

RULES FOR Making Cod Liver Oil For the Guidance of Manufacturers

- 1st. The manager in charge of factory must see that the livers are fresh; that all brown or poor livers are thrown out; that there is no gall bladder attached to any livers.
 - 2nd. The good livers must then be washed in a tub of clean fresh water.
 - 3rd. The pan in which the livers are boiled must be perfectly clean inside, before any livers are placed in it.
 - 4th. Before you start to boil any livers, you must have sufficient steam.
 - 5th. Turn on the steam, and use as much as you need to have for the quantity of livers you have in your pan. Boil until the white scum floats off (which will take about thirty minutes.) Don't forget to stir the livers, and see that those in the bottom and those around the sides are brought into direct contact with the steam all the time.
 - 6th. Turn the steam off, and allow all to settle, not exceeding five minutes, according to capacity of liver boiler.
 - 7th. Then you dip all the oil you can get, which is the finest white oil. Put this oil in a cooling tank made of galvanized iron, and let the oil remain there till next morning. Don't forget to put a straining cloth over the cooling tank before you put any oil in, so that it will catch any bits of blubber; allow to remain 12 or 14 hours, or longer if possible, then dip from cooling tank and strain through double calico bag, inside bag to be one inch smaller all around; then strain into a tin shute under the bags, the cask to be at the end of the shute with a funnel, to lead oil into casks, which funnel to be covered with cheese cloth.
 - 8th. When you have dipped the finest oil from the top of the liver boiler pan, take all the blubber from the pan while it is warm. The oil from this blubber is not fit for medicinal purposes.
 - 9th. Then clean your liver pan with warm water and washing powder. Have it bright and clean for the next boiling.
 - 10th. Every bag, cloth, tank, funnel and pan, must be washed only with warm water, soap and water. Soda must not be used.
- The best results for medical oil can only be obtained by the use of tin barrels. Wooden packages generally make the oil dark, and destroy its fine flavor. Keep all oil in barrels in a cool place, and covered from the sun.

DEPARTMENT OF MARINE AND FISHERIES

REGULATIONS For Salting Scotch Pack Herring

- One barrel salt to five and a half barrels herring—Large Fulls.
 One barrel salt to six barrels herring—Medium Fulls.
 One barrel salt to six and a half barrels herring—Matt Fulls.
 This amount of salt is for dredging and laying on rows only. It does not take into account that put on the herring before gibbing.
- All salt falling off herring in rousing tubs is put on rows as you pack unless very dirty or scaly; in that case, you have to make good the same amount, or otherwise you could not have any fixed rule on salt.
- Matt Fulls 10 1/2 inches long Milt or roe
 Medium Fulls 11 1/2 inches long Milt or roe
 Large Fulls 12 1/2 inches long and upwards. Milt or roe
 Medium Filling 11 1/2 inches long and upward
 Large Filling 12 1/2 inches long and upward
 Filling Fish may be branded as Scotch Cure without the Crown Brand

No drowned, stale, or scaleless herring can be used as Scotch Pack, nor herring in half frozen state.

The root cause of light salting is to come as near as possible to the pleasing of the palate of the consumer; and if we bear in mind that over three-fourths of all Scotch-Pack Herring are consumed as a tonic before the mid-day meal, just as they come out of the barrel, without any fire cooking, we can see the reason at a glance for the right salting. The herring is dressed by the head and the tail being cut off, the main bone taken out. It is then cut into squares of about one inch, and is served with vinegar and other condiments. This gives power to the stomach to digest the following meal and keeps the consumer in the best of health.

People with bad stomachs please note that the art of cooking and eating right is just as essential as the art of curing; and based on the best medical directions, and with the chemical analysis of the constituent parts of herring as a food ever kept before the consumer, we need not be surprised that the people who eat most herring are the most healthy and efficient.

DEPARTMENT OF MARINE AND FISHERIES

For Sale
 Parcel of Land in Bay Roberts; also Dwelling House in Country Road, to be removed from land; Moving Picture Machine, Gas Light and Fills; Aerated Water Plant, suitable for an outport; one Sleigh. For particulars apply at this office.

