I try (and seem) to be outwardly?

Junior League Held Its Annual Dinner Meeting

The annual dinner and meeting of the Junior League of the Charlottetown Hospital was held at the Charlottetown Hotel on May 28, 1957. Thirty-four members were present. The president, Mrs. Jack MacEachern, opened the meeting with a prayer. The minutes of the May meeting were read, and this was followed by the minutes of the previous annual meeting. Mrs. Emma Whalen, Treasurer, reported that the sum of \$1,442.36 was raised during the past year. It was moved by Mrs. George Chandler that a check for \$800.00 be given to the Charlottetown Hospital to be applied against the nursery articles. The following committees gave their reports, Sick committee, Miss Blanche Conway, Magazine, Mrs. Angus MacEachern, Gifts, Mrs. Vincent Pineau, Telephone, Mrs. Carl McKenna, Lunch, Mrs. Joseph Gill, Membership, Mrs. Charles McQuaid. Mrs. J. A. MacMillan, Corresponding secretary, read a letter of thanks from Mrs. Alex Matheson. Mrs. Louis Doyle, convener of the sewing committee, reported that 187 miscellaneous articles and 16 dozen night dresses, were turned in during the year. In addition to this 6 complete layettes were given to the Social Service, and 2 layettes to the fourth floor of the Hospital. Mrs. Doyle thanked the members of the committee for helping to make this year so successful and all the members for their cooperation. Mrs. Reg Cronin, convener of the knitting committee, reported a very successful year, and thanked the members for their help in making it a success. Mrs. Urban McQuaid, convener of the Ways and Means committees, outlined the various money-making activities, and thanked the members for their support and cooperation in making the past year a success. The adoption of the above reports was moved by Mrs. Clarence Coady. The president in her report, welcomed the members to the annual dinner and thanked them for their wonderful report and cooperation all through the year. At the conclusion of her address, Mrs. MacEachern was presented with a gift by Mrs. Alex MacIsaac. A vote of thanks was moved by Mrs. MacIsaac to the retiring executive. As chairman of the nominating committee, Mrs. Mitchell MacDonald read the following slate of officers for the coming year: Past President, Mrs. Jack MacEachern, President, Mrs. John Maloney, 1st Vice President, Mrs. Angus MacEachern, 2nd Vice President, Mrs. Guy Sullivan, Treasurer, Mrs. Byron Burns, Recording Secretary, Mrs. Vincent Pineau, Corresponding secretary, Mrs. Maurice MacAlair. All members were elected by acclamation.

MARY HAWORTH

How Resolve Hopeless Love?

Dear Mary Haworth: I was specially struck by your recent column about a 14-year-old boy's "hopeless love" for a pretty married school teacher. Your discussion was so helpful and so kind. The same sort of problem afflicts later life too women most perhaps; but some men also. Speaking of inappropriate brands of feelings, you mention "intense romantic interest in 'forbidden' persons." — and the "senseless" quality of such attractions. You are so right! But what can be done to dissolve the attachment? I am 58, twice married, very respectable and refined. My first marriage ended in divorce (due mostly to drink), though I had managed, despite money problems to give happiness to the man and his two children. They still love me, really. The second husband died 10 years ago after a long illness. That was a happy marriage too. But now 10 years later I can't find a husband. Men who've proposed were somehow impossible. I've had a succession of lovers in these years—all very fine married men. . . . I've broken with each one after much anguish, and still have one or two. But it is pretty obvious that I only bring pointless suffering upon myself by these episodes. In no case would I ever break up the marriage. . . . My life has been very productive of real wonderful friends, who probably would be greatly shocked to know of my real record. I've helped so many people with their problems—but can I ever help myself to be as calm and serene inwardly, as I try (and seem) to be outwardly?

WANTS "GOOD" MARRIAGE I am religious, sing in a choir, keep myself up; and most people don't realize I'm 58. But I know it, and wish I could manage some way to be as "nice" as I'd like to be. I want marriage intensely, but only if it is a "good" marriage. Surely there are thousands like me who need help not previously available from the conventional mind. I would appreciate your frankest comment. C.C.

