LOOK WHAT'S HAPPENED to the beach towel! Parisian designer Tiktiner uses gaily striped beach toweling for two after-swim costumes that are guaranteed to attract as much attention as the bathing suit beneath them. The horizontally striped, multicolor "poncho dress" at left is split high on the thigh. The yellow and white cape at right has brief shorts and a cute hat to match.

Interesting Program Slated for Festival

With 130 local contestants entered in the Tenth Annual Music Festival, Thursday and Friday, an interesting musical program will be presented for two days in the Civic Centre.

Adjudicator Marshall Sumner, pianist and teacher of Vancouver and official pianist of the Vancouver Symphony Orchestra is well known through his network recitals. He has adjudicated many festivals in British Columbia.

Official opening will be given by patron Dr. R. G. Large on Thursday night at 8.

W. C. Hankinson, president of the sponsoring Prince Rupert District Music and Drama Festival association, will make the opening remarks.

While Thursday morning session, which starts at 9:30 a.m. is entirely piano solos from ages 14 to 6 and under, the 2 p.m. afternoon session includes a pre-school rhythm band, action song by Grade 1 children, junior choral by Grades 2, 3 and 4 students, an elementary school choir and two classes in piano solos, 13 and under and 15 and under.

Variety will be given the evening session with a western group, entry, piano solos, a junior church choir, junior choral, five classes in vocal solos and the Rotary Chorus.

Piano duets and solos and violin duets and solos will commence the Friday morning series. The Friday afternoon performances will be vocal and piano solo classes, while the last session Friday night, features two new classes, the euphonium and bagpipes. There will also be junior choral groups, piano and vocal solos.

SPRING SUIT This unfitted jacket with matching straight skirt, is designed in a black-and-white wool herringbone pattern. The jacket features a wide tailored collar and low flap pockets. Designer is Webe of Paris. (CP Photo)

WOTM Group Sends Cheque To Mooseheart

The children at Mooseheart, Illinois will receive a cheque for an Easter egg hunt, courtesy of the Women of the Moose Mooseheart Alumni committee. The gift was enclosed with a letter of Easter cheer written at the home of Mrs. R. B. Skinner, Tuesday night.

Next meeting will be April 29 at the home of Mrs. George Robinson.

readers

- Buy your Shew Picks at the Grand Cafe, any time. This week at the Grand Cafe Pineapple Chicken, Deep Fried Prawns, Chicken Giblet Chop Suey, Best Red Brand T Bone Steaks and Fried Half Chicken. Fresh bread daily. Dial 3215. (79)
- Richard Sephton, District Agent Mutual Life of Canada, is in the city on one of his regular visits. For Life Insurance Counsel, phone 2303. (82)
- Loyal Order of Moose Regular meeting, Tuesday, April 2, 8:30 p.m. Election of Officers. All members please attend. (78)
- Music Festival Thursday and Friday, April 4 and 5. Sessions: 9:30-2:00-8:00 daily. (79)

MINERAL AREA

Coal has been mined for two centuries in Clackmannanshire, the smallest county in Scotland.

CANADIAN LEGION
BINGO
Piggy Bank Guaranteed $230
TUESDAY, APRIL 2nd
LEGION AUDITORIUM
EVERYBODY WELCOME

IN SOUND POSITION

James Nicoll Heads Legion Second Time

James Nicoll was re-elected president of the Canadian Legion Branch No. 27 Wednesday night when the branch held its annual meeting in the Legion auditorium.

The unanimous choice for honorary presidents went to Col. S. D. Johnston, Lt. Cdr. Orme Stuart and Major J. T. Harvey, respectively.

Others elected to posts of active assisting presidents were Frank Comadina, first vice-president and W. M. Schwab, second vice-president.

Named to the executive for a two-year term were Douglas Payne, James Mellor, Frederick Hardy and Robert Sims. One term executives were A. G. Timms and G. N. Lemire.

In his report Mr. Nicoll announced that the branch was now in a very sound position, following many obstacles during the past year.

Northern Board For Claims To Be Studied

Prince Rupert Labor Council is attempting to get a Board of Referees established in the city to deal with northern B. C. coast claims for unemployment insurance.

