



## 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 steam floats off (which will take about thirty minutes.) Don't forget to test 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 tank to be at the end of the shute with a funnel, to lead oil into casks, which funnel to be covered with caecae 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—Small Fills.  
This amount of salt is for dressing and laying on rows only. It does not take into account that put on the herring before gibbing. All salt falling off herring in reusing tubs is put on rows as you pack, unless very dirty or salty; 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 roe  
Medium Fills..... 11 1/2 inches long..... Milt or roe  
Large Fills..... 12 1/2 inches long and upwards..... Milt or roe  
Medium Filling..... 11 1/2 inches long and upwards  
Large Filling..... 12 1/2 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 exact 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 at off, the spine 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.

### For Sale

Residence in Bay Roberts; also  
Residence in St. John's; to be  
removed from land; Moving Pic-  
ture Machine; One Motor and Film;  
Antique Water Pump, suitable for an  
outpost; one Dish. For particulars  
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F. GORDON BRADLEY, LL.B.

Barrister-at-Law, Solicitor, etc.

RENOUF BUILDING,

Duckworth Street,

ST. JOHN'S.

P. O. BOX 1270.

## Exhibitions and Co- operation Advo- cated.

Editor The Guardian.

Dear Sir:—In your issue of Jan. 25th you referred to co-operation as basis for the future success of Newfoundland, and that you thought Exhibitions were some of the best things whereby co-operation could be encouraged. No sane person can deny this. Co-operation in a community or country will work wonders.

We in Newfoundland lack the spirit of co-operation and enthusiasm more than any other civilized people. But it's not too late to turn over a new leaf and make an effort to do better.

Now I shall give you a few reasons why I too believe in Exhibitions as a thing that will do much to bring about co-operation among our people, and I think that when we get the Co-operative fever, enthusiasm will take care of itself. Of course, I have to speak about the Exhibitions in this country (U. S. A.) as I have never seen one in Newfoundland.

In almost every city and the larger towns of the United States exhibitions are held annually. We'll take the Agricultural exhibition first. Farmers and gardeners for miles around bring in samples of their produce to exhibit. By doing so they are drawn together where they have a chance to talk over things and learn more of each other's ways of doing things and they see the exhibits of each other's crops. Mr. Brown sees some beautiful large turnips better than he had ever grown. He wonders why he can't grow them as good as that. They were grown by Mr. Smith. But Mr. Brown has never met Mr. Smith. But in order that he (Mr. Brown) might know what Mr. Smith did whereby he grew such large beautiful turnips, he goes over and starts a conversation, and the result is those two strangers and they become acquainted and are talking over things and getting a better idea from one another, and Mr. Brown is enthusiastic over what Mr. Smith told him. Every new idea makes them more and more energetic in their next season's work. And as it happens with Brown and Smith so it is with all who attend the show. And the result is they are planning a bigger and better season than the one just past.

Next comes the cattle show, which is wonderful to look at. It is also worth while to look at the owners of the cattle. Their expressions are enough to tell that they have been looking forward to this event for weeks, perhaps months. This is another group that is drawn into co-operation and the result is, they go away wiser than they came.

There are many other branches of industry at Exhibitions. It would fill a newspaper itself to mention them all. But this will give us some idea of how such shows will help. I mentioned in the first part of this letter that we lacked the spirit of co-operation and enthusiasm. But who should the blame be laid to? Not the fisherman or the farmer, but largely, if not wholly, to our leaders, our politicians. These are the people who should get us started. Instead of telling us just before election what they are going to do, and that's the nearest time it's done, it would be much to their credit and honor if they told us how to Co-operate and get together in order that we may not be fighting a single-handed game which is a hard game to play.

There is hardly a day in this country (U.S.A.) but what you can hear a lecture touching on this very thing—Co-operation. Of course, in this country where there are so many people everything is exhibited in its class. But why not have a joint exhibit—Agricultural, Poultry, Cattle, and what ever may be?

To encourage this I suggest donating prizes accordingly, four or five prizes to be given for the best in each line. Perhaps it would be difficult to donate prizes through public subscriptions, but I'm sure a concert could be started and the proceeds go towards such.

This, I am sure, would make many shake off that lazy feeling, because each in time would fall in line and do their bit. But as it is today, if there's a man or woman who shows

any signs of life you can hear such remarks as these: "He or she thinks their never going to die," or "You'll never catch him," etc.

