

## Dual Wedding Unites Bentsen, Berton Wong

Marriage vows at an ceremony in St. An-  
drew here Saturday  
May Katherine  
of Mr. and  
Bentsen, 323 Fourth  
in Prince Rupert.  
Berton Wong, son of  
Oscar Wong of  
Saskatchewan.  
Basil S. Procter  
the rites for which  
in marriage by  
as charming in a  
length frock of  
e, featuring full  
low, round neck-  
now-length cuffed  
deau of leaves cut  
ade secured her  
fine cream-toned  
and she carried a  
toned orchid to

## ONALS

Leslie Parks and  
ater, all of Eng-  
st Prince Rupert  
here for the past  
Mrs. Parks and her  
turn to their home  
while Mr. Parks  
in New York for

praine, vice-presi-  
ance Rupert social  
Agency Group, left  
morning for Van-  
he will attend a  
League conven-  
Thursday.

L. Franks of Ter-  
rent in Prince Ru-  
Hospital. He would  
from friends in

## Phone Numbers For Dial To Be Known by March

numbers for the  
system now being  
be allocated not  
next March, G. P.  
last night at the  
ing of the Prince  
ber of Commerce. It  
have the new ser-  
vice effect by next

who made his in-  
request of the pre-  
mer meeting, stated  
will begin at 2000  
divided into blocks  
oid overloading the  
any one block, a  
nueer will be in the  
to test the frequency  
and from each busi-  
will then be possible  
breakdown of the  
that those through  
ost calls are made  
y distributed on the

also reported that  
ng taken to elimin-  
on the highway as  
and the speed laws,  
ering Prince Rupert.  
will first pass a  
the name of the

## Women's Holds Meet

city committee of  
of the Moose held  
meeting last night  
of Mrs. D. Woods,  
Avenue, with four  
sent.

discussed plans for  
stall at the Moose  
bazaar to be held  
ber 26.  
Mrs. Al Schaefer,  
Bentsen, Mrs. D. Guy-  
hostess, who served  
at the close of the

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SYLVIA SVEINSSON, 20-year-old telephone operator, has been chosen Miss Winnipeg Blue Bomber of 1953. She will represent the football team in the Miss Grey Cup competition to be held in connection with the Dominion Football final at Toronto.

## Citizenship Council Names New Officers

The Rev. Lawrence G. Sieber was elected president of the Prince Rupert Citizenship Council at that group's annual meeting last night in the Civic Centre.

Other officers named were Mrs. W. L. Hitchcock, secretary; Mrs. W. A. MacLean, treasurer; Miss Evie Rivett, librarian. The vice-president will be elected at the next meeting.

The members, whose major function is to welcome New Canadians in Prince Rupert, planned to donate two copies of the book "A Pocketful of Canada" to the public library. The book is a collection of poems, essays and sketches about Canada illustrated with a variety of photographs.

Mrs. Jens Munthe, in her report for the social committee, suggested that women of the council hold a monthly social meeting, and the matter was referred to the executive.

The council will encourage all racial groups in the city to enter the Christmas Carol Festival and carol sing to be held here in December.

Many motorists, Mr. Lyons remarked, had the impression the speed limit into the city was 30 m.p.h. Installation of the new signs is now underway.

In further business at the meeting, it was agreed a delegation should meet with RCMP Inspector Taylor to discuss police patrol on highway 16, between Prince Rupert and Terrace, particularly during week-ends and holidays, as a possible means of reducing the number of accidents.

A letter from Inspector Taylor was read pointing out that the distance involved presents a difficulty. In addition, radio communication in the area is poor so that a patrol car, close to the scene of an accident, might well be driving away from it unaware that anything had happened.

The view of the meeting was that a patrol car on the road would discourage dangerous driving.

It was also agreed at the meeting that the postmaster should be approached again to see if more large post boxes can be obtained. Some additional ones were recently obtained but there is still a demand among business firms for more.

## Parents Urged to Pay More Attention To Health Needs When Planning Menus

Canada's Food Rules, a basic meal pattern developed by Canadian nutritionists for good health, were outlined last night for members of city Parent-Teacher groups by Mrs. Lorraine Arseneault, a nutritionist from the department of health.

Noting that food studies undertaken in various schools throughout the province in the past two years had uncovered deficiencies in the diets of a large percentage of the families surveyed, Mrs. Arseneault urged parents to pay more attention to health requirements when planning menus.

She said that, in the studies, it had been found that only 40 per cent of the youngsters were getting enough Vitamin C, only 10 per cent enough Vitamin D and only 40 per cent enough milk.

The surveys had shown that those lacks were not due to financial difficulties, because 90 per cent of the children were getting meat at least once a day, and many twice a day, and they were eating excessive amounts of expensive candy, gum and soft drinks.

She noted that in Prince Rupert especially, where there was so much rain and so little sunshine, children needed Vitamin D (the sunshine vitamin) in their diet, and said that pills were the easiest and probably the cheapest method.

She told the group that if finances were a major factor in their food shopping, then they should watch their buying and cooking methods. In purchasing meat, they should consider the edible portion per pound and make use of meat extenders or alternates such as cheese, eggs and beans.

**QUESTION PERIOD**  
During a lively question period, Mrs. Arseneault said canned

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## readers

- Elks Hallowe'en Masquerade Ball, Oct. 31. (254)
- Elks' Club initiation, Thursday night, 8 o'clock. (246)
- Alaska Trail Auxiliary meeting, Oct. 21, 8 p.m. (245)
- Joint annual dinner meeting, Retail Credit Grantors Assn. and Credit Women's Breakfast Club, Wednesday, Oct. 21, Broadway Cafe, 6:30 p.m. (16)
- Ladies' organizations, please don't forget the Co-ordinating Council tea and your donation of home cooking, Thursday, 2 to 5, Civic Centre. (245)
- Meeting of Canadian Club tomorrow night, 8 o'clock, Sons of Norway Hall. Speaker: Miss Dorothy Taylor. Topic: "Today's Newspaper." (16)
- Local 708 Pulp & Sulphite Union General Meeting, Wednesday, Oct. 21, Legion Auditorium, 7:30 p.m.

