# WON BY S GRACE

Providence Was ncipal Ally in Deliverance Powers of Hell

inst us, then they had us up quick when their

words of the great were equally applicable odern times when people th in terms of war as they wen in the days of old when were written, declared Rev. M. McLean, pastor of St. Prebyterian Church, ria, yesterday morning in ety-titta anniversary ser-Wirst Presbyterian Church Britain had not stood alone hose grave days of 1940 she had been in such desestraits but God had been erside and had been a facher deliverance from the of hell. There should, ver, be no feeling of selfciency in the mere acceptof the assumption that the was on one's side. To the ary, real obligations were ed. Wisdom and cleverness, out spiritual righteousness, led to misery and darkness. in war God-given qualities een seen. Now in peace the of selfishness must be red with humility, faith, lovindness and honesty. "God een us through," concluded mest pastor. "Now let us our lives open to God and orkers in the building of His

th the pastor, Rev. A. F. sween, presiding, the junior in attendance and J. E y presiding at the organ, anthem "Light of Life" was and Barbar Teng sang "Our

the evening service, Mr. an preached on the subject 0. S. Religion," emphasizhe need for a consistency of ous faith instead of looking piritual succor only in time isis. The senior choir sang nthem "Just as I Am" and were solos by Mrs. James th, "He Wipes the Tear Every Eye," and by J. A. "The Ninety and Nine." e observance of the church's ersary culminates in a uet tonight at which Mr. an will be the principal er. Fifteen years ago he led for a few months in the

# arrivals

Prince Rupert

Douglas, vancouver; Mr. Mrs. D. Green and family, ouver; J. Wood, Vancouver; emner, Vancouver; A. Mc-A, S. Bergthal, Shames; nd Mrs. J. Campbell, Vanr; G. H. Roberts, Vancou-W. Rempel, Vancou-Ass A. Sloan, Ottawa; R. Dusen, Vancouver; W. ourg, Sunnyside; J. S. Cassiar Cannery; Mr. and



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KETCHIK AN and INFOF MATION TY TICKET, OFFICE

DEPOT TICE; ET OFFICE

STANDARDS RISE

KINGSTON, Jamaica, (P)-Progress in Jamaica's colonial development and welfare scheme, despite shortage of equipment and trained personnel, has been impressive. Notable achievements have been attained in the fields of agriculture and health.

TCOTH DECAY

It is estimated that more than nine of every 10 children have one or more decayed teeth by the time they reach the age of six.

To farewell the personnel of Prince Rupert Defences who are leaving Prince Rupert, the Armory was the scene of a large dancing party Friday night by Prince Rupert Machine Gun Regiment. Three or four hundred persons were present and the evening was happily spent in dances to the alternate strains

Sgt. Peter Lien.

cates and the Regiment's own and area. Pleasant memories of Regiment and its officers and band under the leadership of co-operation, mutual under- men in the future. standing and good fellowship Feature of the evening's pro- would long be retained. Col. ceedings came just before the Richmond spoke of the pleasures were Sgt. Majors Percy Bond, C. supper hour when expressions there had been during the post- G. Brechin and N. S. K. Brewer, of farewell were exchanged be- ing at Prince Rupert of the ac- Sgt. Hugh Ferguson and Cpl. tween Major C. J. Toombs M.C., tive army. He acknowledged the Jack McRae. Y.M.C.A. supervisor officer commanding the Prince splendid hospitality of the people Bob Morris also gave assistance. Rupert Regiment, and Lieut. Col. of Prince Rupert generally and Responsible for the dispensing R. Richmond, officer command- particularly the Prince Rupert of refreshments were Mrs. C. J. Major Toombs expressed appre- Machine Gun Regiment, associa- Toombs, Mrs. J. H. Engelcke, Mrs. ciation of the cordial relations tion with which had always been Gladys Holt, Mrs. Percy Bond, which had always existed be- most cordial and amicable. He Mrs. May Bond.

of the Acropolis Hill Sophisti- | tween the personnel of regiment | extended best wishes to the |

Taking a leading part in the arrangements for the big party



The new mood of elegance, summarized by a suit: Rose Barrack, topflight New York designer, shows a beautifully shaped jacket with double revers, defines the moulded waist with a sequined belt.

Would a few pounds less let you wear fashions like this? Then write for the "Kellogg Weight Control Plan," a purse-sized guide with 63 reducing menus planned for your own needs.

These menus include Kellogg's All-Bran because it is guaranteed, on a double - your - money - back basis, to

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keep you regular naturally. And: being made only from the vital outer layers of the wheat, it is rich in certain "protective" food elements your body must have, diet or no diet.

