



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 medicinal 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

St. John's.

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 sooty; in that case, you have to make good the same amount, or otherwise you could not have any fixed rate on salt.

Matt Fulls..... 10½ inches long..... Milt or ree

Medium Fulls..... 11½ inches long..... Milt or ree

Large Fulls..... 12½ inches long and upwards..... Milt or ree

Medium Filling..... 11½ inches long and upward

Large Filling..... 12½ inches long and upwards

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 planning 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 tunc 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

St. John's.

Job Printing of all kinds
Neatly and Promptly Done
at the Guardian Office.

The Art of Life

At the end of Nathaniel Hawthorne's "Grandfather's Chair," after the Chair has told many stories, it is asked by the Grandfather to confer a final favour, "Tell us poor mortals how we may be happy."

"As long as I have stood in the midst of human affairs," said the Chair, "I have constantly observed that Justice, Truth and Love are the chief ingredients of every happy life. From what I have observed of the dealings of man with man, of nation with nation, I should never have suspected that they knew this all-important secret."

Here we have the explanation of the fact that precepts on the conduct of life often read like trite, threadbare, incontestable platitudes, and that many are inclined to deny that there is such an art as the art of living. A good heart, sound principles, and an honest purpose, it is said, will bring you safely through, and the experience of other travellers is of small account. It is not so. Life is never the smooth path it seems to confident youth. It is a rough road cut with dangerous ruts, and apparently little mended by the successive generations of pilgrims. The highest wisdom is to be found in commonplaces. The best help that can be rendered is the representation of commonplaces, as they are confirmed and illumination experience.

In teaching the art of life there can be no more useful books than biographies. I have for years read every biography I could lay my hands on, and not one has failed to teach me something. Mrs. Oliphant, who was herself a skilful biographer, and who observed life more shrewdly and keenly than most, has a passage in which she describes the fascination of watching from the gallery the combat of a human soul, its defeats, its victories and its last issues.

That there is an art of life which needs to be cultivated may be shown by various examples. Especially the need is clear when we turn to life's most intimate relations. We are apt to take for granted that natural affection will make them all that they should be without thought or painstaking. A man and woman marry; they are heartily in love with each other. What is more necessary for a happy life? Much more is necessary. Happiness is neither a vested right nor a self-maintaining state. What is necessary is to make sure that love shall not only last, but grow stronger. It is not a matter of course that this should come to pass. It takes skill and science to maintain life through life's various stages, and both the man and the woman must do their part.—Sir Robertson Nicoll.

The Popular Girl

Who is the popular girl, the land over? Not always the pretty girl, not always the clever girl, though each has a first rate chance of popularity. An American journal has recently made an analysis of why a girl is liked by others with a liking that is permanent, and its points are worth any girl's consideration.

"She can smile when things go wrong, and does not consider every little disappointment a calamity."

"She shares her pleasures and keeps her troubles to herself."

"She never makes the faults of her friends the subject of conversation, is slow to criticize, and can always find something good to say about everyone."

"She accepts favours gracefully and returns them gladly."

"She does not shift her responsibilities to others, but cheerfully lends a hand to lighten her neighbor's load."

"She strives to keep on the sunny side, but is ever ready with helpful sympathy for those who walk in the shade."

"She is loyal to her friends, tender and devoted to those she loves, and generous to all."

"She is liked by both men and women, and loved by children, and she finds the world a good place to live in."

All these points, it may be noticed, belong really to a girl's inner life; they can hardly be added from the outside. Outward popularity depends somewhat on circumstance; but true and permanent popularity must always depend upon character. A great number of girls forget this, and are only admired while they are young and pretty, by those who know little about them. The girl who is lovely in character wins popularity year in and year out.

The Cold Snap

Ears frozen yet? Lovely mornings for "the cold tub."

The Weatherman owes us an apology. Isn't it a good thing that coal is so cheap?

Have you planned your summer vacation yet?

Haven't heard anybody howling for open cars, have you?

Yes, it has been "cold enough" for us—and then some.

"Who's the best man in this town?"

"Well, not Jack Frost."

"Resolved: That winter is preferable to summer."

Get the hook! We don't notice any aviators flying over the town these days.

The South Pole will stay undiscovered if the job is given to us.

"What is so rare"—and seems so far away—"as a day in June?"

Come to think of it, why didn't we "spend the winter the winter in California?"

As yet nobody has blamed the cold on the new Government.

Pity the patient barber who is told fifty times a day that it's "pretty cold out."

Waiter, bring me a hot steak on a hot plate and please turn on some more heat.

We don't blame the Weatherman for talking about the "mean low temperature."

Even "Christmas is coming" has nearly lost its power to put us in good humor.

The thermometer seems to have degenerated into being a low-down sort of affair.

"Laugh and grow fat" may be all right, but we'd like to be told the what and grow warm.

"Welcome, wild north-easter!" sang the poet, and he's welcome to our wild north-wester.