LEARNED COSTLY LESSON Dear C.C.: I don't suppose anybody can give us an inclusive statement of truth, concerning the meaning, or the basic cause of pain, suffering, anguish, etc., in human experience. But surely one of the manifest functions of suffering is to instruct guide and save—in the sense of making known to human intelligence the dangers and penalties implicit in wrong ways of doing. In your decade's experience of illicit love (so-called) you've learned a chastening costly lesson about the wrongness of this kind of grab for happiness, companionship, etc. Anguished futility and progressive loss of integrity, or personal composure, are the net result. And without integrity—that is, body, mind and spirit harmonized in obedience to the dictates of reason and decency—there can be no real delight in living. ON BECOMING NICE So now you are ready to profit from the lesson. Now you ask—what is the way to happiness, to peace of soul, to the life-adjustment that truly satisfies? How can you become the nice person you'd like to be? Well, the honest answer is that you can neither get on the beam, nor transform yourself by your own power. Your help must come from the author of the universe. You've got to turn over the whole proposition of "personal reclamation" to God's management. Such is the discovery, and such the decision, that every truly maturing man or woman eventually arrives at—at your age or later, it not before. To get the pitch of this great adventure, of voluntary collaboration with divine provision for your spiritual renewal, you might read C. S. Lewis' wonderful little book "Christian Behavior" (Macmillan) M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

Women

Lena Caroline McLure, Women's Editor. Phone 8508

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HAPPENINGS

Mrs. L. S. Newhall was the guest of honor Wednesday evening of Mrs. Gladys MacDonald, 256 Euston Street, and several of their friends. Cards were played and a very pleasant evening enjoyed.

Mr. and Mrs. A. Lloyd Fraser and small daughters, Faye, Dawn and Marlene, who have lived in Hamilton, Ontario, are now residing at Valleyfield, P.E.I.

Mr. Fraser who has worked with H.S.R. in Hamilton, is now employed with I.M.T. Charlottetown. They are being welcomed here by their many friends.

Mr. Lewis V. A. MacDonald, Dalhousie medical student, is spending a short holiday at his home with his parents.

The hostesses for the Charlottetown Golf Club Saturday are the following: Miss Marjorie Stewart, Mrs. H. L. Sear, Junior, Miss Dorthea Stewart, Miss Mabel Adams, Miss Margaret MacMillan, Miss Iris McLellan.

Mrs. I. M. Stevenson and three children, Alan, Paula, and Cathy, of Ottawa, are visiting Mrs. Stevenson's mother, Mrs. Mark Delaney.

Summerside, Mrs. Stevenson will then join her husband, Dr. I. M. Stevenson, in Canso, Nova Scotia, where he is doing a geological survey for the Government for the summer months.

The opening tea of the Summerside Golf and Country Club takes place in the club house today. Mrs. Irene Simpson is the convener, and these assisting are Mrs. Janet Mill, Mrs. Glen Hutchison, Mrs. Edith Caseley, Mrs. Marcia Schurman, Miss Marion Howatt, Miss Elizabeth Dalton and Miss Joan Compton. A hearty welcome is extended to the general public to this, the only open tea of the year.

Mr. and Mrs. Arthur Allen left Thursday to visit with their son and daughter-in-law, Sgt. Arthur Allen and Mrs. Allen, Halifax.

Mrs. Norman Hogz was hostess to her bridge club on Tuesday evening.

Cpl. and Mrs. L. C. Thorson and daughters, Gail, Lee, and Ann, are visiting Mrs. Thorson's mother, Mrs. Leith Crue, Summerside.

KEEP IN TRIM

Anything That Prompts Slimmering Action Helps

By IDA JEAN KAIN
May is no time to be overweight and out-of-shape. But alas, when it comes to buckling down to reducing, there is considerable inertia toward taking brisk action. Many of you are writing to inquire if passive exercise taken on expensive machines is effective. Will such a course help to reduce excess poundage and slim down measurements?

Anything that prompts you to take slimming action is a step in the right direction. These machines are helpful for their stimulative circulation—which is all to the good. Some of these machines work specifically toward posture realignment. Still others are based on the principle of direct muscular contraction.

NO MAGIC
Any machine that rouses the circulation, straightens out posture, or forcibly contracts the muscles is helpful in streamlining. But on the weight score, there is no "reducing" magic in the machines. Nothing of this sort can help you to lose excess pounds unless you also cut calories. However, from the psychological angle, when you are paying out good money to improve your figure, you are more likely to curb your appetite and leave off

the fattening foods. Business girls and homemakers ask if it is helpful to go to a gym and take a course in calisthenics. Yes indeed! To begin with, it's more fun to exercise with others. With supervised exercise, the right muscles are reached and toned. Even more important, exercise is taken in the right posture. Toning the posture supporting muscles makes good posture a natural, and the practice of good posture amounts to continual mild exercise.

NEEDN'T BE RUGGED
Calisthenics, taken at home, can be remarkably rewarding.



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LET'S EAT

What Is Your Favorite Way Of Preparing Potatoes?

