

# ANDERSON'S---THE HOME OF QUALITY.

## Specials for the Girls

**School Bags**  
Extra large size, 12 x 16 inches, waterproof.

**20 cents**

**Pinafores**  
Brown, Pink and Blue Linen with design stamped on front.

**Special 17 cents**

## OVERALLS

Brown, Light and Dark Blue Linen, designed stamped on front for working.

**40 cents**

## Petticoats

In Cream and Pink Flannelette, with White Lawn body.

**Special 30 cents**

## Specials for the Boys

### Leather Mitts

Lined—with Cow Boy Gauntlet, warranted horsehide—ideal for winter, windproof and waterproof.

**40 cents**

### Long Rubbers

Fleece lined, double soles, extra heavy.

**\$2.20 to \$3.00**

### Washable Ties

Extra long and wide—in Light with Dark Stripes; will stand any washing, very serviceable.

**3 for 25c.**

### Wool Caps

Real Scotch Wool Caps—round no peak—assorted colors and mixtures—ears to turn down all around.

**40 cents**

## Be Comfortable

Get one of our special

### Astrachan Muffs

That are lined with Satin and in colors: Black, Navy, Brown and Saxe Blue.

These are all that can be desired for comfort, and with a touch of newness and style.

With a large silk cord to hold it in the hand when not actually using it.

**Going \$1.25**



## Ladies' Scarves and Mufflers

In Purple, Prune and Olive Green. Large size, 2 1/2 yard x 1/2 yard. Regular 60c. Scarf 35c.



### Ice Wool Scarves

In Cream and Brown mixture, extra large—a 65c. Scarf

**Going Out at 35c.**

### Pure Wool Muffler

In White and Cream—with fastener to hold it in front, fits close to the neck—all sizes—can be washed and wont shrink. Regular 25c.

**Now 19c.**

## KHAKI CUSHION TOPS

Cover that soiled Cushion with a new top—these have designs to be worked—some with wording such as "Last Rose of Summer," "Sweet Cherries," interwoven in flowers. Size 18 x 18.

**Special 10c. each**

## Ladies' and Misses' Wool MITTENS

With extra long Gauntlet to go over coat sleeve. Colours Cream and Red—pure wool.

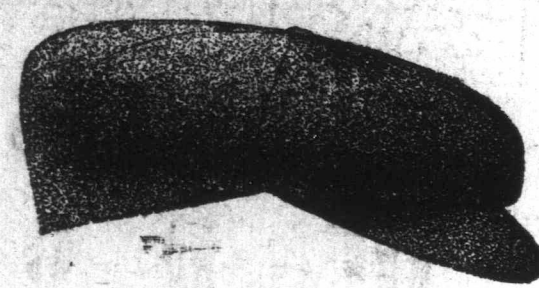
**45 cents**

## Scarlet Cotton Blankets

With Black Stripe Border. Size 6 1/2 x 3 1/2 feet.

**to clear 50c. each**

## Mens Winter CAPS



Seasonable Caps with ear bands turned up inside—padded and wadded. Colours: Navy, Grey, Brown, Green and Mixtures.

**Prices 80c. to \$2.00**

## Mens Grey Sweaters

GENTLEMEN:—Beyond all doubt we can offer you a value in Sweaters of such a fast Grey Color, with two pockets. Buttons same colour, button up so that your collar and tie will show.

**Special 75 cents**

## Goods by the Pound

### SHEETING

Plain White Sheet—no dressing widths 72 to 84 inches. Come out from

**35 to 55c. Yd.**

### Flannelette

By the pound in White, Pink and Stripe—large pieces. Only about half price of yard.

### Grey Shirt Flannel

That's so hard to get by the yard, width 38 inches. Come out about 38c. yard, only about half price of yard flannels now.

### Towelling

In Turkish and Huckaback—different size towels in different weights, all cheaper than by the pair.

## How Canada is Feeding Her Soldier's on Fish Diet

(From the Canadian Fisherman)

In a special interview with Major Hugh A. Green, Director of Fish Supplies, Canadian Army Service Corps, England, the British "Cold Storage," says:

"One of the effects of the War, it is hoped, will be a considerable advancement in a trade which has hitherto had little development, namely, the export of frozen fish from Canada.