No wonder this delicious cereal is served by nearly one out of every two families in Canada. Order Kellogg's All-Bran today. To get the "Kellogg Weight Control Plan," cut the box-top from the package; print your address and request on the back and mail to Kellogg Co. of Canada, Ltd., London, Ontario, Dept. 145.

327 3rd Avenue

Evenings Black 969

## REVISED MEAT COUPON VALUE CHART

(EFFECTIVE OCTOBER 11th, 1945)

All products shown below are derived from beef, veal, lamb, mutton, pork or combinations of them. Any product or cut shown below has the coupon value indicated, whether or not it contains dressing.

GROUP A - 1 LB. PER COUPON - 2 OZS. PER TOKEN

BEEF-Smoked Sliced dried beef

PORK—Cured Back (sliced) boncless

PORK-Smoked

Back Bacon (sliced)

Side Bacon (sliced) (rind on or rindless)

PORK-Smoked

Pieces-boneless

boneless

COOKED MEAT

Any uncooked Group B item (bone in or boneless), when cooked Pork Butt-boneless Pork Ham-boneless

### GROUP B - 11/2 LBS. PER COUPON - 3 OZS. PER TOKEN

BEEF-Fresh or Cured

Round Steak or Roast-bone in Round Steak or Roast-boneless Round Steak, Minced Sirloin Tip-boneless Sirloin Tip, Cubed or Minute Steaks-boneless Sirloin Butt-boneless Flank Steak-boneless

Strip Loin-boneless Rib Roast, 7 Rib Bones (rolled whole)-boneless Prime Rib Roast, 5 Rib Bones (rolled)—boneless

Rib Roast Rolled, 6th and 7th Rib Bones-Inside Roll-boneless Tenderloin

VEAL-Fresh

Cutlets or Fillet Roast-bone in Strip Loin Steaks-boneless Front Roll-boneless Leg Roll—boneless Loin Strip-boneless Tenderloin

LAMB or MUTTON-Fresh Frontquarter (rolled)—boneless

PORK-Fresh

Butt, Whole, Pieces or Chops (rindless)-bone in Butt, Whole, Pieces or Chops (rindless)—boneless Ham, Centre Slices-bone in Ham, Whole, Pieces or Slicesboneless

Picnic, Hockless-boneless Back, Whole, Pieces or Slicesboneless Side Pork, Whole, Pieces or Slices

-boneless Trimmings, Extra Lean (skinless) Tenderloin

PORK—Cured

Cottage Roll or Butt, Whole or Pieces-boneless Picnic, Hockless-boneless Ham, Whole, Pieces or Slicesboneless

Ham Butt Roll-boneless

Ham, Centre Slices-bone in Back, Whole or Pieces-boneless Skinless Roll—boneless

Skinless Roll-boneless Ham, Centre Slices-bone in Ham, Whole (skin on or skinless), Pieces or Slices-boneless Back, Whole or Pieces-boneless Side Bacon (rind on or rindless), Whole or Pieces

Picnic, Hockless or Hock on-

Cottage Roll or Butt, Whole or

COOKED MEAT

Any uncooked Group C item (bone in or boncless), when cooked.

### GROUP C - 2 LBS. PER COUPON - 4 OZS. PER TOKEN

BEEF-Fresh or Cured

Shank, Hindquarter-boneless Rump Roast, Round or Square End

Sirloin Steak or Roast-bone in Porterhouse Steak or Roastbone in T-bone Steak or Roast-bone in

Wing Steak or Roast-bone in

Rib Roast, 7 Rib Bones, Wholebone in Prime Rib Roast, 5 Rib Bones-

bone in Rib Roast, 6th and 7th Rib Bones -bone in

Rolled Rib Roast, 6th and 7th Rib Bones, Outside Roll-boneless Plate Brisket (rolled)-boneless Brisket Point (rolled)-boneless Rolled Shoulder-boneless Short or Cross Rib Roast-bone in

out-bone in Chuck Roast-boneless Neck-boneless Shank, Centre Cut-bone in

Shank Meat-boneless Stewing Meat-boneless Hamburger

VEAL-Fresh

Shank, Hind-boneless Rump, Knuckle Bone out-bone in Sirloin Butt Roast-bone in Sirloin Butt Steak-bone in Leg, Sirloin Butt End-bone in Loin, Full Cut, Flank off, Kidney and Suet out-bone in

Loin, Short Cut, Flank off, Kidney and Suet out-bone in Loin Chop or Roast, Tenderloin

End-bone in Loin Chop or Roast, Rib End -bone in

Blade Roast, Blade and Backstrap Round Bone Shoulder Chop or Roast-bone in Shank, Front-boneless Neck-boneless Veal Loaf or Patties Stewing Veal-boneless

