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Friday

- P. M. -4:00-Folk-Music Old and New

4:30—Gracie Fields

4:45—Blended Voices 5:00—Shall We Dance? 5:30—Sextette from Hunger

5:45—Organalities

6:00—CBC News 6:05—Fiedler conducts

6:30—Aldrich Family

7:00—Personal Album

7:15—Your Friendly Gardener 7:30—Badge of Honor

7:45-Melody Round-up

8:00—Fred Waring 8:15—Front Line Family

8:30—Kate Smith 9:00—Drama from Vancouver

9:30—Sophisticated Strings 10:00—CBC News 10:15—Song Sheet

10:30—Let's Go Hawaiian

5 11:00—Sweet and Hot 5 11:30—Silent

Saturday

- A. M. -

7:30—Strictly Informal 7:45—CBC News

7:50—Strictly Informal

8:00—Musical Minutes 8:30—Morning Meditations

8:45—Saturday Strings

9:00—Operatic Gems

9:30—CBC News Rebroadcast 9:35—Hits of Today

10:00—Music for the Kiddies

10:30—Wilf Carter 0:45—Lud Gluskin's Orchestra

• 11:00—Old-Time Hoe-Down

11:15—Broadcast of Messages 11:17—Hoosier Hot Shots

11:30—Let's Go Modern - P. M. -12:00-Music in Waltz Time

12:30—Varieties in Wax

12:50—CBC News 12:55—Today's Program Highlights 1:00—Invitation from the Maestro

1:30—Concert Time 2:00—Silent

DENTISTS FOR WAR PLANTS

LONDON, March 26 (P)—Because Britain's workers are forced to waste half-days in trips to the dentist, the dentist is coming to them. Dental surgeons now being recruited by the government for whole-time service will attend clinics at war factories.

"YOU SURE BURN UP ENERGY doing

heavy war work day in and day out. But

my wife knows what's good for me and the

children. I get two nourishing Nabisco

Shredded Wheat biscuits with plenty of

milk every morning — and it's a mighty

WHOLE GRAIN CEREALS are one of

the "protective" energy foods our Nutri-

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OF CANADIAN WHEAT

today from your food store.

tasty dish."

ACTIVITIES OF Y.M.C.A. AND Y.W.C.A.

By DOROTHY GARBUTT The Hostess

Once again I am indebted to dear old Dutch for his efforts on my behalf while I was away. He did some travelling himself during the same time and so we both in turn are very much in the debt of one "Sunshine," the newest of our ghost writing staff. However, next week I am off again and this time taking both "Dutch" and "Sunshine" with me. No, it isn't professional jealousy—so there will be a complete blackout of the column. Anyhow, "Dutch" and Low "Sunshine" many many thanks for the fine bit of understudy work you put in.

Well I see that you all know I was away at the Queen Charlottes. How I got there is a military secret but how I ever got there is also a mystery because I suffered every known variety of seasickness from plain nausea to the high flown mal de mer. Like the spring poet when admiring one of his own efforts-I didn't think I had it in me. But let us draw the curtain over this painful scene.

one is needed there and are going other sections of British Africa. ahead on their own with the most laudable enthusiasm, getting concerts up and raffles and dances friends. They are a courteous and sewing machine and any furniture ness to me. that is in good repair and worth Back to the home front again— In short they need help in this, ern Gentlemen) dance tonight at Stevens who are pioneers of the dances and all juniors most cor-

Local Tides

	Saturday	March	27	
High		4:31	20.1	feet
		17:34	17.0	feet
Low		11:16	4.9	feet
		23:25	7.9	feet
	Sunday,	March	28	
High		5:29	19.1	feet
		18:50	16.1	feet
Low		12:20	5.2	feet
	Monday,	March	29	
High		6:45	18.3	feet
		20:20	16.2	feet
Low		0:30	8.9	feet
		13:35	5.7	feet
	Tuesday	March	20	

Tuesday, March 30 8:14 18.2 feet 21:39 17.1 feet 9.0 feet 5.3 feet Wednesday, March 31 9:34 19.0 feet

18.7 feet 8.6 feet 16:09 4.9 feet Thursday, April 1 10:39 19.9 feet 23:29 19.9 feet 7.4 feet

3.9 feet 17:10 Friday, April 2 11:35 20.9 feet 5:35 5.9 feet 18:01 3.1 feet

CO-OPERATION IN AFRICA

SALISBURY, Africa, March 26 (P)-Northern Rhodesia is explor-I had a most interesting time ing possibility of establishing a investigating the prospects of a joint training school with Nyasalocal Hostess House at Skidegate. land for the training of medical The citizens have decided that assistants. These schools exist in

all to raise money for the very hospitable pair and I am greatly worthwhile venture. They need a indebted to them for their kind-

the paying of the freight on it. don't forget the Army Unit (West-I stayed with Mr. and Mrs. Ed. the Empress-prizes, competition district and who know many dially invited. Y.W.C.A. chaperones Prince Rupert old timers. They will be ladies from the Queen asked me to extend their best Mary Chapter Imperial Order, wishes to all their Prince Rupert Daughters of Empire.

WATER

All users of water are urgently requested to reduce the amount consumed to provide some small reserve in case of fire or other emergency. Remedial measures are in hand but the greatest economy in the use of water will still be absolutely essential. Even a saving of one gallon per person per day will help to improve the situation. Your fullest co-operation is earnestly requested.

"Ineed a real

energy breakfast

HELP CANADA KEEP FIT

to hold down

this job"

F. N. GOOD,

City Engineer.

Complete Shows at 1:00, 2:41, 4:55, 7:10, 9:25 TODAY and SAT. ON THE SAME PROGRAMME

Feature at 1:00, 3:14, 5;28, 7:43, 9:58

March of Time - News

SUNDAY MIDNITE Priscilla Lane, Jeffrey Lynn-"MILLION DOLLAR BARN

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Join Your Friends

Protect Your Home . . .

PRINCE RUPERT'S REGIMEN

First (Reserve) Battalion, Prince Rupert Regiment (Machine Gun)

RECRUITS NEEDED

If you are between 18 and 50 years of age and reasonably physically fit, it is your duty to be trained as a fighting man to defend your community in case of emergency. If you are not already enlisted do so at once at the Armory, Sixth Avenue

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CANADIAN UKRAINIAN ASSOCIATION FEDERATION OF RUSSIAN CANADIANS

and assisted by the VARDEN SINGERS

SUNDAY, MARCH 28

EAGLES HALL, 5th Ave. E. At 9 p.m.

Admission by Program

Programs 50c

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