ADJUSTABLE

Turbans are a most versatile type of hat. They can be elegant or casual, depending on the fabric used; a style can be found to suit almost any face, and they help you put your best face forward when a trip to the hairdresser is impossible. Jerry Yates styled this turban in Birch, stitched matte jersey. It folds flat for packing and the band can be adjusted to fit any head size.

Women

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8506

Jean Anderson and Norah Kelly were joint hostesses at a teen-agers' party recently at Miss Anderson's home in Stanchel. During the evning Lloyd Nicholson, was presented with a well-filled purse by Annie Cairns on behalf of those present. Lloyd has since left for training at H.M.C.S. Cornwallis.

Jacqueline Brown returned to her home in Piusville after spending the winter months in Toronto, Ont.

Melvin Blanchard employed in St. John, N.B. spent the weekend at his home in Piusville.

Mr. and Mrs. Edward Henneberry have arrived in Bristol after spending the winter with their daughter in Ottawa.

A display of handcrafts more than 60 years old, promises to be an interesting feature of the women's Institute convention to be held in Alberton Friday afternoon. Each institute is asked to bring articles forthe exhibit of which Mrs. George Hardy and Mrs. James McCarthy will be in charge.

Hon. L. G. Dewar, MD, minister of education, will speak on his recent trip to the middle east and Mrs. Beecher Smallman will give a demonstration of handcraft. Mrs. David Mutch and Doris LeClair will represent the provincial office.

The convention will be held in Alberton Hall with Rosebank as the hostess institute. It will begin at 1.30 p.m. Institutes have been requested to bring their contributions for the scholarship fund from which prizes are awarded each year to students of the convention area to make the highest marks in provincial grade 10 examinations.

Mrs. George Brookins and Mrs. Joseph Woodside returned to their homes at Kensington on Wednesday after spending the past two weeks at Nashwaaksis, N.B., guests of Mrs. Brookins' son-in-law and daughter, Rev. and Mrs. Bruce Roberts and family.

Mr. and Mrs. Elmer Sherry of Halifax, N.S. were weekend guests at the home of the latter's sister, Mrs. Vernon Doyle, Campbellton, they were accompanied by Miss Sharron McKenzie and Donald Phinder of Amherst, N.S.

Mr. and Mrs. Harold MacGregor of Truro, Nova Scotia were weekend guests at the home of their brother and sister, Mr. and Mrs. Melvin MacGregor, Burton.

Frank Stevens, Jr., of Montreal, Quebec, spent the past weekend visiting his parents, Mr. and Mrs. Frank Stevens, Campbellton.

Mr. and Mrs. Wendell Waite, of Summerside have returned from a one weeks vacation to the New York's World Fair and while in the USA they also visited Washington.

Mrs. D.M. MacDonald, Montague, left on Saturday for Toronto where she will spend three weeks with her daughter Florence MacDonald.

Mrs. Nan Nicholson entertained recently at her summer home in Lower Montague. During the evening Mr. and Mrs. D. M. MacDonald were read a soliliquy and presented with a small memento on the occasion of their 38th wedding anniversary.

ELLEN'S DIARY

Field Of Home Farm Beckon A City Dweller

"When next you write, tell me more of the farm and the farming" one who, as it happens, is a city - dweller wrote us recently. "This time of year I find I am lonesome for the land. From our apartment, I can see a corner of a park, with its grass and trees — just a bare glimpse of it, but the sight fills me with a longing. I want to see the fields of the home - farm again. I picture the violets, and strawberry bloom, along the lane where, as a child, I used to bring in the cows from the pasture at the evening milking - time. I'd like to see if the old willow still grows in the hollow down by the brook, though I suspect it is gone by this. It was the grandest secret - place, to come to, there in that peaceful spot. Just to perch on a low limb and listen to the water ripple by was to know something of that "peace that passeth understanding" see heavenly it was."

"I get weary of the man-made, landscaped scenes, the tailored grass and trees and flowers. I want to see if the forget - me - nots still run riot there by the spring, and whether or not the white lilac bush over where my Gran's little house used to be, still flowers. And the one plum tree with its double delights —the blossoms, and the anticipation of its golden plums in the autumn. But someone has told me that the plants now spring up here and there among the little spruces and poplars that are re - claiming the place."

"They do say we are given memories "to have roses in December". We also pick up many another item in the springtime. I think, to be unforgettably ours all up the years!"

