

passing
With Sandy

ould be called chil-
it is the time
ches, goblins and
ures emerge from
this city tonight
ub, under the
Harry Sheardown,
0 pm, as the time
uge bonfires will
es staged for the

men will light
ro Park, Conrad
and Totem Park.
largest display of
here in recent
peanuts, candy,
costumes.
en have purchased
es and also will
tickets brought
and on Monday
air of skates to
en returning the
at each fire.
the parties begin,
ers will present
various schools to
old the most

ach of the four
ary schools re-
atches. They were
at Conrad, Patsy
en, Sylvia Julian,
en, and Dick
Edward.
ng second were
in pen and pencil
enders was sec-
and prize win-
ther schools were
ek, Borden; Bev-
ni, Annunciation,
Phillipson, King

winners, each of
en a wallet, were
Conrad; Soeldon
Jo-Ann Murray,
and Edna John-
Edward.
ase is over for
tion, Inspector in
Canadian immi-
here. He returns
Monday.
ing to work is
n, who returned
his wife from a
x him to Winni-
Edmonton, and
top-overs before

Linney and her
n, George, took
his, afternoon to
Hallow'en week-
and Mrs. Fred La
in Charlotte City.
celebrate Mrs. La
ay.
club is getting all
and Earl Gordon,
committee chair-
the busy mem-
fix the grounds
will meet Mon-
draw committee.

Teletch and her
Wlette Madsen,
home from a six
n in Winnipeg,
ana and Vancou-
+ +
t's best known
ers will be here
at he's not com-
business. Very
Swanson, dean
urch Cathedral,
of the Liquor In-
son, was at one
of the Vancou-
Trade He's with
H. H. Stevens,
the Commission,
me, secretary of
ation of Labor,
briefs about the
n at the court
ay.
+ +
mizer, who has
ere for the past
today for Fair-
and then will
otford to make

ders
Drive Saturday,
Moose Temple.
me. (257)
& Aridden Ltd. to
install letter box
2000.
(258)
and Hardtimes
October 31 Whist
ing 10-2. Music
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Admission \$1.00.
ome. (256)

Take Care in Preparing Lunch Box for Children

By KAY REX

Canadian Press Staff Writer

Far from being a snatch-snack affair, the noon-day meal should be taken slowly and the food should be the kind that provides energy for the afternoon's work.

Batteries of office-workers fresh from the battle of the crowded lunch counter might snicker at this. But since Utopia hasn't yet arrived, the best we can do is give the children a chance to benefit in their growing years before they join the lunch-counter rush.

LUNCH-BOX CARE

Margaret Smith, director of nutrition for the Health League of Canada, warns that as much care and planning should go into the lunch that youngsters take to school as a mother puts into any meal served on the dining-room table.

"The noon-day lunch should provide one-third of the whole day's requirements of energy-producing, body-building foods," says Miss Smith. "This means protein, minerals and vitamins for growth and repair of body tissues, carbohydrates or starches, fats and proteins to yield energy for work and play."

The Ontario Department of Agriculture in its pamphlet "Good School Lunches" recommends the following menu:

Vegetable soup, sandwiches (whole wheat bread) of minced beef and pickle or salmon and celery; carrot strips, whole orange, oatmeal cookies and milk. Another lunch: cream of tomato soup; sandwiches (whole wheat bread) of cold roast pork or chopped egg and celery; raisin and cabbage salad; fresh whole peach; gingerbread and milk.

"Make the school lunch good to look at, good to eat and 'good for you,'" says the Department. "Introduce new foods gradually and children will accept them. Vary foods from day to day."

You can get variety even in a peanut-butter sandwich. Try mixing the peanut-butter with grated carrot, orange, banana, prunes, nuts or raisins; boiled dressing or mayonnaise.

SWAMP BERRIES

Cranberries are rapidly becoming an important product in Canadian agriculture. Their cultivation is spreading from the Maritime provinces into the central and even the western areas.

