

The Only Food You Can Eat Three Times A Day For A Lifetime



Bread is the only food you can eat, day after day and year after year, and relish and digest. You can't eat one kind of meat or one kind of cake or one kind of any other staple or delicacy for any length of time.

Every food contains certain compounds which the digestive system adapts to its needs. The fact that the system will digest and assimilate bread, shows that bread is nature's food, the one perfectly balanced food.

Bread and milk is the diet of babyhood—toasted bread is the first solid allowed the sick and convalescent—and bread, in its manifold varieties, is the "staff of life", that best and cheapest food for young and old. So, eat plenty of good homemade bread made of

"Beaver" Flour

and the problem of economic living is solved. "Beaver" Flour is the famous blended flour that is equally good for Bread, Cake and Pastry. It contains the rich nutriment of the finest Manitoba Spring Wheat combined with the flavor and delicacy of Ontario Fall Wheat. It is a bread flour and a pastry flour—as good for one as for the other, and best for both—and makes the bread that you can eat and enjoy and live on, three times a day for the rest of your life. YOUR GROCER has it or will get it for you. Ask for "Beaver".

DEALERS—Write for prices on Feed, Coarse Grains and Cereals.

THE T. H. TAYLOR CO., LIMITED, - 100 - CHATHAM, Ont.

Report on the Preparation of Fish

AMERICAN EXPERT PRESENTS REPORT ON INVESTIGATION IN GLOUCESTER—A N Y SUGGESTIONS.

The United States department of Agriculture, through its bureau of chemistry, has issued a 63 page report on "the preparation of cod and other salt fish for market, including a bacteriological study of the causes of rotting." The report was written and the investigations and researches therefore were made by A. W. Biting, inspector in the bureau of chemistry.

The report is a most interesting document and cannot fail to be most valuable also, when viewed from any angle, and will be read with greatest interest wherever fish are caught, landed and prepared for market, either salt or fresh or both, and whether on the Atlantic or Pacific coasts.

The story of how Dr. Biting came to Gloucester—for it was here that he pursued his investigations and made his experiments—is quite interesting in itself. Back in the early part of 1909, some of our concerns—fish shippers—found themselves in controversy with a pure food inspector of Indiana regarding fish shipped to that state on which preservative was used. The correspondence was lengthy, and in the end, the inspector, evidently a faithful, determined official, came to see that there was some merit in the

arguments advanced by the shippers here with whom he was corresponding, and made some suggestions, as the result of which there was a general meeting of the fish dealers of this city, at which meeting it was voted to request Dr. W. H. Wiley, the chief of the United States bureau of chemistry to detail one of his scientific men to come here and study the industry and determine if possible the cause of fish turning red in the warm weather months, offering that if such a man be sent all possible assistance.

Dr. Wiley readily agreed to the plan and detailed Dr. Biting, which was very pleasing to the fish people here, for they had heard much of that gentleman's ability and thoroughness. Dr. Biting came here in July, 1909, and immediately went to work, all the concerns assisting him in every way possible in his labors. He stayed five or six weeks and went away and then came back for more investigation work. In that winter he put in at his laboratory in Lafayette, Ind., working out the scientific side on much of the data he had collected, and was back again early in 1910, staying about a week. In late fall or early summer he came again and remained over a month, at that time completing his investigations.

The Result of His Investigations. Before leaving last summer, at the close of his work here, Dr. Biting addressed a meeting of all the foremen of the various wharfs and lofts, in fact all the men having charge of any of the parts of the various plants. To these men he talked plainly—told them what he had done, what he had discovered and what they could do to better conditions, making many helpful suggestions as to the care of premises and fish, all of which if followed would go far toward aiding in the prevention of fish turning red.

He also addressed the fish dealers and told them, too, the results of his investigations and made to them the recommendations which are now contained in his report.

On his very last visit here he spoke of the necessity of cleaning the wharves of refuse, etc., and this was so generally complied with and so readily that on his return he expressed himself as very much pleased with the change.