Only a glimpse of a park? And what wide and far vistas we have, who can call a farmhouse our home! They commence at the door, and extend to the far - blue - scarfed hills. Beautiful the island's fields are, and with the flowering trees now in fencerow and woodlot, an artist's joy and inspration, we are sure.

"The dandelions are already commencing to seed" we remarked to the little company with us in the truck, which carried us along the fields this evening.

"The goldfinches can build now" Mack nodded.

"They'd have plenty of material to build with" Alex said. "There's wool caught on the fences where the sheep pastured, and..."

"... now the dandelion fuzz to line it with" Mack smiled.

We must stop for James add Mack to see how this and that one of the cow - kind does, and while they determined whether or not it would be as well to bring home to the near paddock an expectant heifer, "to have her in sight." We must continue on past the stumpland of the spring's woodcutting to visit the patch of mangel - land Gage had prepared today for sowing.

James alighted there to "sight" a row, end to end. He smiled.

"Now not bad - not bad at all! Fairly straight" he nodded, pleased to have it so.

And the June - day slipped into the afterlight, and presently dusk began to dim the fields.

What is a June day? The passing buzz of a bee in the apple blossoms, the delight of gathering fine memories.

Until tomorrow — Diary — Good - night.....

4922
SIZES
10–18

by Anne Adams

SUPERB SHEATH

Isn't it wonderful? Pin tucks are so easy to sew, and they turn a simple sheath into one of summer's gala fashions. Choose linen, chantung weave rayon, crepe.

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IDA BAILEY ALLEN

Zucchini In Swiss Style An Unpeeled Appealer

CRACKERS biscuits and cookies belong to the same family. Crackers, like cookies, may be sweetened or filled. Biscuits may be crisp, flat and contain ingredients similar to those in crackers. However, to the American consumer, certain products are considered crackers.

These include:

Soda crackers: Have flour, shortening, salt and leavening in the formula. The soda cracker with salt on top is called a saltine and is the most sold today in most stores. Oyster crackers are usually small saltines, hexagonal in shape.

Sugar Or Molasses

Graham crackers: Contain both white and whole wheat flour with sugar, molasses or honey for sweetening.

Sprayed snack crackers: these usually contain some sugar and are glazed by covering lightly with coconut oil after baking. They come in various shapes, often round. The many added flavors include cheese, meat, seeds and vegetable flavoring. The Chef and I are convinced that discriminating persons would prefer much less sweetening in these crackers, as cheese, meat or vegetable flavorings do not combine well with sugar.

The "Better Buy"

Ounce for ounce, large packages of crackers are a better buy than small ones, because manufacturers must spend proportionately more to package and distribute small packages than large ones.

On a cost - per - pound basis, the contrast is striking. For instance, saltines in the pound package cost around 31 cents, while saltines bought in smaller packages cost about 53 cents for a pound — a difference of 22 cents per pound!

If a 25 - cent - piece is dropped, you scramble to pick it up. Why drop 22 cents unnecessarily when buying crackers!

TOMORROW'S OVEN DINNER

Chilled Grapefruit Juice
Oven - Braised Herbed Veal Chops
Broiled Long Potato Slices
Zucchini Swiss With Chives
Butter
Fresh Strawberry - Pineapple Cup
Hot or Iced Coffee or Tea Milk

(For Reducers: Follow preceding menu, omitting potato and chives butter, and substituting a large tossed mixed green salad with low - calorie dressing. Sweeten fruit cup, coffee and tea with a little granulated sugar - substitute to taste.)

Measurements level; recipes for 6

OVEN - BRAISED HERBED VEAL CHOPS

6 veal chops, any cut,
½ inch thick
½ tsp. seasoned salt
¼ tsp. powdered oregano
2 tbsp. olive oil or 1 tbsp. each olive and cooking oil
½ tsp. beef bouillon powder
½ c. hot water
½ tsp. freeze - dried shallots, or 2 tbsp. fine - chopped onion
2 tbsp. minced parsley, or 1 tbsp. freeze - dried chives

Rub veal chops thoroughly with seasoned salt and oregano.

Brown on both sides in oil. Slightly cool.

Dissolve beef bouillon powder in hot water. Add shallots or onion; pour around chops; bring to boiling point.

Cover with aluminum foil. Bake 45 min. In mod. oven 350 or until zucchini is fork - tender. Dust with parsley or freeze-dried chives.