Do not miss this meeting. (245)



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**H.M.C.S.  
CHATHAM**

fruits and juices were as nutritional as fresh fruits if the fresh fruits had been shipped a long distance. In many cases, she said, canned fruits and juices were fortified with extra vitamins. Modern canning methods allowed only minor loss of food value.

Frozen foods, she said, had slightly more nutritional value than canned goods.

Canada's Food Rules list the following foods as necessary each day:

**Milk**—Children up to 12 years, at least one pint; adolescents at least one-and-one-half pints; adults, at least one-half pint.

**Fruit**—One serving of citrus fruit or tomatoes or their juices, and one serving of other fruit.

**Vegetables**—At least one serving of potatoes, at least two servings of other vegetables, preferably leafy, green or yellow, and frequently raw.

**Cereals and Bread**—One serving of whole grain cereal and at least four slices of bread (with butter or fortified margarine).

**Meat and Fish**—One serving of meat, fish, poultry or meat alternates such as dried beans, eggs and cheese. Use liver frequently. Also, eggs and cheese at least three times a week each.

**Vitamin D**—At least 400 International Units for all growing persons and expectant or nursing mothers.

The group also was shown a film on a school lunch program.

**OPTOMETRIST  
Fred E. Dowdie**  
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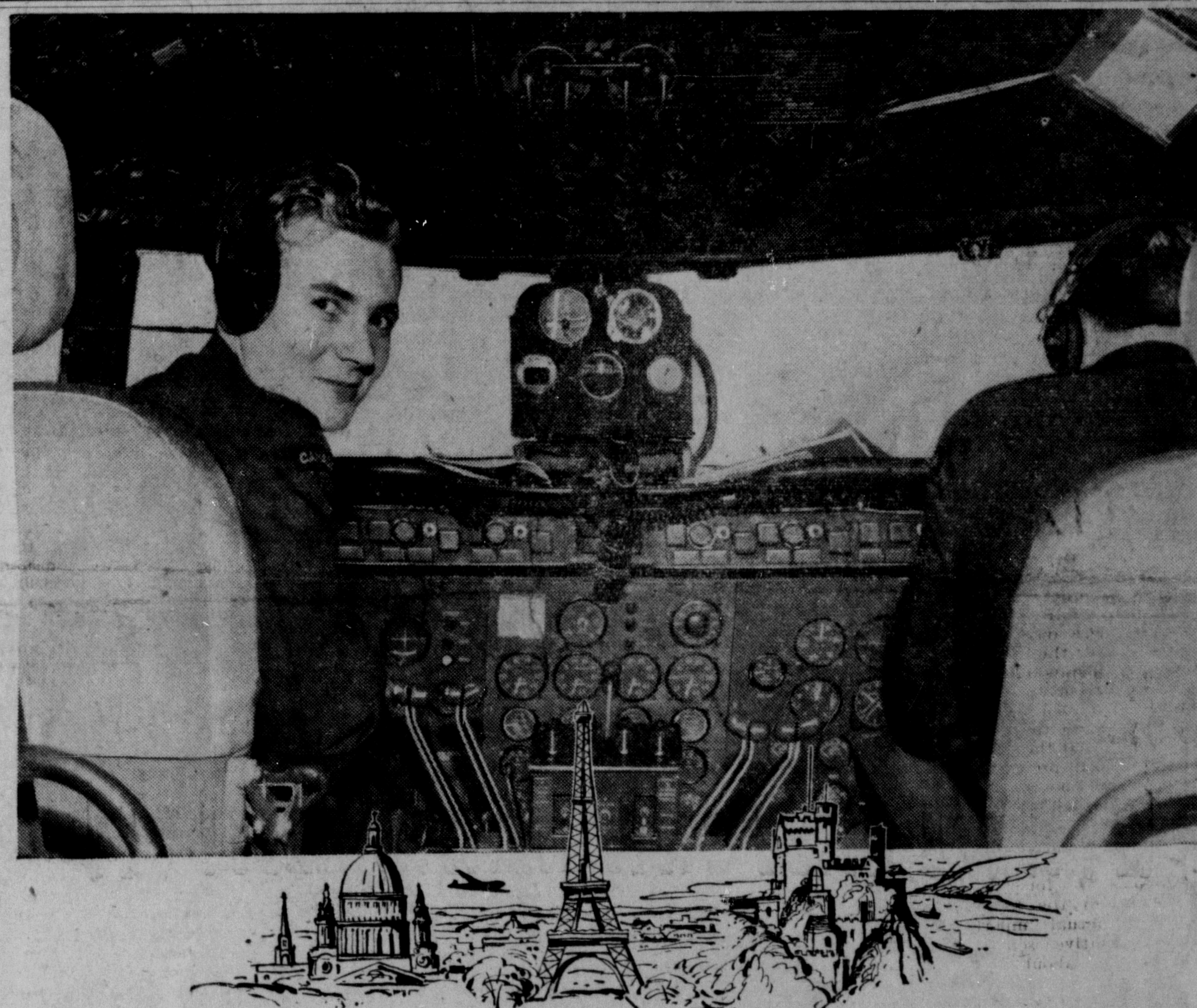
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