It cannot be said here that all of the recommendations made by Dr. Biting have been followed, but it can be said that many of them have in a great measure by the majority of the Gloucester fish dealers. And it is also no exaggeration to say that by far the larger portion of the fish shipped out of Gloucester to-day are prepared subject to many of these recommendations.

Some of the recommendations not now in actual practice will undoubtedly be later, for the fish dealers realize that Dr. Biting in making them, was actuated only by the highest professional motives and was earnestly striving to solve the problem set before him.

Recommendations Presented in Report. The recommendations which he made in his report, many of which, as above stated, are already being followed, are:

"The handling is by means of pews, resulting in puncturing the fish from four to seven times. The fish are thrown upon the deck, then on a staging, if the tide be low, and finally on the dock. These men walk among the fish, frequently stepping on them, whether their shoes be clean or not. This does not seem to the inspector in accordance with proper care. He says that a flexible conveyor from the hold to the scales is needed, that it would be easy of construction and would be a labor-saving device.

"In washing fish there is found to be room for much improvement, while in kenching it is recommended that air spaces be left between the kench and the walks made between the racks; that the kench rack be raised

higher from the floor, and that the platform be disinfected after every period of service.

"The work of skinning, cutting and packing is found to be clean, but it is urged that the tables be plain, without shelves or cross partitions beneath, so that no pieces of fish or fat can accumulate, and that they be cleaned once a day at least.

"Examination of water from Gloucester harbor, used for washing fish and making pickle at some factories showed that at no place was the water in the inner harbor pure. The long narrow harbor prevents the tide changing the water each day. Surface water from the streets and other drainings put much impurity into the harbor. It is recommended that water be brought from outside the breakwater to insure purity.

The Ladies of St. John's May Now Grow Beautiful Hair.

McMurdo & Co., backed up by the manufacturers of SALVIA, the Great Hair Grower, guarantees it to grow hair.

SALVIA destroys Dandruff in ten days.

The roots of the hair is so nourished and fed that a new crop of hair springs up, to the amazement and delight of the user. The hair is made soft and fluffy. Like all American preparations SALVIA is daintily perfumed. It is hard to find an actress who does not use SALVIA continually. A large bottle for 50c.

Cheap Oklahoma Houses.

(From the Cement Age) A builder of Oklahoma writes the bureau of manufactures that he finds it profitable to build four room cement houses and sell them complete with cisterns, front and rear porches of cement and outbuilding, including the ground, at \$1,000, on the installment plan. He is doing the thirty-five miles from a railroad station. Notwithstanding heavy freight charges of 25 cents a hundredweight, drayage on all cement, lumber, hardware, and all other building material except sand. The cottages in question have cement floor, steel ceilings, partition walls of hollow blocks, as well as outside walls. Although the roofs are shingled the contractor says that the whole structure is practically fire-proof and constitutes a very substantial building.

Bell Island Notes.

The s.s. Heathcote arrived last week to the Dominion Co., bringing a large amount of freight and coal. She will likely remain here over a month doing dredging at the pier. Mr. J. C. Colbourne, late Superintendent of the Wabana Pier, but now of Sydney, arrived to superintend the work.

The recent cold spurt and storm was felt bitterly here. Many people were frostbitten. Despite the weather work continued, though one or two days, it being so frosty, the surface mines closed down.

Mr. S. Godden paid a week end visit to the city last week.

Mr. D. Trappell has accepted a position in the Dominion offices.

Mr. W. Steman, who is well known at Bell Island, takes a position in the employ of Stewart Co.

Messrs. J. C. Colbourne and J. J. McDougall, of the Dominion Steel Corporation, Sydney, are at present at Wabana.

The Archer Variety Co. are at present fulfilling a lengthy engagement at Wabana Hall. Despite the weather conditions they have had some large audiences.

The Dominion west surface pit and Nova Scotia dam supply good skating to the young folks and their lassies.

Some of our local sports paid a visit to the Metropolis Monday to attend the wrestling match. On their arrival at the Cove Tuesday, homeward bound, what was their surprise to find no ferry awaiting them, the conditions being such the ferry could not cross. It is said that one of them, sooner than remain at the Cove all night, returned again to town.