ZUCCHINI SWISS STYLE

2 lbs. baby zucchini
3 diced skinned tomatoes
2 tbsp. butter
1 tsp. salt
½ tsp. sugar
½ tsp. pepper
2 tbsp. chives - butter

Wash zucchini; do not peel. Place in saucepan. Add tomatoes, butter and seasonings. Cover; simmer - boil 20 min. or until zucchini is fork - tender. Swirl in chives - butter.

THE CHEF'S CHIVES - BUTTER

Stir until smooth 2 tbsp. whipped butter with ½ tbsp. freeze-dried chives or 2 tbsp. minced fresh chives.

MARY HAWORTH

In Spite Of Problems Life Is Worth Living

Dear Mary Haworth: I am a housewife, 22, married to an Air Force enlisted man. We have a baby, 16 months old.

At times I feel life just isn't worth living. We have a constant financial struggle from pay day to pay day and we are stationed in a part of the country that is almost unbearable.

We still have 13 months' service ahead and at times I wonder if I'll ever make it. I am 20 pounds underweight and have been ill frequently since we were assigned here. I don't know if my trouble is physical or mental or both.

I was once a religious person but since the baby was born I have hardly been to church at all. Right now I don't think I could keep my sanity if we had another baby. So we've decided not to have any more children until we are out of the service and Hank has a reasonably good job.

Our apartment has only one bedroom (all we can afford), which we must share with the baby, consequently our marital relations suffer. My patience gets thinner every day. I know I am not reasonable with the baby, making him the scapegoat for my frustrations, and I feel intensely guilty about this.

My husband is very understanding but when things go wrong I seem to want him to get mad at me, as I feel I have to fight. Recently I had dental work done, costing well over $200 and I am worried sick as to how we will pay for this, though Hank urges me not to worry about money.

I haven't seen my parents in over a year and they've offered to pay my transportation home (which we can't afford). If I don't accept, it may hurt their feelings. Please give me your objective advice overall, which I need badly. S.S.

Dear S.S.: The truth of the matter is, I think, that you married Hank on the theory that you couldn't live without him, when you were (as yet) totally unprepared, psychologically, to deal with manifold problems that marriage to him would present.

I would guess that you are entangled in a network of complicated unconscious conflicts, concerning your commitments as wife and mother.

I gather also that you suffer from a vaguely troubled conscience and an habitually unhappy mind, as regards the so - called religious aspect of the partnership. I belive this is one major source of your fairly chronic sickness of spirit, nowadays.

For example, you say (in your letter here condensed) that you are Catholic and your husband is Protestant and it was agreed that he would change to your faith after marriage, which he hasn't done. In addition, there is your flatly stated decision to postpone further childbearing indefinitely, for economic reasons, which suggests that you have divorced yourself from your church's traditional teachings on conjugal morality.

In short, it seems you are deeply confused in respect to the faith you profess. Nominally you are for it; in practise you are half neutral, half rebellious.

For advice: You need first-hand, first - rate psychological (or analytic) and pastoral counselling, to achieve understanding of your true feelings, as the basis for deciding how to bring order out of chaos, in your conduct of life. M.H.

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Hospital Auxiliaries Organize

A meeting was held recently in the Cundall Residence of the Prince Edward Island Hospital for the purpose of forming a Prince Edward Island Association of Hospital Auxiliaries. Mrs. George Buntain was in the chair and representatives were in attendance from nine out of the twelve hospital auxiliaries on the Island. Mrs. Buntain outlined the purpose in calling this meeting and the bylaws of the Provincial Association were studied in detail. After considerable discussion a nominating committee was appointed to bring in a slate of officers for the newly formed association. The nominating committee consisted of Mrs. C. H. Stewart, Montague, chairman, and Mrs. MacLeod of O'Leary and Mrs. C.R. McQuaid of Charlottetown. The following slate of officers were brought in: president, Mrs. George Buntain; first vice-president, Mrs. Harris Rogers, O'Leary; Second Vice-President Mrs. Vera MacDonald, Montague; secretary, Mrs. J. A. McMillan; treasurer, Mrs. Lloyd Cox, Jr. Officers are to hold office for one year, with the possibility of a two-year term. The annual meeting will be held the first Friday in May.

The nominating committee for 1965 was then appointed: Queens: Mrs. T. D. DeBlois, Charlottetown; Prince: Mrs. W. E. Callaghan, Summerside; Kings: Mrs. E. Kassner, Souris.

Lunch was served by Mrs. Byron Burns, Mrs. Reginald Mahar, Mrs. Olive Stewart and Mrs. T. D. DeBlois.

