SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
Minute Steak	Sausages	Fish	Lamb Stew	Left-over Stew	Eggs Florentine	Beef-burger
Group B	Group D	unrationed	Group D	left-over	unrationed	Group C
¼ lb. 3 tokens	5 oz. 1 token		10 oz. 2 tokens			¼ lb. 1 token

1 token left over.

A New Year's resolution made to be kept could beneficially be one for healthful eating. Too often the person living alone is content with a scrap. But around the weekly meat ration can be balanced attractive and appetite-teasing meals, and you'll be surprised at what little time and effort are actually required in their preparation.

To begin the week when a guest may be on hand for Sunday dinner, minute steaks are suggested. Riced potatoes and creamed celery would be good accompaniments. On Monday a token's worth of sausage, a jacket-boiled potato and cooked-to-perfection cabbage make tasteful eating. A broiled fish steak, baked potato and parsley-buttered baked carrots will give you a meatless oven meal for Tuesday. On Wednesday two shoulder lamb chops, along with unrationed kidney for added flavour and nutritional goodness, can form the basis of a luscious stew. Part of it can sit over a day in the ice box and make a tempting re-appearance on Thursday along with a tossed salad. Friday is an excellent day to get caught up with your dairy products consumption, and eggs florentine is a fine dish for this purpose. It is simply prepared by nesting soft coddled eggs in a bed of freshly cooked spinach and topping the whole with a cheese sauce. A quick trick for Saturday would be a beef-burger with tomato sauce and your favored vegetables. The week's ration spending leaves you with that comfortable feeling of having one token to the good.

ANNOUNCEMENT

Ch'town & Rural Districts

We wish to announce the opening of a new business under the partnership of

JAMES R. CARR and WILLARD V. BURKE

We are authorized dealers for General Electric Appliances, handling exclusively General Electric Oil Burner Furnaces and Oil Burner Units adaptable to your present furnace. Also G.E. Commercial Refrigeration.

Electrical contracting will be commenced May 1st.

REPAIRS TO ALL MAKES OF RADIO

YOUR BUSINESS WILL BE APPRECIATED

CARR'S ELECTRICAL SALES & SERVICE

126 SPRING PARK ROAD PHONE 2161

NOTICE TO PATRONS

DUNK RIVER DAIRYING CO.

As there is a change of Secretaries we would ask patrons to note the following:

Cheques will be available this month on JANUARY 10th INSTEAD OF 21st.

The Company requires that all cheques be cashed by the 31st of January, and that all the accounts due the Company be paid by that date.

Signed:

DUNK RIVER DAIRYING CO.

NEW TELEPHONE DIRECTORY

Because of the extensive field it covers, and the frequency with which it is used by the public, the Telephone Directory has become recognized as an ideal advertising medium.

Telephone subscribers represent a preferred class of buyers from whom your message will gain the utmost results. Be sure to reserve space before February 14th.

A NEW issue of the Island Telephone Directory is scheduled for publication on April 1st. Listings will be closed on February 14th. Persons who intend to become Telephone Subscribers at this time, and subscribers who wish changes made in their present listings, are urged to send their requests to our nearest Business Office at once. We cannot undertake to give effect in the new issue to orders received after February 14th.

Please note carefully this closing date.

ISLAND TELEPHONE CO., LTD.

W. C. T. U. NOTES

THE PRESIDENT'S NEW YEAR MESSAGE

Dear Co-Workers Across Canada:

At the end of the year, we turn with eagerness to all that God has for the future, and yet anxiety is apt to arise from remembering the yesterdays. Our present enjoyment of God's grace is apt to be checked by the memory of yesterday's blunders.

"For the Lord will go before you." This is a gracious revelation that God will garrison where we have failed to. He will watch lest things will trip us again into like failure, as they assuredly would if He were not our reward. God's hand reaches back to the past and makes a clearing-house for conscience.

As we go forth into the coming year, let it not be in the haste of impetuous, unremembering delight, nor with the flight of impulsive thoughtlessness, but with the patient power of knowing that the God of Israel will go before us.

It is true that we have lost opportunities which will never return. Leave the Irreparable Past in His hands and step out into the Irresistible Future with Him.

We would like to pass on to you the following, by Georgia Harkness, which was published in the Missionary Monthly of June, 1945: "I do believe the world is swinging toward the light."