Owing to a heavy undertow on Tuesday the steamer Euphrates did not cross the Tickle for the mail that afternoon.

Messrs. L. Lawton and A. Hann returned from St. John's on Tuesday.

During the recent storm the spire of the C. E. Church here blew down, carrying with it the heavy bell. Fortunately it blew down at a time no one was around, else a tragedy might have occurred.

What may be recorded as a most enjoyable affair was a sociable held last week in St. Joseph's Hall, which was tendered by the young ladies of Bell Island to their gentlemen friends. Messrs. G. Main and J. Greene acted as floor managers and a most enjoyable time was spent.

The entertainment held by the Assyrian community at the Mines last week for a charitable purpose was well attended and a very good sum realized. The ladies in control, especially Mrs. Jos. Basha and Mrs. M. Carbage, are to be congratulated.

CORRESPONDENT. Bell Island, Feb. 1, 1911.

Four Room House One Dollar Per Year

(From the Christian Herald.)

The Rev. J. F. Dickie, pastor of the American Church in Berlin, when in Augsburg, Germany, a few weeks ago, found a little city in the heart of the city, that was shut in all by itself with two gates and is called the "Puggerei." It is so called because the 106 houses within it were all built with money left by Fugger, the wealthy sixteen century banker.

When he died he directed that these houses should be built and then given to poor aged families for 4 marks and 12 pennings rent a year, that is exactly one American dollar. They have four rooms and kitchen, with a little front garden and a little garden behind.

Do It Now

Tomorrow A.M. too late. Take a CASCARET at bed time; get up in the morning feeling fine and dandy. No need for sickness from over-eating and drinking. They surely work while you sleep and help nature help you. Millions take them and keep well.

CASCARETS 10c a box for a week's treatment, all druggists. Biggest seller in the world. Millions boxes a month.

The Lawyer.—Madam, I find that your husband's will leaves you nothing but what the law compelled him to leave you. The Widow (angry and forgetful)—Just wait till I see him!

A Lady Says:

"Those Magic are wonderful powders for relieving headache. I don't think I ever took anything which relieved me so quickly and without any ill after effects." They can be had only at W. T. COURTENAY, corner of Duckworth and Prescott Streets—Jan 7, 11

You Can Buy

GEO. KNOWLING'S.

- 14 lbs. Rolled Oats for 43 cts. Best quality Canadian.
- 14 lbs. Canadian Oatmeal for 43 cts.
- 14 lbs. Good Rice for 40 cts.
- 14 lbs. Calavance Beans for 45 cts.
- 14 lbs. very best Flour for 48 cts.
- 14 lbs. Granulated Sugar for 90 cts.
- 14 lbs. best White Soft Sugar for 80 cts.
- 14 lbs. No. 1 Bread for 60 cts.

Geo. KNOWLING.

Jan 27, 51, eod

Poultry Association Meeting Last Evening.

The Poultry Association held its annual meeting last night in the Board of Trade Rooms. The election of officers resulted as follows:—

President—Mr. Justice Emerson. 1st V. P.—Hon. W. C. Job. 2nd V. P.—Hon. Geo. Knowling. Secretary—W. Barker. Treasurer—S. O. Steele. Directors:—A. McKean, John McNeil, Percy Johnson, H. Parsons and W. Reid.

There are now 45 members in the Association and 250 shares have been subscribed. After the election a general discussion took place as to the working of the organization. The Association will secure rooms which will be furnished with literature dealing with the raising of poultry, and bulletins will be shown from experimental farms in Canada and the States. Regular monthly meetings will be held in future, and the members are taking much interest in the affairs of the Association.

Congregational.

The first of a series of sociables for the winter took place in the Lecture Room of the Congregational Church last night. There was a large attendance and the affair was a decided success. Rev. J. Thackeray occupied the chair. An excellent programme was rendered, and the whole-hearted applause accorded the ladies who assisted is the best proof of this. The items were:—Piano solo, Miss Dawe; vocal solo, Miss R. Pippy; song, Mr. Steele; pianoforte solo, Miss Pippy; song, Miss E. Barnes; recitation, Miss Barnes; song, Miss Robinson; vocal solo, Mr. H. J. Earle, M. H. A. During the evening some home-made candy was served, out of the sale of which the ladies made a nice profit; other refreshments were also served during the night. The ladies were well pleased with the result.