Secretary-treasurer J. S. Furness has written to Federal Labor Minister Milton Gregg V.C. Skeena MP E. T. Applewhaite and the Unemployment Insurance Commission advancing the council's view that sufficient claims arise in this area to warrant the establishment of an appeals board.

Chief Commissioner J. G. Bissen of the U.I.C. has replied stating that, with 24 appeals arising in Prince Rupert during the past 25 months, existing arrangements appear to be satisfactory.

He promised however, to keep the matter constantly under review and to consider establishing a board if it becomes warranted by circumstances.

Jacob Krokoy Whist Winner

Jacob Krokoy was a double winner at the Sons of Norway weekly whist drive and dance Friday night when he won the men's second whist and the men's pool prize.

Taking the men's first whist was Reinhart Hundeide.

In the women's section Mrs William Pilfold took first whist. Mrs. Jean Muma, second and Reidun Pedersen, pool prize.

Committee in charge were Mrs. Oscar Giske, Mr. and Mrs. John Fredheim, Carl Strand Mrs. Gunnar Selyig, Mrs. James Taylor, Thomas Thompson and Peter Wanner.

Personally Speaking . . .

Chris Berg, 322 Fourth Avenue East, left this morning by Canadian Pacific Airlines plane for Vancouver en route to Norway via the "Polar route" where he will spend a two-month holiday with relatives and friends.

Mrs. Violet Woodyard, superintendent of the Pioneer Home left Saturday by car for Vancouver and Victoria where she will take a position on the house staff of the Alberni Indian Residential school, which is under the charge of the United Church of Canada. Succeeding Mrs. Woodyard here are **Mr. and Mrs. G. W. Grantham**, formerly of Winnipeg.

Hans Tonne of Burnaby arrived in the city Saturday to take a position with School District 52 on the teaching staff of Booth Memorial High School. He succeeds Mrs. James Stewart King, (nee Mrs. Margaret McKee) who left to make her home in Vancouver.

First settlers in British Honduras in Central America are believed to have come from Jamaica around 1040.

Ospreys, birds about two feet long which prey on fish, are also known as fish hawks, fishing eagles and bald buzzards.

AND AWAY SHE GOES—That most-traveled of Miss Americas, Marian McKnight, takes off once again, this time for Italy aboard an LAI Italian Airlines plane. The South Carolina beauty is embarking on a good-will tour of Italy's principal cities.

BRITISH COMPOSER

Michael Balfe, British musician who died in 1870, conducted the Drury Lane theatre orchestra at the age of 16.

Tops in Fashion

PRINTED PATTERN

PRINTED directions on each pattern part! These sun-tops are a snap to sew—cool, neat, comfortable to wear all summer! Halter version that wraps, buttons in back — and a smart new "weskit." Printed Pattern 4823: Misses' Sizes 10, 12, 14, 16, 18, Size 16 halter style 1 yard 35-inch fabric; weskit takes 1½ yards. Printed directions on each pattern part. Easier, faster, accurate. Send Forty Cents (40c) in coins (stamps cannot be accepted) for this pattern. Please print plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS, care of Prince Rupert Daily News, Pattern Department, 60 Front Street West, Toronto, Ont.

Parents Ask Aid In Reaching Son

HALIFAX — David William McGee, son of Mr. and Mrs. Aubrey F. McGee, 176 North Street, Halifax has been reported missing from the Cornwallis Naval Training Base.

McGee, a naval rating at the Base, has been missing since February 19. He is described as five foot-eleven inches tall, weighing 135 lbs., having dark brown wavy hair and brown eyes.

The youth was involved in an auto accident at Christmas, and is believed by his parents to be suffering from the effects of the accident.

Anyone knowing the whereabouts of the youth is asked to get in touch with his parents or the RCMP.

BORDER PEAK

The 14,775 - foot Matterhorn, famed Alpine peak, is on the Switzerland-Italy border.