Last July we longed for coolness, but somehow our love for winter has recently grown cold.

And to think that we used to sit up at the bow of boats and sigh for cooler air and more breeze.

Here's early notice that we won't waste sympathy next summer on anybody who talks about an ice shortage.

Moved, seconded, and carried unanimously that all the figures on the thermometer below twenty above zero be struck out.

Old Coal Dealer is a merry old soul. And a merry old soul is he;

He's rather taken with a winter of Extreme severity.

The people who still declare that "our winters aren't nearly as cold as the ones we used to get," ought to be sent to "Greenland's icy mountains."

"Running yet" is the last report about the merry jester who, when told that the thermometer registered forty degrees of frost, said, "It hardly seems enough."

However, when you're getting out that mountain of ashes in the cellar in the merry springtime, you'll wish that you hadn't been so easy with yourself just now.

W. & I. BOWERING



NEWFOUNDLAND NOTICE TO MARINERS (No. 8—1924)

Inner Gooseberry Island, Bonavista Bay

Lat. 48° 53' 00" N.
Long. 53° 36' 40" W.

Position: On South West Point of Inner Gooseberry Island.

Character: A Flashing WHITE Acetylene Gas Light giving

10 FLASHES PER MINUTE.

Elevation: Height of Light from high water to focal plane—66 feet.

Structure: A square wood structure, sloping sides, painted WHITE, lantern RED.

Remarks: This Light will be put in operation November 26th, 1924.

W. C. WINSOR,
Minister of Marine & Fisheries.

Dept. of Marine & Fisheries,
St. John's, Newfoundland,
Nov. 20, 1924.

W. & I. BOWERING

Repairs of all kinds of
MARINE and STATIONARY
ENGINES.

All Outpost Orders carefully attended to

COLEY'S POINT SOUTH,
Bay Roberts, Nfld.

Marked-Down Goods

MEN'S SUITS clearing at \$10.00 per suit.

Also PANTS and OVERALLS at our usual Low prices. New stock just in.

MEN'S NAVY SWEATERS, extra good value at \$3.50.

BOYS' SWEATERS, from \$1.00 to \$2.00.

LADIES' SWEATERS, to clear at COST PRICE.

COTTON BLANKETS, large size, \$2.75 per pair.

MEN'S FLEECE-LINED UNDERWEAR at \$1.00 per garment.

Full line of FLANNELLETTES, white and colored, always on hand.

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New Goods

are constantly arriving at our Store in all lines.

Provisions, Groceries and Dry Goods.

We offer unusual values in FOOTWEAR; drawing special attention to the LADIES' CAVALIER GAITER in BLACK or TAN at \$6.00 per pair, and also CHILDREN'S two buckle GAITERS.

We have BLANKETS in all Wool, in Wool and Cotton, and also in Cotton in regular and crib sizes.

GLOVES for MEN, WOMEN and CHILDREN.

MELTON CLOTHS in Navy, Black, Sax and Cardinal.

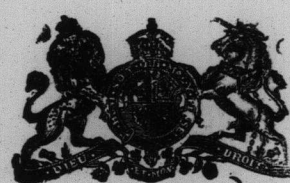
MEN'S SUITS and OVERCOATS in the very latest styles and of good reliable Workmanship. ALL OUR PRICES ARE REASONABLE

C. & A. DAWE

Your Satisfaction our
First Thought.

VICTOR FLOUR

Sold by
JOHN PARSONS



Newfoundland Postal Telegraphs

Foreign Connection

The Commercial Cable Company and its World-Wide Service

THE POSTAL is the only convenient public telegraph service for Newfoundland, and has connection to all inland places. A ten word message costs only twenty-five cents, the address and signature as well as Postal telephone transmission to destination is free of cost.

THE POSTAL has also immediate and constant connection with Wireless Stations at Cape Race, Fogo and Battle Harbour, and in Summer with Labrador Wireless Stations. Also with Wireless to and from ships at sea.

Cable business handled to the Post al ensures quick service via New York or Canada to Brazil, Bahia, Pernambuco, Bahamas, Barbadoes and Bermuda. Our connections are as follows—

DO IT TO-DAY!

AYALON TELEPHONE COM.

PAT. 1923

THE COMMERCIAL CABLE COMPANY.

"American Postal Telegraph," "Canadian Pacific Railway Telegraphs," "All American Cables for Central and South America," "Haiti, Mexico and Bermuda and Direct West India Cables."

A cheap night, as well as day service, is also given to all points in Canada and the United States of America. The Postal has also direct connection with Great Britain, thence to all European points. Rates as low as 6c. per word. Stamps to value of ten cents must be affixed by senders to all cable (foreign) messages from Newfoundland.

The Newfoundland revenue benefits largely when you patronize the Postal Telegraphs. Its whole staff (clerical and operators) from Superintendent to Messengers are sworn to secrecy.