Readers of Cold Storage have several months since had placed them the possibilities of this latent food resource within our Empire, the occasion of fish shortage consequent within our Empire, the occasion of fish shortage consequent upon the War being the excuse, if any were needed, for our laying this topic before the fish trade. It was in February last that the Cold Storage and Ice Association heard a paper on the subject of the application of refrigeration to the marketing and distribution of fish in Great Britain by Mr. J. M. Tabor, and almost immediately after that timely broaching of a subject not altogether new, the publicity of this important topic was extended to the British public by the announcement that the Canadian forces in camp and elsewhere in this country were to be supplied with a weekly ration of Canadian frozen fish. The full importance of this step may not at once appear to the on-looker, and we ourselves have gained some fuller idea of what this progress may mean to an Empire trade on meeting the one who is charged with the important duty of organizing this military supply at the present moment. Credit for putting on this new ration in the Canadian soldiers' dietary must certainly be accorded to General Sir Sam Hughes, K.C.B., the Canadian Minister of Militia, who himself is a great fish eater, and has been recognized by the Canadian Fisheries Association to the extent of making him a life member for his good work.

Major Hugh A. Green, who has come to this country for the above purpose, is one fully equipped for proving the possibilities of this new food export from the Dominion of Canada, and it

was to gain some particulars of what has been done in this direction that a representative of Cold Storage called upon Major Green in London since the last issue of this journal.

From Saskatoon to Ottawa.

We had heard that Major Green has been dubbed Canada's "Fishmonger General" and our representative found this enthusiast in no measure ashamed of this title. Versed in all the technicalities of fish supply, Major Green to-day by his powers of organization, backed by personal enthusiasm, is proving for Canada and for possibly frozen fish exporting countries all over the world, what combined effort and the money had not achieved up to two years ago. We had read in the Canadian press some time since of a young man, who came down from Saskatoon, 2,300 miles, to Ottawa, with a big fish wrapped in brown paper under his arm. Scooped at by not a few reactionaries, that young man won his point, and induced the Canadian Government to feed its soldiers at home on an illimitable supply of fish that lay in Canadian waters, an untapped source of wealth.

That man was Mr. A. A. Green, and soon one heard of him engaged to look after the contracts for Government fish supply. That, however, was not all. He had his mission abroad, and steeped in the conviction of the benefits of fish diet and the possibilities of Canada's fish supply, he must carry that mission to Canadian troops overseas. Here, again, Mr. Green won his point, and we find him next serving his country as Major Green in the important task of organizing the supplies to the Canadian camps, hospitals, etc., in Great Britain.

Major Green, in answer to a question by our representative, stated that since March last about 1 1/2 million lbs. of Canadian frozen fish has thus been distributed to the Canadian forces, and he thought that it said much for this fish as a marketable commodity that not a pound of it had been wasted. The fish was supplied on the basis of a 3/4 lb. ration—three quarters of a pound, mark you," said Mr. Green, "all

cleaned and dressed fish, with practically no weight of bone, and, of course, no fat or other waste, as in the case of meat." Such a ration, rich in protein, was found to be sufficient for any man, and for the Government it was cheap food.

### Varieties of Fish.

The kinds of fish supplied in this way were, said Major Green, the following: Halibut, salmon, fine and large white soles, cod, jumbo haddock, Western Lake white fish and Western Lake herring, as well as smoked haddies. This made a fine range of diet, and we believe Major Green's private opinion is that there would be something like mutiny in the forces if the fish ration were to be taken off now. There are fresh fields to conquer yet, however, and some Brigadier Generals out in France are tasting the fish, which may find its way into the trenches yet, where it will be handy and well appreciated article of diet. For instance, the Maritime Fish Corporation, Ltd., of Montreal, Canada, has a particularly delicate article in tinned chicken haddie, a food that can be

eaten cold or hot, and is ready at a moment's notice, and this will be served to the Canadian troops in the trenches this winter.

