



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 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 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 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 scaly; in that case, you have to make good the same amount, or otherwise you could not have any fixed rule on salt.
- Matt Fulls..... 10½ inches long..... Milt or roe
Medium Fulls.... 11½ inches long..... Milt or roe
Large Fulls..... 12½ inches long and upwards. Milt or roe
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 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
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Parcel of Land in Bay Roberts; also Dwelling House in Country Road, to be removed from land; Moving Picture Machine, Gas Light and Filmm; Aerated Water Plant, suitable for an outport; one Sleigh. For particulars apply at this office.

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JOURNAL OF REV.

HENRY GORDON

CARTWRIGHT, LABRADOR

(Continued.)

Saturday, Jan. 18th.

Weather improved a little, enough to allow us to make a start. The going was bad. Glad to reach Elson's for a warm. Spent middle of day at Reid's Pond, where I had a service. Finally brought up at Mussel Brook for the night. As usual there were all sorts of rumors of approaching weddings. One is secretly very much entertained with the manoeuvres which always accompany the arrangements of these affairs. Evensong, 7.30.

Sunday, Jan. 19th.

Holy Communion at 9.0, then off about four miles to Porcupine Bay, to spend the rest of the day. Evensong 2.0. A great crowd of visitors came in for the services. I was delighted to meet Miss Bright once again and to find her well and happy. She had come through the sickness safe and sound. I found her doing excellent work, and very popular among the people. After tea the wedding storm burst. Two were married in the evening, and one more was to await my return to Mussel Brook on the morrow.

Monday, Jan. 20th.

West back as far as Mussel Brook to marry one of the Dysons. All was successfully over by 1.30, when George and I lashed up and departed to the South once again. Crossing outside Porcupine Bay, we took the neck over to Open Bay. I was now outside my own mission, and entering the Battle Harbour Mission. After a short stay at Open Bay, we went on over rolling downs of hard beaten snow, rushing down the hillsides at lightning speed, nerves all a-tingle with the thrill of the motion. One last mad sweep brought us out onto the ice of Black Bear Bay, which we soon left to enter the huge gorge at the mouth of the brook. The entrance was very narrow, so that it was quite exciting trimming the very edge of the open rapid. Reached our destination at 5.0, putting up at Jim Hopkins' for the night. I was much taken with a strange incident which occurred at tea-time. Just as I was about to say grace, the small boy of the house, aged about six, suddenly chimed in with the words, "God! God! God!" His father told me that he had taken to doing his all on his own account, and had been doing it for two or three years. "I was one in such It was done in such a serious way that one could not help wondering about it. No matter who said grace he always did his part. Evensong at 7.30.

Tuesday, Jan. 21st.

Left Black Bear Bay about 9 o'clock and struck in across the country for several miles. The weather was very cold and drifty. Often we would lose all sign of any tracks, and then it was like being in a fog at sea. At last we came out onto the salt water ice and soon reached Long Pond. I visited some half-drowned houses. Had Evensong at Harry Hopkins', whose grandchild I received.

Wednesday, Jan. 22nd.

Clear, crisp, frosty morning. Holy Communion, 7.30, at Chris Green's. Left about 9.0, and had a cold but fast run to Caplin Bay in one and a half hours. I visited eleven houses and had Evensong at Ab. Clark's. The local dogs started in on Turk, so I brought him into the porch for the night. The old chap is an object of admiration wherever he goes. He is pure white, like a Polar bear, and is a pure-bred Esquimaux dog. Most of the Southern dogs are half-breeds. A dog-fight out here is a real fight! especially if the beasts get going properly before anybody intervenes. Forty or fifty dogs the size of wolves are able to make some noise.

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Thursday, Jan. 23rd.

Somewhere about 2.0 a.m. I got out of my sleeping bag and kicked Turk out of the porch. He apparently wasn't very tired and was whiling away the time chewing the ice off the floor. At 7.30, I had a celebration. George Parr had to leave me here, so I had to make arrangements for a man to take me on. Will Clark offered to carry me to Otter Bay, where we arrived about noon. I was glad to renew acquaintance with my old friends here. Evensong, 7.30.

(To be continued.)

Success

(Editor of the Guardian.)

Dear Sir:—Your humble scribe desires through the columns of this paper to offer his congratulations to the successful candidates in the recent C. H. E. examinations. Under the term "successful" he means those who secured the required percentage, and also those who honestly and faithfully tried but did not score.

The period on or near the arrival of results is usually an exciting one for the candidates, and it is always attended by many and varied remarks. This is one of life's characteristics and is not only seen in the school-boy, but in the university man, the politician and in him who would aspire to the Presidential seat of his country. Why? Because of our peculiar creation.

At different periods the thought has occurred to us that the contest for passes in the C. H. E. exams is becoming too keen—that the highest interest of the child are being sacrificed. This is not only the opinion of the writer but also of many other men of mature mind and sound judgment. The knows that the curriculum of the C. H. E. exams furnishes a teacher with ample work for the school year.

