"GOLLY, BUT SHE'S BEAUTIFUL!"

This picture was photographed in Charlotte Amalie, on St. Thimas, Virgin Islands. The little boy's mother works in one of the shops in the Spanish Main shopping area where this shot was taken.

"Golly but she's beautiful" . . a young resident of Charlotte Amalie gazes in wide-eyed admiration at the model. Well worth looking at she is, too, — in trimly tailored Bermuda length shorts (you'll feel out of place in shorter ones in the Virgin Islands) and shirt in a rayon pique.

A slim button-front skirt completes this tropi-cool sports ensemble. This pique is crease releasing, can be washed easily, will dry quickly and needs just the barest touch of an iron to look as crisp and fresh as new. Sun protecting hat by Madcaps.

While winter winds howled up North, stylists packed up a travel-happy vacation wardrobe of Acrilan and Chemstrand nylon fashions and flew to St. Thomas, best known of the U.S. Virgin Islands, here they found summertime settings for summer sun 'n fun fashions. They report that they did not take along a single thing that won't come out of a suitcase as neatly as it went in — crisp, fresh and ready to wear. Going places this summer? . . .)

The age of miracles has new meaning for the ever growing number of vacation bound travelers who travel lightly and on a budget. Thanks to man-made fibers like Acrilan acrylic fiber and Chemstrand nylon, luxurious looking, style-right, budget aware fashions are today readily available to Americans on the move.

Easy-care qualities of synthetic jersies, chiffons and crepes make it possible for women to pack, with nary a thought for costly pressing and cleaning, the most wonderfully feminine clothes in the new supple silhouette. Yes, there is a wider-than-ever choice of fashions in man-made fabrics that pack in thimble space, shed wrinkles, wash quickly and easily, and use little ironing.

Bathing suits, playclothes, sweaters, shirts, slacks, dresses, suits, skirts and blouses are found in these luxury-look, easy-care fashions in styles for every single member of the family. The work is taken out of travel and vacation wardrobes by buying lightweight, packable, carefree clothes. Pack less, take more!

Women

Lena Caroline McLure, Women's Editor. Phone 8506

HAPPENINGS

The annual Golf Review, 1957 edition, contains photographs of the executive officers of the Canadian Ladies Golf Union. Among the thirteen pictures are those of Mrs. George H. Buntain, national handicap manager, Mrs. R. F. Norman, president of the Prince Edward Island and Newfoundland Branch, and Mrs. E. M. Bagnall, president of the New Brunswick branch.

Dr. and Mrs. J. C. Gallant and Dr. and Mrs. K. A. MacEachern have been in Moncton, attending the dental convention.

Mr. and Mrs. L. O. Kelly, 108 Dorchester Street, entertained at a family dinner party Sunday evening at the Queen Hotel, the occasion being their twenty-fifth wedding anniversary. Later in the evening friends and relatives dropped in at Mr. and Mrs. Kelly's home to extend congratulations and best wishes upon this happy occasion.

Mr. and Mrs. Leo. Gallant of 139 King Street entertained friends at their home on June the seventh. The occasion was Mr. and Mrs. Gallant's seventh wedding anniversary. Many good wishes were extended to them upon this happy occasion and good wishes extended for a great many anniversaries.

Mr. and Mrs. Frank Powell of St. Peter's were receiving congratulations on June fourth, the occasion being their fiftieth anniversary.

ELEANOR ROSS

Wallpaper Can Make A Room Look More Different

By ELEANOR ROSS

An apartment is a great convenience, especially if one does not wish the responsibility of looking after utilities and servicing it. But the apartment-dweller is often upset by the box-like similarity of the layout to all other apartments in the building.

How can an apartment be given a touch of originality, made more individual, without a big outlay of money?

EASIEST WAY

The easiest way, of course, is to alter the outline of the room with skillful wallpaper accents and drapery treatment. Wallpaper panels and scenics do wonders in giving walls a highly original look.

Then, too, shaped cornices, marbleized door frames, baroque ceiling pieces and shaped cornices are all available in wallpapers and achieve miracles.

Equally important, of course, is the arrangement of the furniture and a wise choice of lamps and other accessories. Try to strike a happy medium between the novel and the bizarre.

One idea is to use two upholstered chairs side by side. Instead of the usual chairs, some wise decorators place a supersize mattress and box spring on brass legs and then cover them with upholstery fabric. Then, with the narrow end against the wall, the piece juts out into the room.

CONVERSATION GROUP

Another good idea is to try one of the high-styled trundle beds in place of the traditional studio couch. The separate parts of the trundle bed can be made into an interesting conversation group.

Within limits, color should do much, too. Stay clear of bizarre combinations which you'll not only tire of all too soon but which may tire you.