### Lake White Fish.

The Lake white fish, or planked white fish, as it is known in America, is a delicacy which the Yankees have already learned to appreciate well, and most of this choice Canadian fish is sold across the border to figure in the American restaurant menus at a dollar per portion, against halibut or salmon at 50 cents per portion. When the people of this country really realize what this choice fish is like, there should be a big market for it here.

### Method of Shipment

The means by which distribution is now made of this fish is on fairly regular lines, boats generally arriving every week or ten days in Liverpool. A vessel coming to port on, say, Friday will have its frozen cargo held in its freezing chambers until Monday, and on the basis of the telegraph applications for quantities of fish arriving in Major Green's London office from the various camps, etc., despatch

is made to those quarters direct from Liverpool, the balance of the cargo being put into cold storage in port for the time being. The fish is carried by the railways on free O.H.M.S. warrants, this item of expenditure, a Government one, coming up for adjustment later.

Testimony from the soldiers' camps is, we believe, to the effect that on the 3/4-lb. ration basis, all of it pure fish, there is generally enough and to spare for a fish cake item in the following morning's menu.

The freshness with which the Lake fish comes to market was aptly illustrated to our representative by Major Green by a relation of the way in which it is caught. Netted in the winter months through holes in the ice in the Western lakes of Canada, said Major Green, the fish on coming out of the water into the cold atmosphere wriggle a trifle and then go stiff in a few minutes, frozen alive on the very spot. Thence they go in the same condition by special car and away for export. Some few cases of lake pike sent over as a sample from these lakes were found on arriving on

this side at the camp to have the pristine slime on the fish still intact, and they had a freshness of eye that is not found on fish, say, caught four or five days before the Irish lakes.

### The British Army Next.

It is good news that the British Army itself is adopting a fish ration, this having been instituted within the last week or two, we believe at Aldershot, and one or two other places. News of the complete success of the Canadian venture cannot fail, we should think, to make a frozen fish ration eventually universal in the British Army. Its economy and healthful quality are paramount.

Major Green is, first and last, a fish enthusiast, and he has great ideas for the further extension of this great Empire export. Why not, he says, keep money within the Empire on a fish ration cheaper than meat, and meat which is putting money in the pockets of foreigners to a very large extent.

The Canadian Government has been spending 300,000 dollars a year in promoting the fish industry, and in trying to educate the public to a fish diet. Major Green believes that 100,000 dollars of this annual sum expended in Great Britain in the direction of exclusive quarters would set the trade on a firm basis. This appeal to the public would help the fish trade here in a campaign which the trade itself can hardly carry through.

be one of the trades of the future. The instructions were as follows:

### How to Prepare Frozen Fish for Cooking.

Keep the fish frozen till ready for use. Then put it in cold water long enough, but no longer than is necessary to take all frost out. It will then be ready to cook.

Do not thaw out fish in warm or hot water. Do not thaw fish out in an oven or by artificial heat. Do not thaw fish out until ready to cook it.

If the foregoing directions are followed fresh frozen fish which is always caught alive and frozen immediately will be found when thawed out to be as firm and fresh, and of as fine flavour, as the day it was caught.

Fifty tons a week, on an average, have been arriving for the soldiers, and the weekly allowance to them includes a smoked fish breakfast portion twice a week, instead of bacon, as well as the dinner ration on Friday.—Canadian Fisherman.

**OUT**

**AT REDUCED PRICES**

**White Enamel Bedsteads with Brass Fittings also Mattresses and Springs to Fit.**

**Pope's Furniture Showrooms,**  
Est. 1860. George & Waldegrave Sts. Phone 659.

## Published by Authority

UNDER the Provisions of the War Measures Act, 1914, His Excellency the Governor in Council has been pleased to order that the Regulations, published in the ROYAL GAZETTE under date 17th October last, in connection with Precautionary Measures taken against the incursions of hostile ships of war, be suspended as from the 15th November instant.

These Regulations comprised, amongst other things, the closing of the port and harbor of St. John's at night, and the extinguishing of the lights at certain light houses, and in the city of St. John's.

**ARTHUR MEWS,**  
Deputy Colonial Secretary.  
Dept. of the Colonial Secretary,  
November 14, 1916.