



PLANNING FASHION SHOW — The Public Junior League of Holyoke Massachusetts will hold a fashion show at the Holyoke American Citizens Club, North Wadley Wednesday, May 11, at 7 p.m. Convective members planning the event are from left: Miss Maria Mykala, co-chairman; Mrs. Robert O'Hall, special program; Mrs. Patricia Madala, publicity; and Mrs. Judy Targowski, president. Co-chairman, Mrs. Genevieve Blawie was not present for the picture. Proceeds of the affair will benefit the League's scholarship fund. (T.T. photo; Subcock)

for and about WOMEN

cleaner, I. Shea, women's editor

All nurses invited to hear specialist in eye diseases

Dr. Alfred Batt, M.D. specialist in medical and surgical diseases of the eye, will give a lecture on glaucoma and cataracts at the Advanced Educational Program for Licensed Practical Nurses at Holyoke Soldiers' Home auditorium from 7:30 to 10 p.m. on Thursday, May 11.

Chicopee UWC lists future social events

At the monthly meeting of the United Way Women's Club and under these lights and four days in Atlantic City with United Way for a dinner-dance to be held, May 22 at the Public American Veterans Club on Front St. members Laura Thomas and Theresa are to be honored. Tickets are to be \$10 each and Program Dinner. After 8 o'clock all the food is to be home. The public is cordially invited to attend. A reminder will be by Mrs. J. Park Kiehn. Officers include: President, Mrs. J. Park Kiehn; Vice President, Mrs. J. Park Kiehn; Secretary, Mrs. J. Park Kiehn; Treasurer, Mrs. J. Park Kiehn; and Social Chairman, Mrs. J. Park Kiehn. The next meeting is for Thursday, May 26, at 7:30 p.m. at the Veterans Club on Front St. The theme for the evening will be "A Diplomat of the Americas". A banquet and lecture will be held at the American Club of Holyoke, Mass. 125 N. Main St. The banquet will be held at the American Club of Holyoke, Mass. 125 N. Main St. The lecture will be held at the American Club of Holyoke, Mass. 125 N. Main St.



SINGING QUARTET ENTERTAIN — The Ladies of St. Ann of Assumption Church, Chicopee held a communion supper at the Chicopee Prisons, Holyoke Wednesday evening which was presided by Rev. Albert J. Costello, president. The group was entertained by the Singing Quartet of St. Ann's. From left: David Fitzgerald, Samuel LaMarche and John Michael. (T.T. photo; Subcock)

Your money's worth

How to judge insulation

By Sylvia Porter

All that convinced that America's energy crisis is real. Citing Florida Corp. findings of how to choose the right insulation for your home, we have decided to heed President Carter's plea and improve the energy efficiency of our homes by so doing. You will get the benefits of heat loss, a seal in walls and help in credits almost certain to pass. Congress easily and between operational. Insulation sharply reduce your use of those same fossil fuels as well.

Insulation is made from a variety of materials. To select the proper R-value for your home, you need to know the R-value of the material you are considering. The R-value of a material is its resistance to heat flow. The higher the R-value, the better the insulation. Most insulation is measured in R-19 for walls and R-30 for attics. For windows, R-3 is recommended. For doors, R-5 is recommended.

When buying insulation, check the type of insulation and the manufacturer's instructions. Pay attention to the R-value and the coverage area. Most insulation is sold in bags. It is important to know how much insulation you need for your home. The National Insulation Board (NIB) is a good source of information. They publish a book called "How to Buy Insulation." This book contains information on how to choose the right insulation for your home.

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Slides on Rhineland to be featured at YWCA

The Thursday Morning group will feature a slide show on the Rhineland region of Germany. The slides were prepared by the YWCA of Holyoke. The show will be held at the YWCA of Holyoke on Thursday, May 12, at 7:30 p.m. The show will be held at the YWCA of Holyoke on Thursday, May 12, at 7:30 p.m. The show will be held at the YWCA of Holyoke on Thursday, May 12, at 7:30 p.m.

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