



RULES FOR Making Cod Liver Oil For the Guidance of manu- facturers

- 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 cum 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 oiled 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

St. John's.

REGULATIONS For Salting Scotch Pack Herring

One barrel salt to five and a half barrels herring—Large Fills.
One barrel salt to six barrels herring—Medium Fills.
One barrel salt to six and a half barrels herring—Matt Fills.
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 sealy; in that case, you have to make good the same amount, or otherwise you could not have any fixed rule on salt.

Matt Fills.....	10 1/2 inches long.....	Milt or ree
Medium Fills.....	11 1/2 inches long.....	Milt or ree
Large Fills.....	12 1/2 inches long and upwards.....	Milt or ree
Medium Filling.....	11 1/2 inches long and upward	
Large Filling.....	12 1/2 inches long and upwards	

Filling Fish may be braided 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

St John's

Job Printing of all kinds
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at the Guardian Office.

THIS ONE THING.

"I failed in them all," said Anne, with quivering lips.

She was such a capable-looking girl, with such a noble light of determination in her eyes that it didn't seem as if she could have failed in anything she really undertook.

"You didn't do very well," said Aunt Katherine. "Anne, you tried to do too much. You must learn that you cannot do supremely well in everything. You must choose the thing that is most worth while to you, and I'm sure you can excel in that. You wanted the prize that goes to the best history pupil; that is, you wanted it some days and worked hard. Other days you wanted to be the captain of the basket-ball team, and you left your history and spent all your time practising difficult baskets. You wanted to do best in music so that you might play on commencement day, and you wanted to be the best in domestic science. They were all laudable aims, but you could not do best in all. You have vibrated among them and wasted much effort."

"In this life we must not be like the small child that is offered a choice of gifts, and fills its hands so full that it succeeds in carrying nothing. Julia wanted to be captain of the basket ball team, and she wanted it enough that she gave all her extra time and effort to that, and she got it. Flora tried for the music prize, but she shut her eyes to the other prizes, and she succeeded. By the same means Ethel took the history prize and Clare was chosen hostess for the domestic science demonstration. Now, next term, my dear, pick out the thing that seems most worth while and give it your extra time and effort. Say, 'This one thing I do,' and stick to it. That's the way we get the prizes of life. Concentration is the magic word."

"I'll try it," said Anne, resolutely.

The many friends of Mr. Esau Badoock are glad to learn that he is recovering from his illness and will soon be around again.

Best quality Stove size Hard Coal.

Ladies' Cavalier Gaiters in Black and Tan are selling rapidly at \$6.00.

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First Thought.

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The Newfoundland revenue benefits largely when you patronize the Postal Telegraphs. Its whole staff (clerical and operational) from St. John's to Messengers are sworn to secrecy.

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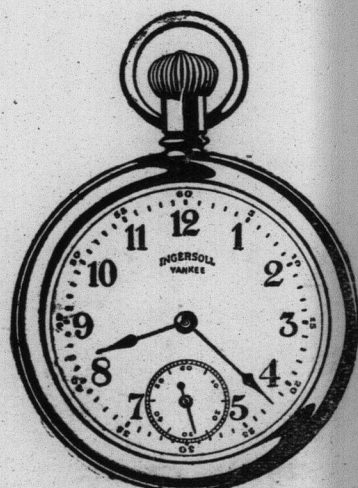
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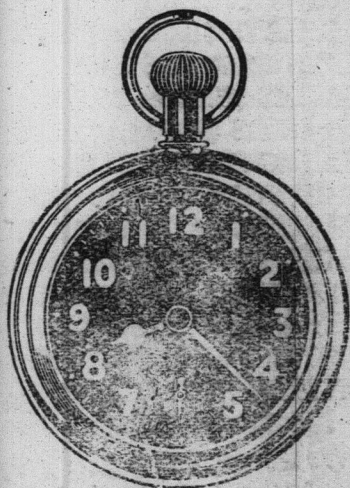
This advertisement is addressed to the citizens of Newfoundland with the request that they take note of the advertising of Ingersoll watches that will appear in this publication, and of the many merchants who are putting Ingersolls in stock.

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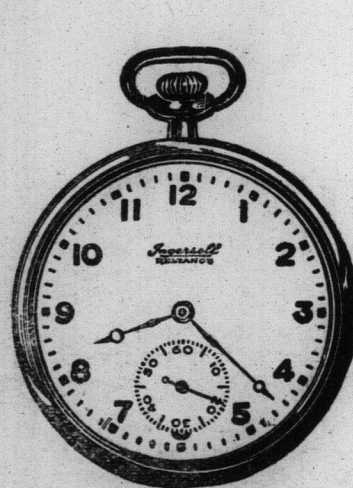
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