The consumer section of the Federal Agriculture Department says the berries grow best in swamp soil, and to obtain similar growing conditions bogs frequently are built on low-lying ground. The fruit is picked in the fall as soon as it is ripe and before the frosts come. Scoops with comb-like teeth are pulled through the vines to gather the berries.

NEW HOSPITAL

WEYBURN, Sask. (CP)—The new four-storey Weyburn Union Hospital was officially opened recently by Premier T. C. Douglas. More than 1,500 persons were on hand for the opening of the modern 80-bed institution, built at a cost of \$825,000.

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Christening Opens New Kitwancool Home

Special to The Daily News

KITWANCOOL — The new, large two-storey home of Mr. and Mrs. Solomon Good here was the scene last Saturday of traditional opening and christening ceremonies attended by many villagers and dignitaries.

The new home, built by the owner, is a frame building and follows the modern trend of increased window space and arrangement of rooms which include kitchen, dining room, living room, bedrooms and bathroom.

A symbol of good taste and ability of the owner, the home is modernly furnished inside. The exterior of neat siding finish ends a sharp contrast to the old log buildings in the area, but is in accordance with the new school across the street.

Chiefs Johnny Derrick and Walter Douse, Mrs. Maggie Good and Gregory Rush gave speeches.

Chief Derrick recalled the naming of Mr. Good's first house, 15 years ago, which came—Kski Gain Nii—which passed on to the new home. The original name was derived from a site on the old "Grease Trail," a large area 50 miles north of here renowned for its excellent hunting and trapping grounds as well as for its abundance of fish.

Chief Douse expressed his wish that other young people here follow Mr. Good's example in achievement, "which though dif-

ficult at first, pay dividends in the end. Mr. and Mrs. Good are a hard working and prosperous couple and have six children, Rena, Donna, Thelma, Alvin, Solomon, and Raymond. The celebration closed with prayer and singing of "What a Friend We Have in Jesus."

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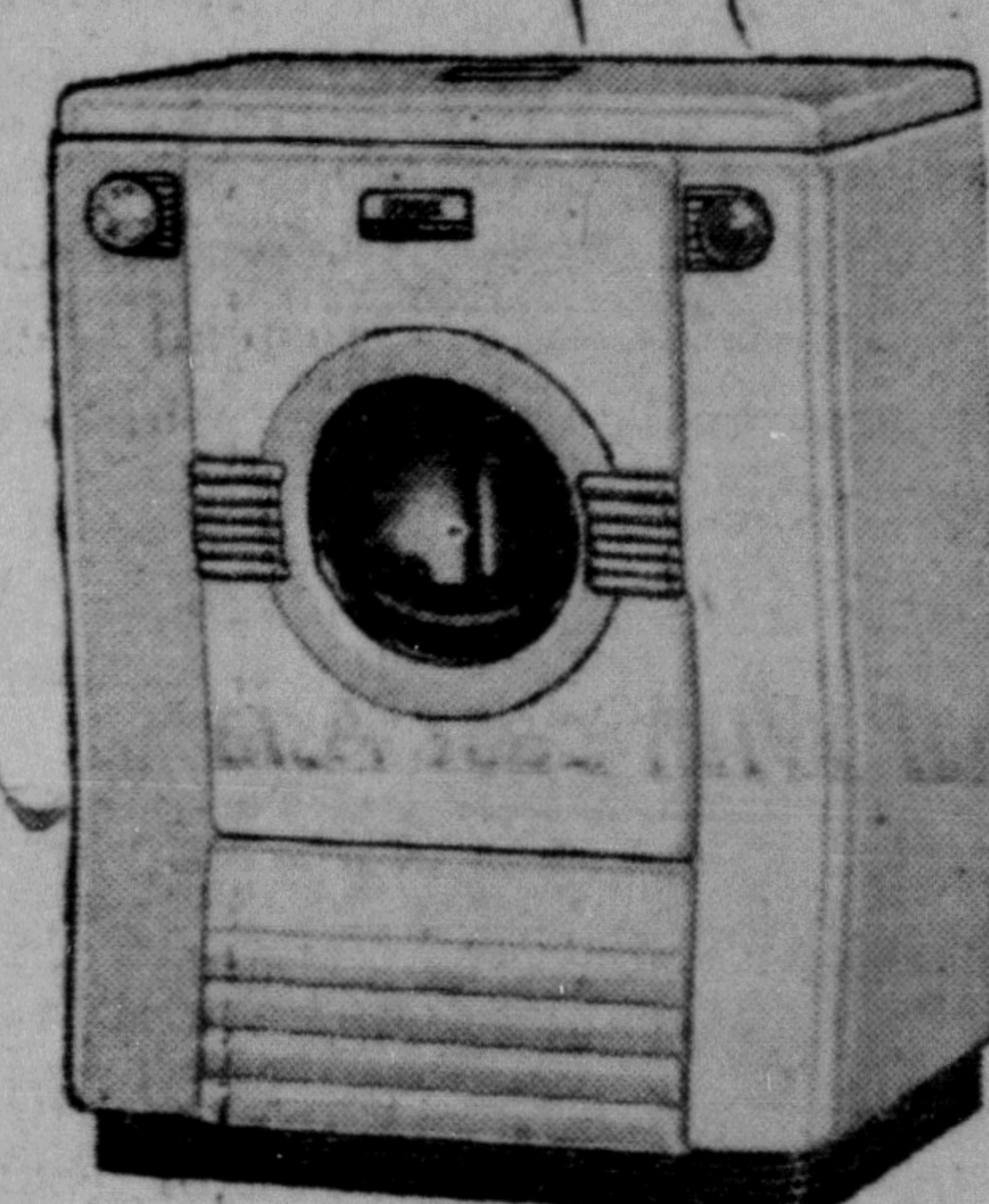
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McRAE BROS.