Ever Since Eve

BUYING THE RIGHT FOODS for a healthful diet is an important part of living these days. But no less important is knowing how to handle those foods after we get them home. Many a vitamin disappears into thin air somewhere between the market and the table and many a valuable mineral detours down the sink or into an unappreciative garbage can.

Wrong methods of handling foods waste money. Even worse, they deprive you and the members of your family of the elements you need to build strong bodies and steady nerves.

There are many ways in which vitamins may be lost in preparation. Heat destroys some of them. The oxygen in the air actually "burns up" others. Water dissolves still others, which means that they are among the missing when food is cooked in too much water or for too long a time. Soda and other alkaline substances cut down on vitamin value, while acids tend to preserve it.

GENERAL GUIDES IN COOKING VEGETABLES: To save vitamins, cook vegetables at high temperatures for short periods of time rather than at low temperatures for longer periods. Be on your guard against overcooking. And don't stir in air unnecessarily during cooking or heating. Use the smallest possible amount of water (except in the case of some strong-flavoured vegetables). Use any cooking water that is left over to make soups, gravies, sauces, etc. And remember that this rule applies as well to the liquid in which canned or glassed vegetables are packed.

AND, SPEAKING OF CANNED or glassed vegetables—do you heat them in the scientifically approved way? If you don't you're a vitamin and mineral spendthrift. First empty the liquid from the can into a large skillet or saucepan. Boil it, uncovered, over high heat until half the liquid is evaporated. Add the vegetables, heat quickly, season and serve.

PRESSURE COOKERS ARE wonderful vitamin-savers.

Fruits and vegetables lose vitamins as they travel from the field to you. It's important to get the freshest ones you can. Because they are processed soon after they are gathered and because they are protected from the vitamin-destroying oxygen in air, vacuum-canned (or glassed) and quick-frozen foods are often far richer in vitamins than so-called "fresh" produce which may have been several days in transit . . . Baked white potatoes supply an appreciable amount of vitamin C. Baking in the skin shuts out air, vitamin C's arch enemy . . . Fresh or commercially-canned (or glassed) peas are a valuable source of vitamins B1 and C. Since B1 is destroyed by alkaline substances, it is wrong to add soda to fresh peas to preserve their green color . . . To save vitamins, cut or shred vegetables and fruits just before cooking or serving: do not let them stand exposed to air any longer than is absolutely necessary. Avoid soaking. Cook mild-flavoured vegetables, tightly covered, in a small amount of boiling, salted water; cook strong-flavoured varieties (for example: cauliflower, turnips, onions, whole cabbage), uncovered, in larger amounts of boiling, salted water . . . Cook vegetables whole, or cut into large pieces whenever possible; smaller pieces lose more vitamins and minerals to the cooking water and the air. Never mash or sieve vegetables while they are hot, if it can be avoided; the heat increases the oxidation of vitamin C . . . best of all, eat vegetables and fruits raw as often as you can . . . And remember that liver is a prize package of minerals and of all the vitamins, especially iron and vitamin A. Serve it at least once every week.

Former Student Of Bo-Me-Hi Wins Debate

A former Booth Memorial High school student now attending North Vancouver High school was one of the two-member debating team who won the James Sinclair Trophy presented by the fisheries minister Tuesday night in Vancouver, it was learned here today.

Miss Diana Davidson, daughter of Mr. and Mrs. R. H. Davidson, and Bill Jensen defeated the debating team of West Vancouver High school team, taking the affirmative side of the topic "resolved that it is in the best interest of B.C. to encourage the development of the hydro-electric potential of the Fraser."

Murray Children Christened In Ward Room

The Ward Room of HMCS Chatham was the scene of two family christenings yesterday afternoon when Chaplain Canon Basil S. Prockter presided at the baptismal services for the two youngest daughters of Chief Petty Officer W. J. R. Murray, RCN, and Mrs. Murray.

Wearing matching white nylon gowns the two-year-old daughter was given names Barbara Ellen and one-year-old daughter, Patricia Maureen.

Attending the older child as godparents were Mr. and Mrs. A. C. Cameron while Mrs. J. R. Heath and Brian Gammon, by proxy for Petty Officer Heath RCN, were godparents for the youngest of the four children of CPO and Mrs. Murray.