LAMB or MUTTON-Fresh

Sirloin or Chump Chop-bone in Loin, Whole, Flank off, Kidney and Suet out-bone in Loin Roast or Chop, Tenderloin

Patties

End-bone in

PORK-Fresh Picnic, Hockless-bone in Butt (rind on), Whole, Pieces or Chop-bone in

Butt (rind on), Whole or Piecesboneless Ham, Trimmed, Whole, Butt End or Shank End-bone in

Loin, Trimmed (rindless), Whole, Pieces or Chop-bone in Side Pork, Whole or Pieces-bone in PORK—Cured

Picnic, Hockless-bone in

Ham, Trimmed, Whole, Butt End or Shank End-bone in Side Pork, Whole or Pieces-bone in Shoulder Roll (skin on)-boneless Dry Salt Belly-boneless Dry Salt Lean Backs-boneless

PORK-Smoked

Picnic, Hockless-bone in Ham, Trimmed or Skinned, Whole, Butt End or Shank Endbone in Minced Bacon Ends

COOKED MEAT

Any uncooked Group D item (bone in or boneless), when cooked. Sausage, Smoked or Cooked.

## GROUP D - 21/2 LBS. PER COUPON - 5 OZS. PER TOKEN

BEEF-Fresh or Cured

Short Ribs, Braising-bone in Plate Brisket-bone in Brisket Point-bone in Round Bone Shoulder Roastbone in

Blade Roast-bone in Chuck Roast-bone in Shank, Frontquarter, Wholebone in Flank, Trimmed-bone in

VEAL—Fresh Leg, Long Cut-bone in Leg. Short Cut-bone in Leg, Shank End-bone in Loin, Full Cut, Flank on, Kidney and Suet out-bone in

Blade Chop or Roast-bone in Breast-bone in Neck-bone in

bone in Rack, Whole-bone in Rack, Shoulder off, Knuckle Bone out-bone in

SAUSAGE-Fresh or Cured Pork Sausage

LAMB or MUTTON-Fresh Leg. Full Cut, Whole or Half-

and Suet out-bone in Forequarter, Whole, 7 Rib Bones-Frontquarter, Whole or Half-

> Rack or Shoulder, Neck onbone in Rack or Shoulder, Neck off

bone in PORK-Fresh

Commercial Sausage

bone in Leg, Short Cut-bone in Loin, Whole, Flank on, Kidney Loin Rib Roast or Chop-bone in

bone in

Rack or Shoulder Chop-bone in

Loin (rind on), Whole, Pieces or

Picnic, Hock on-bone in

Chop-bone in

PORK-Cured

Dry Salt Long Clear-boneless Dry Salt Short Clear-boneless Dry Salt Clear Back-boneless Picnic, Hock on-bone in

Any uncooked Group E item (bone

in or boneless), when cooked

PORK-Smoked

Picnic, Hock on-bone in

COOKED MEAT

### GROUP E - 3 LBS. PER COUPON - 6 OZS. PER TOKEN

BEEF-Fresh or Cured Shank, Knuckle End-bone in

VEAL-Fresh Flank-bone in Shank, Front-bone in Shank, Hind-bone in

LAMB-Fresh Flank-bone in Neck-bone in

Breast-bone in

PORK-Fresh Lacone-bone in Hock-bone in

Jowl PORK-Cured Hock-bone in Mess Pork-bone in

Short Cut Back-bone in

COOKED MEAT

Wieners

Cretons Francais

Loaves made from chopped or minced meat. Cooked meats or jellied meats, in loaf form or otherwise. Brawn or Headcheese Liver Sausage, all types Bologna

CANNED MEAT-MEAT PIES

Jowl

MEAT (IN SEALED CONTAINERS)

Container Container Sausage...... 1-14 oz.-4 tokens Meat Sandwich Spread ...... 1- 7 oz.-1 token Comminuted (Ground) Pork.... 1-12 oz.-2 Meat Sandwich Spread..... 2- 3 oz.-1 " Comminuted (Ground) Pork.... 1-16 oz.-3 Ox Tongue...... 1-32 oz.-5 tokens Roast Beef ...... 1-16 oz.-2 Meat Balls...... 1-16 oz.-2 Stews, boiled dinners, hashes.... 3-15 oz.-4 Beefsteak with Mushrooms..... 2-16 oz.-3 Stews, boiled dinners, hashes.... 3-16 oz.-4 Beefsteak with Onions ..... 2-16 oz.-3 Pork Tongues...... 1-12 oz.-2 Beefsteak with Kidneys..... 2-16 oz.-3

MEAT PIES

For any size Meat Pie, 16 oz. per token

NOTE TO RETAILERS

Please make necessary revisions in coupon values on Beef, Lamb and Mutton, and Veal Price Charts

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