Ladies' College Aid.

The Ladies' College Aid held a meeting, which was well attended, in the College Hall yesterday afternoon. In future the meetings will be held on Tuesday afternoons. A programme for the winter season was prepared and the ladies will work earnestly to carry it out. The meeting closed at 5.30 p.m.

Mr. Burchell and a Grenfell Address.

Editor Evening Telegram: Dear Sir,—I was surprised to learn a short time ago that Dr. Grenfell was reported to have reflected on the generosity of St. John's when, in November last, he delivered several addresses in Sydney. The very opposite is true.

The Doctor gave three addresses, all of which I heard throughout. It was the opening day of a Laymen's Missionary Campaign. In his usual frank manner Dr. Grenfell said plain things to the men of Sydney. For their encouragement he told of the splendid response just made by the men of St. John's to an appeal for means to carry to completion his full design for a Seamen's Home.

I was absent from home when news of the unfortunate rumor came, hence this tardy correction. Yours faithfully, H. C. BURCHELL, Sydney, N.S., Jan. 28, 1911.

In Serious Condition.

Thomas Samuelson who was so badly injured Wednesday night sliding on Paik's Hill, where he ran into a telephone pole, is seriously ill to-day and he will not be able to get around for several weeks. There is a large wound in his forehead in which five stitches had to be put. His left arm and shoulder are also badly injured.

Hit by a Street Car.

A west bound street car ran into a horse and slide driven by P. Tobin yesterday afternoon, at the foot of Prince's Street; the man and the horse were thrown down. Constables Tobin and Martin who were on the beat nearby came to the rescue and got Tobin on his feet. The slide was broken in three places.

Fresh HALIBUT!

To arrive, ex "Portia," February 3rd,

1000 lbs. Fresh Halibut

EX TRAIN TO-DAY:

FRESH COUNTRY EGGS, FRESH RABBITS.

C. P. Eagan

Duckworth St. & Queen's Rd.

THE FINEST STIMULANT is the Rich, Old Nourishing Brandy, labelled thus

HINE'S Three Star BRANDY

Guaranteed Twenty Years Old

T. Hine & Co. are the holders of the oldest vintage brandies in Cognac

D. O. ROBLIN, of Toronto, Sole Canadian Agent JOHN JACKSON, RESIDENT AGENT.

BHT.



annahan the Weather Forecast.

WANTS A NEW MAN PUT THE LOOK-OUT.

"I think," says Delaney, "to go in Toronto who does east of the weather. He's a power on squalls of wind, don't had a soft day since age. Do you know there's as a jinker—men who ever bring bad luck. We who used to go to the and for the five springs as we didn't clear our a while it struck us to all that spring we called in and suggested that for the voyage he'd better listen to us at first, without sufficient reason. Sure he was a jinker, and useless to go to the ice-bergs. So we agreed to have for stopping at home about him, and we were spring log loaded. Ever there's such a thing as I'm sure we'll have no till they sack that met in Toronto."

"I think," says Mrs. Tucker, "the use of a man getting you meet trouble half enough to meet it when to go to bed half frozen that you're going to be to-morrow makes life I think 'tis time for take a hand in and try that will see brighter Why would be good no news, if all the news get is a prophecy of the southeast with blind-companied with in-

Water Coming.

It that a young man fast skater, will come from Sydney to try some of our city fliers. Give a good record and arrange for several our boys.

Match To-Night

and Victorias will match to-night at the Victoria playing-grounds, Vinnicombe, Tobin, Brien and

are:—Herder, Fenwick, H. Stick and Woods. A expected.

Again Frozen.

most of last night again of the harbor with a thin sheet and not week several inches of the harbour, but the cut it up and it was narrow by the gales which prevailed.

TRADING TRADE.—Four at Port aux Basques cargoes. Others are there. Some eight frozen herring were away from Curling this week.