KEEP IN TRIM

Your Waist Measure Is A Sure Test Of Figure

By IDA JEAN KAIN

Many a little woman could slip into a size 12 except that her waistline measures 28 bulging inches, which is a generous size 14.

This middle measurement is the test of the figure. In fact, many figure-conscious women go by the rule-of-the-waist rather than by the weight scales. The minute the skirt band is a tight squeeze, they cut out all extras. Three added pounds can spread the waist a half inch. And two extra inches at the waist jump the dress size!

So, if there is a bit more fat than fits at your waist, take slimming measures. You probably do not need to diet. Eat satisfying meals including the protective foods, but skip second helpings and limit bread to one thin slice a meal. Go light on butter and leave off rich desserts.

WILL FEEL CONTENT

It's well known that the most slimming, as well as the best "keeping young" exercise is to push away from the table before that full feeling is reached. Try it; 30 minutes later you will feel happily content.

And stretch to stay silken slim—stretching is wonderful. Stretch up, bend to the side and hold the movement for a slow count of six. By holding the movement muscle tone is increased.

It is easier to stretch against something solid—such as the wall. Stand sidewards to wall with arm extended up wall. Then s-t-r-e-t-ch long smooth, centering the action through the entire middle measurement. Hold. Relax and stretch again . . . three times. Change sides and stretch along the other side.

REACHES LATERAL MUSCLES

This thorough-going stretch not only reaches the muscles of the waist, but all the lateral muscles that bound the silhouette at the sides. Since few natural movements bring these side muscles into action, the laterals constitute a "dead" area. muscularly speaking.

Follow through with a side-bend.

Stand sidewards to the wall, an arms distance away from wall with palm of right hand flat on wall. Have left arm stretched high. The exercise action is to bend sidewards arching arm and bending until fingertips touch wall. Do not let hips jut out sidewards as you bend! Make those boundry muscles take the action. Repeat three times, change sides and stretch-bend again. There's nothing like stretching for streamlining—soon you'll like the fit of your skirt band.

MORNING SMILE

At a popular port all the crew applied for leave except one.

"What's the matter," asked an officer. "Are you the only one who hasn't a wife in this port?"

"No," was the reply "I'm the only one who has"

SPRINGHILL W.I.

The Springhill Women's Institute met for their June meeting on Wednesday, June 5th, at the home of Mrs. Stanley Dyment. The meeting opened by singing the Institute Ode, followed by the creed. Twelve members answered the roll call.

The July meeting will be held at the home of Mrs. William Baglole. Lunch committee is Mrs Claude MacArthur, Mrs. Margaret Green and Mrs. Stanley Dyment. Entertainment committee is Mrs. Reuben Enman and Mrs. Fulton Dyment.

NEW YORK (AP) — Traffic Judge swept up on the outside under the whip of Eddie Arcaro Saturday and won the $62,70 Metropolitan Handicap at Belmont Park.

Traffic Judge overhauled Mrs. Jan Burke's Dedicate about 30 yards out and drove home a three-qaurter-length winner.

MARY HAWORTH

Man 20, Is Confused

DEAR MARY HAWORTH: I am a young man of 20, considered exceptionally good-looking, with an IQ just short of genius and marked talent in music and art. I am the second son in a family of three boys.

I have wonderful parents and they love me, but I am constantly at odds with them. My mother is very sociable and well-adjusted, but my father is neurotic and withdrawing, uneasy with people—as I am. His lack of confidence adds to my own. I can't bear to see my fears reflected in him.

I feel that my parents cling to me too much. But the weakness may be mine, not theirs. I want to make my own life, but I am grounded by my dependence on them, whether they realize it or not. My brothers are just the opposite—confident, congenial, getting a bang out of life. I can't say I don't envy them, but I have never been bitter, and we get along fine together.

DATES BACK 6 YEARS

The problem: I am plagued, and have been for about six years, with an overbearing sense of unreality concerning life, the world, even tangible objects. My distress has at times been so great that I have seriously considered suicide. I feel now I must take action to shake this weight from my spirit and escape into life, if there is a way out.

My life up to the age of about 14 was wonderful. Then when I went to high school—a much bigger school than I was used to—I felt my previous ivory tower seclusion had been wrong, a wilful escape from life. I enjoyed better than average popularity here and at college, but always felt inadequate within, never a part of the crowd, never allowed myself the luxury of close companionships (though to all appearances, I "belonged").

VALVES THROWN ASIDE

I do not know which way to turn. In my attempt to become part of the real world, as I see it, I have thrown aside everything I ever valued—consideration; physical, mental and spiritual progress; morals, everything. I know this is not right, but people just don't seem to care. I have found little satisfaction but I regret nothing.