The little principals are sisters to Constance, 16 and William jr., 5. The family lives at Port Edward where CPO Murray is in charge of the Naval radio station.

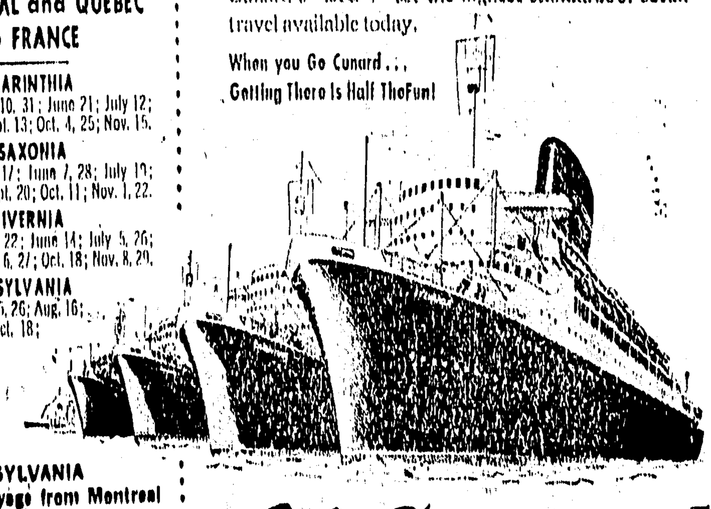
Canon Prockter proposed the christening toast, followed by the serving of cocktails and tea.

Constipation
doesn't upset my baby for long these days
More and more, modern mothers keep Baby's Own Tablets on hand for instant use when Baby is fretful, feverish, gassy, and strains and squeezes due to constipation. These little sweet-tasting tablets are made only for baby to give gentle, prompt and safe action in clearing out little bowels and encouraging normal-type stools. Effective, too, for quick relief of upset tummies and minor troubles due to irregularity at teething time. Get Baby's Own Tablets today. Clinically and time-tested — used by millions of mothers.
BABY'S OWN TABLETS
MOTHER! For irregularity and minor digestive upsets of older child, 3 to 15, give clinically-tested CHILDREN'S OWN TABLETS

try Daily News Classifieds

ANNOUNCEMENT
As of March 29th my office will be closed.
All prescription records will be left with F. E. Dowdle, Optometrist, 3rd Ave.
My wife joins me in thanking you for your support and friendliness during the past four years.
KEITH TUCKER
Optometrist.