So spoke a soul on fire with holy flame,
Amid the dark such faith pierced through the night,
The dreamers wrought, and living fruitage came.
To give of self, and not to count the cost,
To learn, to teach, to labour, and to pray,
To serve like Christ the least, the last, the lost—
These were the beacon fires that lit the way.
Our light grows dim; the air is thick with doom,
And everywhere men's souls are crushed with fears.
Yet high above the carnage and the gloom
The call resounds across the teeming years,
"Lift high Christ's cross! Serve God and trust His might!"
I do believe the world is swinging toward the light!

"This is the Victory that overcometh the world, even our Faith."

EVA WICKSON.

Peace and Security—For Whom?

Plans and proposals are now under discussion for the social recovery of Europe, and to those whose direct concern it is, none would wish to say an embarrassing word. The task is a tremendous one, after such shattering experiences as those we have passed through. Nevertheless, it ought to be pointed out at this not too early stage, there is still an internationally organised liquor traffic which will torpedo, as it did after the last war, much of the valuable social and moral work that is contemplated. It will be remembered that the League of Nations, in accordance with the Covenant of the Peace Treaty, was compelled again and again to consider the Alcohol Problem. One of its first duties was to see that all mandated territories were conducted under the rules laid down, viz., "the production of abuses such as the slave trade, the arms traffic, and the liquor traffic." But the wine-producing countries especially, put every obstacle in the way of the League. Scarcely ever have the Liquor Interests shown themselves more powerful. It mattered nothing to them that the natives should be demoralised. Business is business: 'Our Trade our Politics."

The ordered life of the world has been shaken to its very foundations, and yet the Liquor Traffic stands up today one of the most powerful financial concerns known. Scenes of misery and demoralisation have only been worsened by the presence of alcoholic liquors. During the darkest days ships have gone to sea laden with beer; they have sailed at the risk (and often loss) of men's lives, to the profit and advantage of private firms at home. We shall do less than our part in rebuilding the world, if we do not without hesitation and delay point out to the re-constructers that here is a foe inimical to all the best interests of humanity.

How deep is the longing in the human heart for Peace and Security! But the more coals heaped on the brewery fire the less warmth in the homes of the people; the more foodstuffs wasted in brewing, the less well-furnished the common table; and the bigger the consumption of liquor the less money available for home comforts and necessities. The simple fact is, Peace and Security is a will-o'-the-wisp if the nations of the world allow such a wastage of their resources.

If the times have been thought inopportune to raise the standard of Prohibition during the European War, it may be wise to ask now whether this is not the only way to deal with so powerful an evil. Peace and Security, for whom? Indifference and apathy to this question on the part of those who have influence in the counsels of the State will mean peace and security for the Liquor Interests, and unquiet and insecurity for the people. If nations are to be at their best they must rid themselves of the iniquity of the Liquor Traffic.

The Amendment In Action

"Arrests within the City limits last month totalled ninety-five—an all time record for any single month according to Chief of Police A. Birtwistle, whose report, read at the monthly meeting of the City Council last night, gave all the details."—Guardian of Jan. 15.

The article then goes on to give details: "Forty-five arrests for 'drunk and incapable', 36 arrests for 'drunk and disorderly', etc.

Practically all arrests were for some combination of drunkenness with other offences, or for other offences arising out of drunkenness. Such are some of the results of the gruesome orgy of drinking to which the Government has introduced us by the six-months' amendment. Prince Edward Island is indeed becoming famous if not infamous. The Government is certainly making history and profane history at that. Like Jeroboam of old, the king who went down in history as "the man who made Israel to sin," they will be remembered as the government who temporarily put the serpent in the "Garden of the Gulf."

For all this traffic with the morals and souls of men, the government collected in fines and costs, the magnificent (?) sum of $200 under Prohibition and $660 under Excise, $850.00 in all, or about $9. for each of the 96 homes which have been disgraced and shamed by having some member arrested for drunkenness. Human honour and happiness rank cheap with our government; $850.00, a fraction of the price of a good calf.

How long are the people of Prince Edward Island going to stand this disgrace and indecency which is being forced upon us? Six months is too long. This "all-time high" will soon become a "[illegible] if the camel is allowed to [illegible] his nose in Prince Edward Island. Let all unitedly: Temperance organizations, teachers, churches, honourable citizens, all who have the good of their country at heart, drive him out before he gets his whole body in.—Edith Sterns.