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LUCY GRAHAM'S SECRET

(Continued.)

The suddenness of the blow had stunned him. In this strange and bewildered state of mind he began to wonder what had happened, and why it was that one line in the Times newspaper could have so horrible an effect upon him.

Then by degrees even this vague consciousness of his misfortunes faded slowly out of his mind, succeeded by a painful consciousness of external things.

The hot August sunshine, the dusty window-panes and shabby painted blinds, a file of fly-blown play-bills fastened to the wall, the black and empty fire-laces, a bald-headed old man nodding over the Morning Advertiser, the slipshod waiter folding a tumbled table-cloth, and Robert Audley's handsome face looking at him full of compassionate alarm—he knew that all these things took gigantic proportions, and then, one by one, melted into dark blots and swam before his eyes. He knew that there was a great noise, as if half a dozen furious steam-engines were tearing and grinding in his ears, and he knew nothing more—except that somebody or something fell heavily to the ground.

He opened his eyes upon the dusky evening in a cool and shaded room, the silence only broken by the rumbling of wheels at a distance.

He looked about him wonderingly, but half indifferently. His old friend Robert Audley, was seated by his side smoking. George was lying on a low iron bedstead opposite to an open window, in which there was a stand of flowers and two or three birds in cages.

"You don't mind the pipe, do you, George?" his friend asked, quietly.

"No."

He lay for some time looking at the flowers and the birds; one canary was singing a shrill hymn to the setting sun.

"Do the bird annoy you, George? Shall I take them out of the roost?"

"No, I like to hear them sing."

Robert Audley looked at the ashes in the grate, and the picture on the mantelpiece, and going into the next room, returned presently with a cup of strong tea.

"Take this, George," he said, as he placed the cup on a little table close to George's pillow: "it will do you good."

The young man did not answer, but looked slowly round the room, and then at his friend's grave face.

"Bob," he said, "where are we?"

"In my chambers, dear boy, in the Temple. You have no lodgings of your own, so you may as well stay with me while you're in town."

George passed his hand once or twice across his forehead, and then in an hesitating manner, said quietly:

"That newspaper this morning, Bob what was it?"

"Never mind just now, old boy; drink some tea."

"Yes, yes," cried George, impatiently, raising himself upon the bed and staring about him with hollow eyes.

"I remember all about it. Helen! my Helen! my wife, my darling, my only love! Dead, dead!"

(To be continued.)

SAME HERE.

A young lover and his love were attending church. When the basket was passed, the young man explored his pockets, and on finding nothing in them that would pass as money, he whispered to his sugar pie, "I haven't a red cent; I changed my pants!" Meanwhile, the dainty flapper, who had been searching her handbag in vain, blushed a rosy red and said, "Same here."

The schr. Perfect sailed for Mr. Grace Monday morning to go on the Marine Railway dock for cleaning and painting.

We learn that Capt. George Gosse, ex-M.H.A., has been appointed Outport Road Inspector, a position formerly held by Capt. Tom Bonia.

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SUPPLY OUTLOOK BETTER FOR COMING FISHERY

Planters find Ways and Means to Secure Supplies to Prosecute Fishery—Number Smaller.

ST. JOHN'S—Every day the problem of fishery supplies looks more hopeful, and by the middle of June most of the planters who have schooners and fishing gear, etc., as collateral will likely have secured sufficient outfit to prosecute the fishery.

Men who have a reputation for always paying their accounts naturally do not experience the same difficulty in getting part accommodation as others. Many have been in a position to tender half the money required and get the other half on credit. A man with \$200 cash gets \$200 additional worth of outfit on credit.

We do not mean to say that all the merchants are doing this, but some of them are.

In several cases in which the schr. was owned or partly owned by the skipper the vessel was taken as security.

If the merchants intend to remain in business they recognize that the fishery must be carried on, and it cannot be carried on to any extent now unless they assist the fishermen by helping them out in getting supplies.

Apart from the classes mentioned there is quite a number of independent planters and fishermen who have sufficient available means of their own in dry cash to purchase their outfit for the fishery, particularly in St. John's, Bonaville and Notre Dame Bay. They have all their fishery gear, trawls, boats and lines, and want is some salt and provisions.