P-TA Council Welcomes New Booth Association

Representatives of the newly formed Booth Memorial High School Parent-Teacher Association were given a hearty welcome by members of the Prince Rupert Parent-Teacher Council at its monthly meeting in the Civic Centre.

After several years of having only three Parent-Teacher Associations, (Borden, King Edward and Conrad) the Council is now once more complete with the addition of Booth to its ranks, stated Mrs. H. Mark, Council president, welcoming the new members from Booth.

Delegates were President Stan Holgate; Mrs. H. Lindseth, secretary-treasurer, and P-T council representative, Mrs. A. E. Carlson.

Word was received by the Council a regional convention of northern B.C. P-TA's was held Oct. 17 and 18 at Prince George, but because notification of the convention was received too late, Prince Rupert associations were unable to send delegates.

CHILDREN MOVIES

Mrs. Mark reported a committee from the Council had recently met with J. Harry Black, manager of both local theatres, to discuss possibility of obtaining and showing films more suitable for the large audiences of children who attend week-end showings.

Following Mr. Black's suggestion, each association was asked to compile a list of movies regarded as suitable for children. P-T Council will consolidate the lists from the separate P-TA's and submit it to Mr. Black, who promised to do all in his power to procure the films requested by the PTA's.

Members decided unanimously to send for a supply of a luminous tape highly recommended by safety authorities as reflectors for bicycles. The tape will be applied to bicycles of all city school children as a safety measure, and the separate associations will be asked to finance the purchase.

Favor of "dual membership" if a parent becomes a member of one Association by paying dues, membership becomes automatic in PTA's of other schools—was unanimous. This would eliminate necessity of parents paying PTA dues twice, or even three times, if they have children attending

44 Take Part In Legion Card Session

Eleven tables participated in the bi-monthly card party this week held by Ladies' Auxiliary of the Canadian Legion. Following were winners:

Bridge—Mrs. A. E. Dickens, ladies, and Mrs. Mary Astoria, (playing as a man). Whist—Mrs. A. J. Croxford, ladies, and Mr. Croxford, men. Cribbage—Mrs. J. Severtsen, ladies, and Mr. J. Morey, men. Refreshments were served by Mrs. E. Bitterman, Mrs. L. Eveleigh, Mrs. L. Amoth and Mrs. A. E. Dickens.

Next card party will be held Nov. 12.

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