LOYAL TEMPERANCE LEGION

(Mrs. N. W. Reese, Athelstan, Quebec)

New Year is a time when we hear of folks making new pledges about doing things and not doing others. Among my scrap-book clippings I found this pledge and even if it is called a boy's pledge I think girls might use it too:

A BOY'S PLEDGE

"Three things there are I'll never do,
I'll never drink, or smoke or chew;
I ne'er will form an appetite
For whiskey, beer or cigarette.
No alcohol or nicotine
About my person shall be seen
Of three things more I will beware,
I'll never lie, or steal, or swear.
I'll speak the truth to everyone;
What is not mine I'll leave alone.
My lips I pledge shall ever be
From naughty words and swearing free,
Now these six things I will forbear,
I'll never Drink
Nor Smoke,
Nor Chew,
Nor Lie,
Nor Steal
Nor Swear."

PLAN MORE ROOM

LONDON — (C P) — Improved standards for new permanent houses have been laid down by Mr. Aneurin Bevan, Britain's Minister of Health. A three-bedroom house for five people must now have a minimum range of 900 square feet—100 square feet more than was average in pre-war days. Other types of houses are to be on a proportionate scale.

P.E.I. Ministerial Association Meeting

The January meeting of the P. E. I. Ministerial Association took place on Monday afternoon in Heartz Hall of Trinity Church with the President, Rev. T. H. Bussell Somers, in the chair, and the Secretary, Rev. J. A. Nicholson, at the desk.

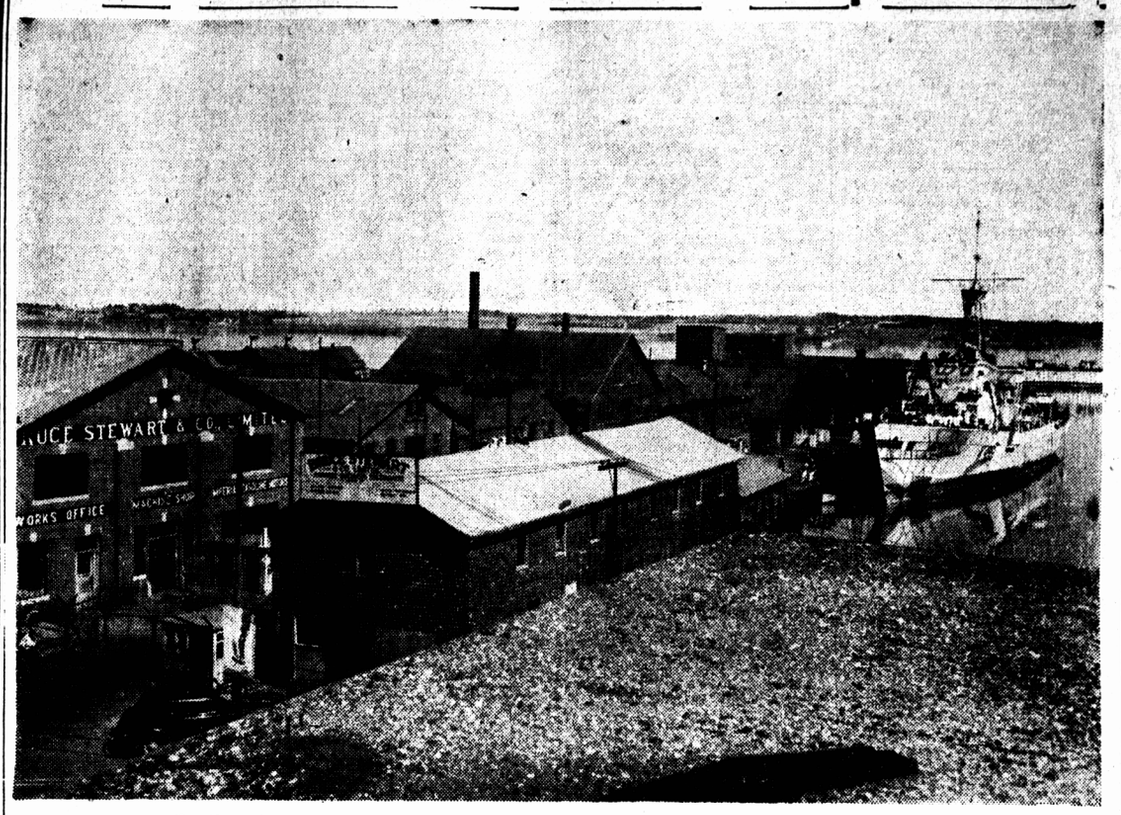
On behalf of the Association the President extended a warm welcome to the Rev. James T. Ibbott, Rector of St. Paul's, upon his return after a prolonged illness, and to Major Fowlow whohas been acting in Mr. Ibbott's place. The new Commanding Officer of the Salvation Army, Major Victor MacLean, was also cordially welcomed upon his first visit to the meetings of the Association.