It is nothing but laziness that causes a person to say such, and laziness keeps many an otherwise good fellow from hustling for prospects. Men should always have the clean, self-respecting dignity of a gentleman. To secure and follow up prospects properly requires activity. Every bit of work a man does gives him strength for his next task. It gets easier all the time for the industrious man; harder for the lazy one. Every effort adds to ability and power. Is it any wonder that the lazy man gets sluggish and unhappy. Let's get going. Yours very truly,

JACK S. PARSONS,

Portland Country Club,  
Portland, Me.

### A WORD OF PRAISE

With a renewal subscription to the Guardian we have received the following letter, "I am pleased to renew my subscription to the Guardian. We have received it regularly up till the last week or two, when the mails have been very irregular, and in this time we felt that something was lacking without our home paper. We are glad to get through the columns of the Guardian items of interest about our fellow-townsmen and the prosperity of the community. We are sincerely wish the Guardian every success and prosperity, and we hope that every one will put their shoulder to the wheel and help make the Guardian a paper to be proud of. No place deserves it better than dear old Bay Roberts. Sincerely yours, a home-town booster,

I. H. HOOPER,

84 Kenduskeag Ave.,  
Bangor, Maine.

### M.C.L.I. Debate

#### VERDICT FOR RESPONSIBLE GOVERNMENT.

Despite the inclemency of the weather a fair attendance turned up at the Institute Thursday night, Feb. 28, to discuss the following: "Resolved: That Newfoundland would be well advised to surrender her charter of responsible government and revert to the status of a Crown Colony."

The affirmative leaders were Messrs. I. C. Morris, W. Sparkes and J. Evans. These gentlemen stressed the points that the body politic is sick and there is need of reform and adjustment as a people, because of all that has occurred since we have had autonomy. We have disrespected ourselves because of our desire to get into office. One-third of our revenue goes for interest. The burden is too great for a population such as ours. Our policy of lack of economy and practice of borrowing is crushing the country and almost making it unbearable for future generations. Conditions under Crown Colony would bring us to ourselves, and amongst the cures to be offered it would give us greater economy, reduction of taxes, and would eliminate political rivalry, ill-feeling, and misunderstanding among the people. Education would be improved, industrial and financial matters would be handled much better.

The negative side was upheld by Mr. J. A. W. McNeilly, supported by Messrs. Walter Butt and G. Grouchy, who boldly contended that we should not take such a retrogressive step. It is not Responsible Government that is at fault, but Government by irresponsibilities. No cure for that can come from a Crown Colony. Attempts to make people good by Legislation have proved a failure. Rather let us have honesty and efficiency in our public life. Under a Crown Colony our freedom of thought and action would be hampered. We certainly would not be well advised to surrender our charter and as it were go back to the days of our childhood and infancy. We should not surrender our responsibility but let the best that is in us as a people come out, face the issue as men and pursue a course of development, put in reform where necessary, eliminate useless expenditure, and let every Newfoundlander take a keen interest in matters of public importance. A vote, two to one in favor of the negative, was the decision of the Institute after a very interesting discussion.—Telegram.

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Bay Roberts, Nfld.

### Corner Brook

A fancy dress carnival takes place at the Corner Brook Rink to-night.

Arrangements are being made for the holding of a Fancy Dress Ball at Staff House 51, at Corner Brook, on Friday night.

At the Corner Brook town site large numbers of carpenters will be wanted as soon as the spring weather becomes favourable for building operations.

Extensive preparations are in progress for development work at the Humber operations the coming summer. Thousands of men will be employed at the various works, and we understand it is contemplated to have the paper mills at Corner Brook in operation in less than eighteen months time.—Western Star.

### ELECTION OF OFFICERS "NO SURRENDER" LODGE.

The annual meeting and election of officers of "No Surrender" Lodge, No. 15, L. O. A., was held in their hall at Spaniard's Bay Dec. 6th, 1923. Reports for the year were given by the various officers, showing the Lodge to be in good condition. Election of Officers followed, with W. M. Duncan Collins in the chair. Those elected for the ensuing year were as follows:—

W.M., Henry Chipman.  
D.M., John Murrin.  
Chaplain, Wm. Neil.  
Rec. Secretary, Solomon Gosse.  
Fin. Secretary, Kenneth Gosse.  
Treasurer, Stephen Eady.  
Director of Ceremonies, Walter Chipman.  
1st Lecturer, Moses Chipman.  
2nd Lecturer, Robert Chipman.  
Senior Committeeman, John Vokey.