I can foresee nothing but meaningless confusion, or an end to it. I dont 'want to kill myself, but I can't stand the strain of this baffling existence much longer.

Please tell me: Do I need outside help? Or is this something I should try to solve myself? Am I merely weak-willed?

L.L.

PROBLEM NOT UNCOMMON

Dear L.L.: Here is your story, cut to a fragment. The agony of your struggle to become your fully proportioned self, in a society so little geared to greatly gifted, sensitive spirits, is not uncommon. It is an ordeal experienced by all "special" people. The "Confessions of St. Augustine" are a case in point.

As of now, you are also somewhat of a lamb who has lost his way. Thus you suffer profound anxiety and feelings of unreality, quite aside from your intrinsic travail that is part of the cost of your being one of nature's higher products.

Your reference to having thrown aside all that you've ever valued—spiritual progress, morals, everything—in your efforts to "escape into life," leads me to think you may have been involved in a thoroughly confusing sex episode, possibly homosexual, at some time in the past six years.

REQUIES HELP

This venture into total confusion and emotional frustration, a mistake not uncommon to school boys, but quickly dismissed and forgotten by the less imaginative, would be critically disturbing to a person of your special sensitivity. And I think you've had such a crisis added on to all the stress-and-strain of trying to grow up and become the superior man—the high level, personality—that nature aimed at, in launching you.

Part of the problem, as you keenly sense, is that your dad has failed in leadership, when you've most needed it, to get your bearings in life.

Do you need help? Yes. Spiritual help, analytic help and even perhaps medical help—of the type outlined in Abrahamson's and Pezet's book Body, Mind and Sugar (Holt). Beyond that, you need to turn your back on your artistic bias and do plain hard work that requies no soul-searching. Also, it might help you to read Thomas Merton's The Seven Storey Mountain (Harcourt Brace)—to see how he found his way out of confusion that had verged on despair.

M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

COVEHEAD ROAD W.I.

The June meeting of the Covehead Road W.I. was held at the home of Mrs. Charles Marshall. The meeting was called to order by the President, Mrs. Rilla Reardon. Mrs. Harry Birt read the minutes of the previous meeting. Roll call was answered by thirteen members by a reading.

Business was discussed. It was decided to ask a play to come to the community hall in the near future. Plans were made to help raise funds. It was also decided to respond to Mrs. Allan's invitation to assist in Community Hall.

Mrs. Harvey MacDonald put on a contest won by Mrs. Samuel Wooldridge. Mrs. Walter MacDonald's was won by Mrs. Harold McDonald. Mrs. Alden Ellis had a game of Bingo with prizes. Miss Currie favoured with a song. The Queen brought the meeting to a close. Luunch was served by the hostess, assisted by Mrs. Samuel Wooldridge.

CO-OP METHODS

Denmark's exports of butter, bacon and eggs are practically all provided by co-operative groups.

Junior World Wide Guild Elected Their President

Mrs. Windsor Brehaut was elected president of the Junior World Wide Guild of the Charlottetown United Baptist Church at a meeting held at the home of Mrs. Keneth Yeo. Other officers are Vice-President, Mrs. Ralph Manning; Secretary, Mrs. Blois Manuel and Treasurer, Mrs. W. J. R. MacDonald.

Mrs. Manuel, vice-president, presided in the absence of the president, Mrs. Douglas Cameron. The devotions were conducted by Mrs. Manuel. Reports were given by Mrs. Brehaut in the absence of the secretary, and Mrs. Yeo, treasurer. The report of the nominating committee was given by Mrs. Charles Ballem. Five dollars was voted to the "Churches for new communities" fund and $14.25 was given towards the medical scholarship fund. Letters were read from Mrs. Evagaline Crowe and Mrs. W. McInereny. Mrs. Gerald Purdy, formerly of Truro, N.S., was welcomed to the group by Mrs. Harold Mitton.

The study on Bolivia was given by Mrs. R. F. Welton who told of missionary work in Oruro and Cochabamba. Refreshments were served by the hostess, assisted by Miss Jean McArthur and Mrs. Brehaut. The September meeting will be at the home of Mrs. Brehaut.

By VERA WINSTON

BEACH WEAR

Blithely buoyant beach clothes are many and varied this season, which is good news for most of us. Culled fom the items soon to appear in the stores is this outfit in dark blue and yellow, a pleasing color scheme. the short smock is gathered from the ric-rac trimmed yoke to hang loose and easy and has bright yellow buttons. With it a halter bra and bright yellow [illegible] shorts. The smock is of [illegible] with yellow tear-drop print.