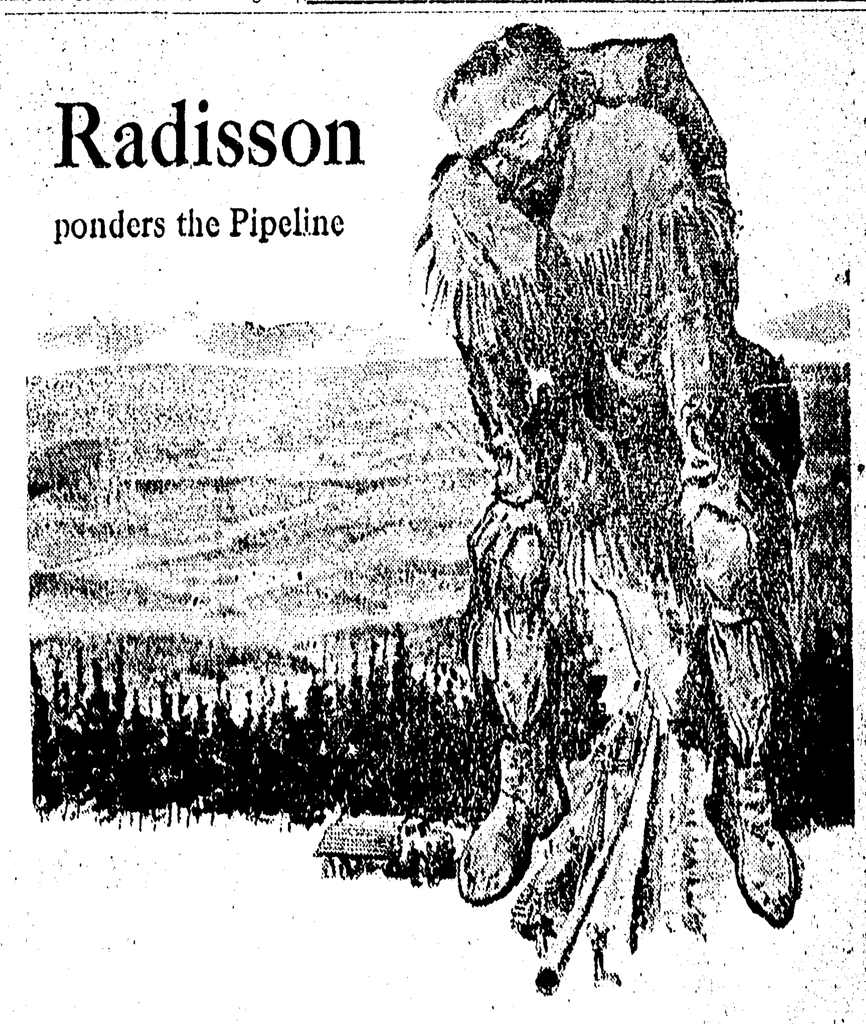
For All That is Best in Ocean Travel
CUNARD'S "BIG 4"
SYLVANIA • CARINTHIA • IVERNIA • SAXONIA
LESS THAN 6 DAYS from MONTREAL to ENGLAND, SCOTLAND
Direct sailings from MONTREAL and QUEBEC to FRANCE
CARINTHIA
Apr. 18; May 10, 31; June 21; July 12; Aug. 2, 23; Sept. 13; Oct. 4, 25; Nov. 15.
SAXONIA
Apr. 26; May 17; June 7, 28; July 19; Aug. 9, 30; Sept. 20; Oct. 11; Nov. 1, 22.
IVERNIA
Apr. 27; May 22; June 14; July 5, 26; Aug. 16; Sept. 6, 27; Oct. 18; Nov. 8, 29.
SYLVANIA
June 14; July 5, 26; Aug. 16; Sept. 6, 27; Oct. 18; Nov. 8, 29.
Cunard's great new luxury liners provide fast and frequent Atlantic crossings. Aboard any of these magnificent 22,000-ton ships you enjoy the finest of modern accommodation, superb service, unexcelled cuisine and entertainment to please every taste. Specially designed for the Canadian service, Cunard's "BIG 4" set the highest standards of ocean travel available today.
When you Go Cunard . . . Getting There Is Half The Fun!



SYLVANIA maiden voyage from Montreal to Liverpool on June 14
See Your Local Agent—No One Can Serve You Better
GO Cunard
550 Burrard St., Vancouver, B.C. Tel: TAllow 4177

PHILIP M. RAY
INSURANCE AND TRAVEL AGENCY
(Successor to Dybhavn & Hanson Ltd.)
P.O. Box 70
315 Third Ave. W.
Dial 2215

Radisson
ponders the Pipeline



In his day few knew the northwest as did Radisson. Radisson, a businessman trader, knew values. He knew the territory. He invested in what he knew and he blazed profit trails for others to follow. Canada's new pipe line will run over land his moccasins once trod.

Born a century and a quarter ago in Canada The Bank of Nova Scotia shares the spirit of Radisson. Our people, too, know their territory, and are helping businessmen and industry blaze trails to a higher standard of living for Canadians . . . by directing community savings into productive channels to benefit us all.

Whatever and wherever your business may be, you will find your local BNS manager can offer helpful counsel. His ability and training, and the wide and varied experience of the Bank's officers in Canada and abroad, are yours for the asking.

If you seek competent, financial counsel . . . trade information . . . advice on personal savings, safekeeping of valuables, or travel funds—talk it over with your BNS manager. He will be glad to see you.

THE BANK OF NOVA SCOTIA
• your partner in helping Canada grow
Get to know the staff at our Tarraco Branch. You will find them helpful and friendly. F. J. Arthur, Mgr.