### DANCES BARRED.

Quebec. —(By Canadian Press)—The exact bearing of the pastoral letter issued some time ago by Cardinal Beaudry was further explained on a recent Sunday by Mgr. Laflamme, parish priest, at the Quebec Basilica, who warned the faithful against any light interpretation of the document, stating that the object was to bar these dances forever from the social life of Catholics.

Defining some parts of the important document, he stated that when it was issued it was regarded as urgent to do so in order to prevent further abuses. Though the edict had been generally well obeyed, some people had commenced placing their own private interpretation on it. These people had apparently been under the impression that the letter meant only that such dances as were referred to had been banned. Mgr. Laflamme stated that such was not the case. Dances as described in the pastoral were forbidden as mortal sins. Dancing in homes was not allowed, even between relatives. In regard to man and wife, if they want to dance, they should not dance in public nor even before their children. Dancing between people of the same sex was also taboo.

### EXAMPLES OF AD WRITING

The following advertisements which appeared in various papers some years ago were compiled by Life.

"Bulldog for sale; will eat anything; very fond of children."  
"Wanted, a boy to be partly out-side and partly behind the counter."  
"Widow in comfortable circumstances wishes to marry two sons."

"Annual sale now on; don't go elsewhere to be cheated; come here."  
"A lady wants to sell her piano, as she is going abroad in a strong iron frame."

"Wanted by a respectable girl, her passage to New York; willing to take care of children and a good sailor."  
"Lost, near Highgate Archway, an umbrella belonging to a gentleman with a bent rib and a bone handle."  
"Mr. Jones, furrier, begs to announce that he will make up gowns, capes, etc., for ladies out of their own skins."

"Wanted an airy bedroom for a gentleman 22 feet long and 11 feet wide."

Recently this line appeared in a daily newspaper: "A carload of bricks came in for a walk through the Park."

### THE CAUSE

"My dear fellow," said the doctor, gravely, "your rheumatism, as you call it, but which is really osteoarthritis, is caused by defective teeth; science has proven that fact. Now let me see your teeth."

"All right, doc," murmured his patient, wearily, "hold out your hand."

## C. & A. DAWE

Our Prices and Qualities are Right for  
Provisions, Groceries and  
Dry Goods.

WE HAVE LATELY IMPORTED A LARGE STOCK OF

### BOOTS

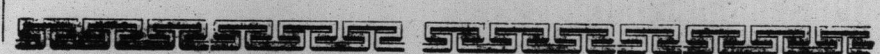
FOR LADIES, CHILDREN AND MEN, AND OFFER  
YOU A WIDE RANGE OF FOOTWEAR TO SELECT  
FROM. ALL THESE

Boots are  
guaranteed

BY THE MANUFACTURERS. WE HAVE ALSO  
LOTS OF LOCAL MANUFACTURED BOOTS AT

RIGHT PRICES. COME AND SEE OUR STOCK.

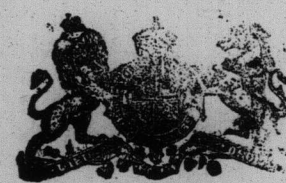
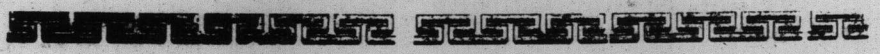
The latest thing in Ladies' Winter Footwear is the CAVALIER  
GATER. We have them in Black and Tan, all sizes. They are  
stylish and the quality is reliable. The price is Right at \$7.50



Your Satisfaction our  
First Thought.

## VICTOR FLOUR

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JOHN PARSONS



Newfoundland  
Postal Telegraphs

Foreign Connection

The Commercial Cable Company  
and its World-Wide Service

THE POSTAL is the only extensive 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 at 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 handed to the Postal ensures quick service via New York or Canso to Brazil, Bahia, Pernambuco, Bahamas, Barbados and Bermuda. Our connections are as follows:—

### THE COMMERCIAL CABLE COMPANY

"American Postal Telegraph,"  
"Canadian Pacific Railway Telegraphs," "All American Cables for Central and South America," "Mall fax 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.

DAVID STOTT,  
Superintendent

Oct., 1923.