LET'S EAT

Variety Of New Ways To Serve Welsh Rabbit

By IDA BAILEY ALLEN

"Why is it, Chef," I asked, "that many people think of Welsh rabbit only as a late supper dish?"

"Probably because that is the way it is featured on hotel menus, Madame," he replied. "In other countries cheese is more widely used.

"In England, small portions of Welsh rabbit on toast are served in the British tradition as a 'savory' at the end of dinner. In France, cheese sauces are used over fish or vegetables. These are usually 'fondues,' which may be called a rich kind of Welsh rabbit. But in the United States, Welsh rabbits are preferred less rich and made with milk instead of wine or beer."

KEEP HOT FOR HOURS

"As we prepare them here in the test-kitchen, Chef, Welsh rabbits keep hot for hours without separating or becoming stringy. Just keep them covered and give them an occasional stir."

"One more important point, Madame," added the Chef. "When planning substantial meals for men around cheese, supply some visible meat or fish or they will mistakenly think they will not have enough to eat! For example, a generous serving of a fish or seafood appetizer or salad for the first course as in our menu."

TOMORROW'S DINNER

Shrimp Tomato-Salad Bowls
Cheddar Cheese Rabbit with
Asparagus on-and-with Toast
Frozen Strawberry Compote
Coffee Tea Milk

All measurements are level; recipes proportioned to serve 4-6.

Cheddar Cheese Rabbit Three Ways: Melt 2 tbsp. butter in the top of a double boiler. Place over hot water. Stir in 2 tbsp. flour, ½ tsp. dry mustard, ¼ tsp. paprika and ¼ tsp. pepper.

Slowly blend in 1 c. homogenized milk. Cook-stir until beginning to thicken.

Add ½ tsp. Worcestershire, 1 shredded (8 oz.) pkg. Wisconsin natural sharp Cheddar cheese. Stir until the cheese melts. Serve over toast.

Asparagus Rabbit: Place toast points in deep serving dishes. Spoon on Cheddar rabbit. Top with cooked asparagus and additional rabbit if desired.

Tomato - Bacon Rabbit: Place toast points in serving dishes. Top with rabbit, then with fresh tomato slices and crisp bacon.

Deviled Egg Rabbit: Place toast points in deep serving dishes. Top with rabbit, deviled or hard-cooked eggs and parsley.

Frozen Strawberry Compote: Dissolve ¼ c. sugar in ½ c. boiling water and cool.

Wash, dry and slice 1 pt. strawberries. Add ½ c. small-diced orange pulp and ½ c. diced fresh or canned pineapple.

Stir in the sugar mixture. Transfer to the freezing tray of a refrigerator. Freeze 1 hr. Stir 3 times.

Serve in sherbet glasses.

SUNDAY DINNER

Cottage Cheese Ballettes
Roast Lamb
Casseroled Potatoes
Lemonized Beets
Corn-on-Cob
Half-Frozen Canned
Elberta Peaches
Coffee Tea Milk

Cottage Cheese Ballettes: Into 1 (8 oz.) container cottage cheese stir 2 tbsp. minced tender scallion tops, 2 tbsp. minced parsley, 1 tsp. fresh mint (optional), 2 tbsp. each minced celery and finegrated peeled carrots, and ¼ tsp. each salt, sugar and pepper. Mix thoroughly.

Form into small balls. Chill until firm.

Arrange in lettuce nests, Spoon 1 tbsp. tomato French dressing over each.

CASSEROLED POTATOES

Peel, wash and dry new potatoes. Brush with vegetable oil. Dust with salt and pepper. Place in a casserole.

Bake 45-50 min. in a moderate oven, 375 degrees F. or until fork-tender. Turn once to brown evenly

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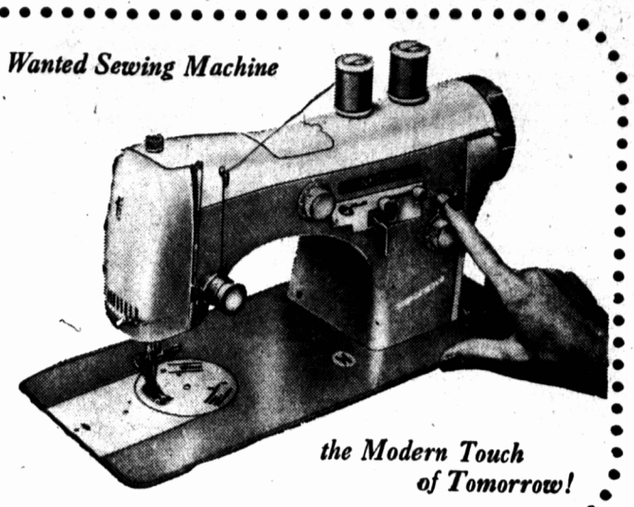

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