Reports showed that the observance of the Week of Prayer in Charlottetown had been most inspiring and the offerings most generous when a total of $230.00 was received which was distributed amongst the Charlottetown Branch of the Bible Society, the P. E. I. Protestant Orphanage, the Canadian Council of Churches and the World's Evangelical Alliance of London, England.

After careful discussion it was decided that a group of the city Ministers would visit the Airport Community to discuss the possibilities of holding Church Services out here.

Standing Committees on Social Service, Radio Broadcasting and the Lord's Day Alliance were selected for the year and Convenors appointed. In the unavoidable absence of the Rev. R. E. Webster of Vernon who was to have given the study paper for the month, the President, the Rev. T. H. Bussell Somers, delivered a paper entitled "The Place of Religion in Higher Education in Canada." The next regular meeting of the Association will be held on Monday, February 4th, at 1.30 P. M. in the Baptist Parsonage, Charlottetown, when it is hoped the Rev. R. E. Webster will be able to deliver his paper on "Missionary Experiences in China." The meeting closed with the Benediction pronounced by the Rev. Marvel D. Dunbar.

IN PEACE OR WAR WE SERVE



Partial view of BRUCE STEWART & CO. LTD. PLANT, Foot of Great George Street.

During the recent war years a great part of our activities was centred on the production of war materials and repairs to naval vessels. This work received the most favored commendation from high-ranking Naval Authorities, and no piece of work made by our firm has ever been TURNED DOWN OR FAULTED in any way. Because of our concentration on the above we have had to limit our peace-time manufactures such as Imperial Engines, Potato Diggers and repairs, to a minimum.

WE ARE NOW READY to AGAIN SERVE YOU

We are now again ready to serve you with a highly skilled staff, a much improved plant with new machinery and an eagerness to do our part in building up a new and better Canada. We aim to provide the best possible service in our field. A glance over the various departments below will show that we possess unequalled facilities to make repairs to ships, tugs, dredges and to take care of all Machine Shop work as well as plumbing and hot water heating. For these and other departments we have secured the services of the most expert men in their lines.

Imperial Gasoline Engines

Owing to the unexcelled reputation of these Engines we have already received orders for over three hundred and fifty for delivery this Spring—with the probability that before the season is over we will be called on to provide five hundred or more.

Here Are a Few of Our Departments.

MACHINE SHOP

Phone Works Office 125. — With a Highly Skilled Staff. General Foreman: ATHOL BURNS.

FOUNDRY

Phone 125. — J. F. DAUNCEY, Foreman.

BOILER SHOP

Phone 125. — B. LIVINGSTONE, Foreman.

FORGE

Phone 125. — SIMON PAQUETTE, Foreman.

ELECTRICAL SHOP

Phone 22 or 810. — JACK MacLEAN in charge.

ELECTRIC WELDING and ACETYLENE SHOP

Phone 125—B. LIVINGSTON and FRED BLADT in charge.

PATTERN AND CARPENTER SHOP

Phone 125. — JAMES MacMILLAN in charge

OUR STORES DEPARTMENT:-

We have a very fully stocked Stores Department which carries a line of Gasoline Engine Parts and Accessories, Pipe and Fittings, Packing, Babbits, Bronze Shafting, Propellors and hundreds of other articles in our line. This department is in charge of Harold MacLean, who will be pleased to see you. —

PHONE NO. 810

PLUMBING, HEATING and SHEET METAL WORK

Phone 22. — NELSON GOOD, Foreman.

We particularly call your attention to our Plumbing and Heating department which is staffed with reliable efficient and experienced employees. We are prepared to contract for heating and plumbing work with the assurance that the best possible jobs will be turned out.

Read the above and look over your possessions and if you have a repair or renewal requirement or new work in our line call up on the phone or visit us. You will be sure of a friendly welcome and a good job.

BRUCE STEWART & CO., LTD.

WORKS FOOT OF GREAT GEORGE STREET. — LT.-COL. C. L MacKAY

Technical Supervisor, D. D. Morrison, Phone 125. Private Office, General Manager, Phone 2081.
General Office, Phone 62