This is an age of great machine development. Go to the lumber woods and you find the modern log-hauler capable of drawing forty cords of wood behind it at a single load, whereas several horses at one time did this work. In short, my point is this: Machine-power is displacing muscle-power and horse-power. It seems that the ideal in view, uppermost in the minds of a great many of present day students, is not to attain the greatest ideal in learning, viz: Service to mankind, but to put it plainly, to create of themselves more perfect machines for making money.

Is our present system of education responsible for this in any measure? Anyone who has made child-life a study, either practically or theoretically, has learnt invariably the immense worth of the plastic years of childhood and youth to the boy and girl. A professor on being asked, "When should the training of a child begin?" replied, "Twenty-five years before his birth." How many think he stated a fact? Appearances answer.

Can it be possible that the little king or queen which comes to the home is worth so much trouble? We think so, or else what is going to offset the "sins of the fathers being visited upon the children unto the third and fourth generation?"

Our lives are structures, and each day we add something to its construction. In the early days of youth the foundation stones of life are laid. Are our children having, day after day, the foundation stones of real life well and truly laid, or will their training be valueless in the coming years?

The greatest source of undeveloped power in this country lies in the lives of our boys and girls. The foundations of this country seem pretty shaky, no matter from which angle one views it. "The governing of our country will shortly be in the hands of those who now fill our schools, and methinks to be a true citizen of his country these days is no mean thing. What visions and ideals are our children receiving?"

The writer knows "one" who imparted more than book-learning—"one" who was capable and did inspire his pupils with nobler aspirations than the text-books give, and as a result the world is richer, to-day, yea, richer in human life, which is one of the highest types of riches. Many a lad, among whom the writer numbers, feels his life blessed because of his associations with the "old school upon the hill," at the upper end of what is still known by the appellation of "Love Street." Some of us have no doubt but this was "success."

If one were to write the varied opinions which prevail as to the meaning of this little word, it would occupy a large space, but this is not

necessary, as there has lived One from whom we can derive some true meaning. Each can find it for himself. From that Source we find that true success exists only in service for our fellow-men.

Let us each and all see to it that our boys and girls get the very best training for this life, and thus will we help make our own lives a success as well as theirs.

Thanking you in anticipation of space, and with best wishes to the Guardian. I remain, yours truly,

H. R. BATTEN

Coley's Point, Oct. 1st, 1923.

MYSELF!

I have to live with myself, and so I want to be fit for myself to know. I want to be able, as days go by, Always to look myself straight in the eye. I don't want to stand, with the setting sun, And hate myself for the things I've done.

I don't want to keep on a closet shelf

A lot of secrets about myself, And fool myself, as I come and go, Into thinking that nobody else will know.

The kind of a man I really am; I don't want to dress up myself in sham.

I want to go on with my head erect; I want to deserve all men's respect; But here in the struggle for fame and pelf I want to be able to like myself. I don't want to look at myself and know That I'm bluster and bluff and empty show.

I never can hide myself from me; I see what others may never see; I know what others may never know, I can never fool myself, and so, Whatever happens I want to be Self-respecting and conscience free.

—Selected
ITS VALUE TO THE COMMUNITY.

An ex-Governor has the following to say about the value of a local paper in the community: "Each year the local paper gives from \$500 to \$1000 in free lines to the community in which it is located. No other agency can or will do this. The editor, in proportion to his means, does more for his own town than any ten men, and in all fairness he ought to be supported, not because you like or admire his writings, but because the local paper is the best investment a community can make. It may not be brilliantly edited or crowned with thought, but financially, it is of more benefit to the community than the preacher or the teacher. Understand me, I do not mean mentally, and yet on moral questions you will find most of the papers on the right side. Today the editors of local papers do the most for the least money of any people on earth."

C. H. E. RESULTS, 1923.

S. A. School—Miss Daisy Oake, Teacher

Primary—Blanche Mercer, Dis. in Spelling and Grammar; Annie Spencer, dis. in Spelling.
Preliminary: Palmer P. Bishop, dis. in History, Arithmetic, Algebra, Hygiene, Marcella Bishop, dis. in History, Hygiene.

Intermediate—John Batten, dis. in Scripture History.
Private Study—Alma Moore. (Intermediate.)

C. of E. School, Shearstown—George Greenland, Teacher.

Primary: Solomon Badcock, Leslie Earle, Leonard Earle, Elizabeth A. Hedderson, Mildred Earle, Edward Holmes, John Saunders, Jim Saunders.

Intermediate: Ellen Earle.
In this school there were 9 passes out of 10.

Coley's Point, Elementary School—Miss Emmie Snow, Teacher

Primary Grade: Ethel Snow, Susie Snow, Carrie Caravan.
Shearstown, Meth. Elementary School—Baxter Snow, Teacher
Primary Grade: Seneth Mercer.
Preliminary: William Snow.

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