In the case of many of these men it is not the want of supplies that is worrying them, but rather the question: "If they get the fish can they make the venture pay?"

A great deal depends on themselves as to whether they cure the fish caught as it should be and as the foreign markets require it. That well-cured fish will fetch a price the coming fall that will pay, we have no doubt.

It must be assumed if one judges from the existing circumstances that there will be very much less men engaged at the fishery this season than heretofore. Fully 20 per cent of them have already gone to seek other work. More will follow during the month of June. Stores of schooners are laid up on this account and others are gone into the business of freighting.

There will be a big reduction therefore in the number of fishermen there will be less fish caught and, therefore, less to send to the markets. There is practically no fish so far to go from the South West Coast to supply the Oporto market in the month of July and August. Fish will therefore be scarce and in good demand next fall. All the circumstances contribute to promise a fair price that should pay the fisherman who have good article to sell.

To have the fish well-cured is essential, particularly Labrador fish. It should be lean and white, no specks or spots on the face, and better dried than heretofore to compete with the Iceland and Norwegian fish in European markets.

The softure idea has been over-worked. I did well enough in war years and up to 1919, but it won't do any longer. It has helped more than anything else to give a bad reputation to our fish. Soft-cure fish does not keep long enough and the saest plan is to take no risks and dry the fish so well that it will never back in the foreign markets. Two days can't be depended on to accomplish this, give it three or four "to work" if necessary.—Trade Review.

SERVICE

I shall not count my life as vain
 If only in some quiet way
 I find my chance to serve my Lord,
 My debt of love for Him to pay.

An unnamed man supplied the beast
 Whereon the lowly Saviour passed
 Along the way triumphantly,
 Acclaimed the promised King at last.

An unnamed man supplied the room
 Where once the Saviour broke the bread
 And gave the wine—His flesh and blood—
 His life—by which our lives are fed.

And unnamed crosses mark the spot
 Where common soldiers chance to lie,
 Who for the world's true brotherhood
 A sacrifice, feared not to die.

O grant me, Lord, the grace I pray,
 If I the quiet paths must lead,
 To give my humble gift to Thee,
 And know I, too, have met Thy need.

IT IS TO LAUGH

There's an 'inexpensive recipe for curing sundry ills,
 Such as gout and indigestion, bilious fever and the chills,
 Which the family physician
 Would ascribe to malnutrition,
 And attack with drugs and physics
 And with medicated pills.
 You'd be astonished, really, at the benefit it yields—
 Simply mix a little merriment and laughter with your meals.

If the biscuit should be overweight—
 Do not gulp it down in silence with a cold and stony glare,
 An ounce or two to spare—
 But use a lot of butter
 And laugh instead of mutter,
 And the stomach will receive it like the daintiest of fare.
 The gastric juice will jump at it as if 'twere angel food,
 If you only masticate it in the proper kind of mood.

You may be using petroleum as a trace Fletcherite
 And chewing fifty-seven times each morsel that you bite,
 But however much you chew it
 O, be joyful as you do it,
 And give a happy chuckle as it passes out of sight!
 You might chew your food forever
 With a sour and gloomy mien,
 And the Fletcheristic doctrine would not rectify your spleen.

SAYS MARVALE'S CAPTAIN DID NOT ASK FOR POSITION

Ottawa, May 31.—The wreck of the C. P. R. steamer Marvale came up for discussion in the Commons today when Hon Ernest LaPointe, Minister of Marine, in response to a query from Mr. H. C. Hockken, Conservative, Toronto, declared that the wireless officials in the station near the wreck had not been asked by the Captain of the Marvale to give them their position, although facilities were at hand to furnish this service had it been requested.

Do you sleep in the cellar or do they carry you upstairs?
 Why did Eve raise cane? (Spell it with a small letter.)
 What is taught in a school of fish?

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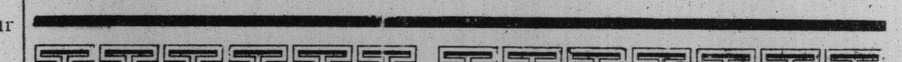
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