

figure out that 1,200 boxes of finnan haddies, with a gross weight of 20 pounds, equals 24,000 pounds, while the net weight is 18,000 pounds.

By the Chairman:

- Q. What was the regular express rate per 100 pounds there?—A. \$1.75.
- Q. As a matter of fact it cost \$2.33?—A. Yes.

By Mr. Sinclair:

Q. Is that the actual weight of the box?—A. That has been estimated. It will vary a little.

By Mr. Loggie:

- Q. To add a fifth is a very common practice?—A. There is a stipulated amount.
- Q. They have a stipulated gross weight?

By Mr. Sinclair:

- Q. The express company receives the goods already packed in the box?—A. Yes.
- Q. It is the gross weight they get on their own scales?—A. Yes.
- Q. It must be a sum in subtraction?—A. The Railway Commission has established a weight for finnan haddies and other smoked fish on the basis of the weights I gave you on the gross weight.
- Q. There is no actual weight?—A. It will vary from 19½ to 20½ pounds.

By Mr. Loggie:

- Q. For 15-pound boxes?—A. Yes, sir.

By Mr. Sinclair:

Q. You could get that readjusted?—A. The only reason it was brought up was to illustrate that all the fish was not shipped on the net weight, as indicated by some of the witnesses from the express companies. There is a lot of fresh fish comes in carload lots from the East. I shipped two carloads from Mulgrave Saturday, giving the express companies a revenue of about \$1,000.

Witness discharged.

Mr. FOUND, recalled and further examined.

By the Chairman:

Q. Have you prepared a memorandum showing what the food values of various varieties of fish are, as well as of meats and other food products?—A. I have prepared a statement, which I now beg to hand in. It will be the most satisfactory way of dealing with the matter.

STATEMENT showing the percentage of protein or nitrogenous materials—body building and repairing materials—in certain kinds of fish and meats.

	Per cent protein.
Cod steaks..	17'0
" (dressed)..	11'1
Cusk "	10'1
Hake "	7'3
Haddock "	8'4
Halibut "	15'3
Herring (whole)..	11'2
Mackerel (dressed)	11'6

Mr. FOUND.