By IDA BAILEY ALLEN

"What is your favorite way of preparing potatoes?" This question was asked during a poll conducted by the Maine Department of Agriculture among homemakers in New England, New York and Canada. "What is the sequence of the

answers, Madame?" asked the Chef. "First place, baked Maine potatoes; next mashed; third browned or pan-fried was third; French fried fourth; then came scalloped, boiled, salad, creamed, in soups or stews, and en casserole."

"What is the sequence of the answers, Madame?" asked the Chef. "Not one lady mentioned potato cakes. I hope to try this poll of potato popularity with my newest creation—which I present for your approval!"

Shredded P.E.I. Potato Puffs: Shred 4 medium-size raw Maine potatoes lengthwise on a medium grater. Use the full length of the potato in one continuous stroke to 1/2 inch long strands. Cut in 1/2 inch crosswise.

Mix at once with 1 well-beaten egg and 1 egg yolk, 1/4 tsp. salt, 1/4 tsp. black pepper, 2 tsp. milk, 1 tsp. grated onion and 1 tsp. flour. Heat and generously oil a heavy frying pan. Drop on the potato mixture by tablespoons. Fry crisp and golden brown. Turn once.

TOMORROW'S DINNER
Pickled Beet Saladettes
Baked Fish Steaks
Vegetable Stuffing

Bake 45 min. in a moderate oven, 375 degrees F. Baste once with 1/4 c. water and 1 tsp. lemon juice.

Uncover to brown. To serve, lift out the fish by means of the aluminum foil. Slide onto a heated serving platter. Arrange baked tomato halves around it. Garnish with parsley.

Vegetable Stuffing: Melt 1 tsp. butter or margarine in a frying pan. Add 1 tsp. fine-minced onion and 2 1/2 c. packed-down enriched bread crumbs. Cook until lightly browned.

Add the contents 1 (No. 2) can mixed vegetables, 1 tsp. salt, 1/2 tsp. each pepper, thyme and rosemary.

REPORT FROM THE CHEF
We have taste-tested several varieties of seasoned salt that are now on the market. These are excellent for piquant seasoning, but don't over-do them.

For contrast, other foods in the same course should be natural in flavor.

TO BE HELD AT COMMUNITY CENTRE
MONDAY & THURSDAY, JUNE 3 and 6 7:30 to 9:30 p.m.
TUESDAY, WEDNESDAY & FRIDAY, JUNE 4, 5 & 7 2:00 to 4:00 p.m.

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AYLMER FANCY—15 OZ. Dew Drop Peas 2 tins 35c	CHASE & SANBORN INSTANT—4 oz. jar Coffee 25c off . . . \$1.33	INGERSOLL—8 OZ. JAR Cheese Spread 41c
POWERED (INSTANT) Nu-Milk 1 lb. pkg. 39c	CHASE & SANBORN INSTANT—3 oz. jar Coffee, 10c off 47c	ROYAL—Jelly Powders . . 3 for 28c
FRYS Cocoa 1/2 lb. tin 41c	SUCCESS—20 OZ. TIN Heavy Duty Wax 65c	ROYAL INSTANT—Lemon Pie Filling 2 for 27c
BETTY CRACKER—20 OZ. Cake Mixes pkg. 37c	JENKINS—7 OZ. TIN Boneless Chicken 49c	ROYAL INSTANT—Puddings 2 for 23c
MAZOLA—16 OZ. Salad Oil jar 45c	FLEISCHMANN'S Dry Yeast pkg. 06c	FRESH DAILY BUTTERNUT Sliced Bread, . . . loaf 20c
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CAVENDISH FIRST AID CLASS

Mrs. Blair Andrew Was The Instructor For Group

The Cavendish First Aid Class held Red Cross Standard First Aid Tests at Shining Water Lodge on Tuesday, May 21st. Mrs. Blair Andrew instructed this group during the winter months. Films were used extensively throughout the course. The

members expressed their thanks to Mrs. Andrew by presenting her with a personal gift. Mr. Sinclair Cutcliffe tested the candidates in the practical skills of First Aid. He presented Red Cross Standard First Aid Certificates and insignia to the following persons: Mr.

Ralph Burdett, Mrs. Chesley Clark, Mrs. Milton Green, Mrs. Ann Haley, Mrs. Edward Lowther, Mrs. John MacNeill, Mrs. Eric Simpson, Mrs. Sterling Stewart.

Those in the front row are Mrs. John MacNeill, Mrs. Blair Andrew, Mrs. Sterling Stewart. Those in the back row are Mrs. Edward Lowther, Mrs. Milton Green, Mr. Ralph Burdett, Mrs. Eric Simpson, Mrs. Ann Haley