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MR. AND MRS. MALCOLM E. ANDREWS
WEDDING BELLS

The marriage of Frances Elizabeth Mossman, daughter of Mrs. Stanley Gratto, Charlottetown, to Malcolm Everett Andrews, son of Mr. and Mrs. Sterling Andrews, Freetown, P.E.I., was solemnized May 21 at the Bible Chapel Manse, City. James Stahr officiated at the double ring ceremony.

(Photo by C. D. MacKay)

Household Hints

If you have glass shelves which tend to slip on their brackets, attach strips of adhesive tape on the sections which fit into the brackets.

Help yourself thread a needle by cutting the thread on the bias.

Microwaves Used To Heat Meal

OTTAWA (CP)—The publicly-owned CNR Monday launched a new type of dining car—plus microwave-heated meals — on its Ottawa-Montreal run.

The new car, introduced for testing on the last inter-city run between Ottawa and Montreal, features seating for 40 diners, instead of 12 on the previous dining car. It has a new interior with dropped ceiling, recessed lighting, carpeting and lounge-type chairs.

At the same time, the CNR introduced pre - cooked frozen meals along the lines served aboard many airlines.

The results of the test may influence the type of meals and service on a number of short inter-city runs across Canada.

What a relief! NO BACKACHE!

She used to be bothered by backaches and tired feeling. When she learned that irritation of the bladder and urinary tract can result in backache and tired feeling, she took Dodd's Kidney Pills. Smart girl. Dodd's Pills stimulate the kidneys to help relieve the condition causing the backache and tired feeling. Soon she felt better—rested better. If you are bothered by backache, Dodd's Kidney Pills may help you, too. You can depend on Dodd's. 85

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This specially prepared vaccine, which may be taken conveniently by mouth, helps stimulate your body's natural ability to resist this condition.

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American Magazine Names Ottawa Girl Best-Dressed

By BRENDA LARGE

OTTAWA (CP)—An 18-year-old Ottawa girl who can't decide whether to become a model or a diplomat will grace the fashion pages of a slick U.S. women's magazine in August.

Judy Carter, a pre-arts student at the University of Ottawa, was chosen as one of the 10 best-dressed college girls in North America this spring in a competition at 1,000 American and Canadian colleges sponsored by the magazine Glamour.

She was the only Canadian and the youngest girl chosen.

Judy receives an all-expenses, two-week visit to New York this month and the opportunity to model next fall's campus clothes in the magazine's August issue.

The tall, slender blonde is taking the sudden excitement in stride.

"My parents were thrilled and quite proud when I won the contest, but of course they are worried that I won't want to continue my education."

GOING TO TORONTO

Although such contests often are a stepping-stone to a modelling career for the winners, Judy still plans to go to the University of Toronto next fall for the first year of her arts course.

"I want to specialize in political science and economics. Then, if I don't eventually become a professional model, I would like to go into external affairs or work for the United Nations."

Judy is a native of England whose family came to Canada six years ago. Her father, G. F. Carter, is an electronics engineer with the federal government.

She admits to a bias for English fashions while saying forthrightly that, "on the whole, Canadian women have very poor fasion taste."

"They seem to be about five years behind everyone else.

"Maybe I'm prejudiced, but English girls seem to be about the best-dressed in the world, with New York women a close second.

"English women have a taste for simplicity and a sense of fashion rightness — they know it's much better to be underdressed than over-dressed."

LIKES TO SEW

Judy favors simple clothes. She has no favorite color but leans to navy and is busy sewing lots of white and pink clothes to wear during the summer.

In the fashion competition, she won a contest for the best-dressed girl at her university. Then she had to submit to the magazine three photographs of herself wearing three different outfits.

Her three outfits were a navy blue and white checked suit with a white blouse for college wear, a green tweed suit with a sheath dress underneath for dressier occasions, and a formal, full-length sea-green evening gown.

She chose the three from outfits made for her by her favorite dressmaker. But she often makes her own school clothes. "I don't like to attempt anything complicated."

Judy already has made one weekend trip to New York and to Charlottesville, Virginia, for fittings and a photography session.

The girls, accompanied by a flock of fashion editors, photographers, makeup experts and hairdressers, took the train to Charlottesville where they were photographed on the University of Virginia campus.

"Virginia is an all-male university, so we caused quite a stir on the campus. We arrived at 10 o'clock on a Friday night and with in half an hour every one of the 6,000 men knew we were there."

THREW MISSILES

The largest military catapults were capable of throwing a 60-pound missile 500 yards.

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