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"To Every Man His Own."

The Mail and Advocate

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Editor and Business Manager
JOHN J. ST. JOHN

ST. JOHN'S, N.F.L.D., JAN. 3rd, 1916.

F.P.U. Appointments

THOSE new appointments taking effect to-day:

Mr. C. J. Loughlin to be Assistant Manager of the Union Trading Co.

Mr. C. J. Loughlin to be Manager of the Union Publishing Co., Ltd.

Mr. Geo. Grimes, M.H.A., Buyer and Business Manager of the Dry Goods Cash Store.

Mr. Geo. Soper to be Inspector of Outport Union Stores.

Mr. J. G. Stone, M.H.A., to be Agent for the Trading Co. at Catalina.

Mr. Geo. Richards to be Agent for the Trading Co. at Port-de-Grave.

Mr. Jacob Patten to be Agent for the Trading Co. at Bay Roberts.

Mr. Thos. Elliott to be Agent for the Trading Co. at Cat Hr.

Mr. A. Winsor to be Agent for the Trading Co. at Doting Cove.

Mr. W. Hardman, Accountant in charge of the General Office.

Mr. W. W. Halfyard, M.H.A., Cashier of the Union Trading Co., Union Export Co., Union Publishing Co. and F.P.U.

Mr. Snow in charge of the Dry Goods Department.

Mr. C. Bryant in charge of the Provision Department.

Mr. Wm. White, Wharfinger.

W. F. Coaker, President and General Manager of the Union Export Co.

Hon. John Harris

THE country has lost one of its best sons by the death of the Hon. John Harris, President of the Legislative Council and senior partner of the firm of Hearn & Co. He was a self-made man. He raised himself from the rank of an ordinary citizen to be one of the foremost commercial men in the Colony and to the highest legislative position in the gift of the Crown. Broad minded, level headed, cool, and possessing an abundance of common sense, and a leading member of the Catholic hierarchy his place in the community cannot be filled.

He made no enemies. He was universally respected. We were privileged to have considerable business intercourse with Mr. Harris the past three years, and found him the essence of honor and honesty. He was universally esteemed by the members of the Legislative Council, who greatly respected his opinions on public matters. The deceased was a sympathizer of the F.P.U. movement and recognized in it great possibilities for good to the country and the toiling masses. He sincerely believed in the principles of Democracy. His success as a business man is proof of the ability which he possessed.

The firm of Hearn & Co. has sustained a staggering blow by the loss within a week of its two principles—Mr. Henderson having

but recently passed away after a very short illness.

It is thought Mr. Harris's illness was the outcome of too close a devotion to business. He is not an old man, and that makes the blow the harder for the Colony, for there is a great need now of able middle aged business minds such as the Hon. John Harris possessed, for stormy days are in store for poor Terra Nova.

The large attendance at the funeral yesterday—representing all classes and denominations—clearly demonstrated how universally the deceased merchant and legislator was esteemed by the citizens of St. John's.

We extend to the family and relatives our sincere condolence, not only personal, but on behalf of the Fishermen of Newfoundland.

1915 Fishery

THE fishery for 1915 is given at 1,277,000 qtls. by The Colonial Commerce Magazine. We consider 1,200,000 qtls. will be as much as the fishery for 1915 produced, but the value will be at least fifty cents per quintal in excess of 1914 catch.

Owing to the shortness of tonnage more fish remains in the Colony to-day than there was last New Year. The problem now is to find tonnage to convey the stocks held to market. Unless a couple of large steamers are forthcoming during January and February, the exporters will be considerably worried over ways and means to ship stocks held to market. The trouble is to get the fish to market. Prices abroad will be sure to advance considerably during the winter, for according to present indications, the supply will not be equal to the demands owing to the shortage in tonnage.

Cod oil exports for 1915 show a surprisingly large falling off, the exports being 8,000 casks short of 1914 exports. No oil of any account remains in the Colony, while last year at this date the local holdings amounted to 1000 tons. The output for 1915 is therefore something like 1500 tons less than 1914. In addition to this large shortage, there is no Norwegian oil available, while in 1914 the Norwegian supply available was equal to 10,000 casks. The Norwegian output of this winter's fishery has all been sold to German agents at prices equal to \$200 per ton.

The whole demand for cod oil will therefore have to be met by the few hundred casks now held in the Colony, which is not more than 4000 casks, two-thirds of which is in the possession of the Union Trading Co. The situation has been further strained owing to the short supply of seal oil, which has advanced to twice its normal value.

Seals this year should bring \$6 per cwt. instead of \$4.75 paid last spring. Those who smiled at Mr. Coaker for buying all the cod oil he could secure at such high prices during the fall which he refused to sell to exporters will now realize that Mr. Coaker knew what he was doing. The merchants sold the bulk of their oil this fall at \$130 per ton and at \$140 per ton; Mr. Coaker refused to sell at \$157, he sold some at \$160—about one-third of his collection—and it now looks as though he will easily sell the balance at from \$170 to \$180. The largest cod oil transaction the Colony ever beheld is that which the Trading Co. undertook the past fall and the Trading Co. will make more money on cod oil this year than the whole trade has made from cod oil in five years.

It is remarkable that Mr. Coaker should have foreseen the heavy shortage in the cod oil supply and refuse to dispose of his holdings, while others were anxious to sell at \$130 per ton. 8000 casks is quite a shortage in the supply of 1915, in addition to the total closing out of the Norwegian supply for 1915 and 1916.

Exporters who hold stocks of fish should not be discouraged over the foreign shipping problem now confronting them, for it ought not to be impossible to arrange salt cargoes for a couple of large steamers. Jobs, Bowrings and Baine Johnston could arrange to have a couple of loads of salt shipped here and stored for the spring's demands for the extra cost of storing would be well repaid by the savings in the cost of return cargoes of casked fish.

Why not set to work, gentlemen, and charter two suitable steamers to bring salt, and take return cargoes? Such a venture would surely be profitable. Salt will be in demand this spring and prices will be much higher than last spring. Don't allow this opportunity to slip.

THE HARVEST OF THE SEA

INTERESTING AND USEFUL TO THE FISHERMEN OF THE COLONY

FOOD VALUE OF FISH

AN eminent English physician—Sir James Chrichton-Browne—tells us that it cannot be too strongly insisted upon, that for working people of all classes, fish is an economical source of the energy necessary to enable them to carry on their work; and that for children and young persons it furnishes the very stuff that is needed to enable them to grow healthy and strong. It contains what is called proteid, the nitrogenous constituent which is mainly concerned in the formation of the tissues of which the body is composed, and it contains fat, one of the main sources from which the energy of the cells is derived.

People generally, and Newfoundlanders particularly, eat too much butcher's meat, and could, with benefit to their health, reduce their meat allowance and increase their consumption of fish. We recently heard one of our best known local medics declare that many of the diseases which are so widespread to-day are due largely to the enormous quantities of meat that we consume. This is especially the case in diseases of children; they are literally stuffed with quantities of "salt junk" and pork of a very questionable kind. Of course it is well known that pork, unless well boiled, is at best a rather dangerous article of diet, as pigs are oftentimes affected with trichinosis.

Fish is one of the most digestible of foods, especially fresh codfish and fresh herring. The salt varieties are not so digestible, but with plenty of watering the fish could be made almost fresh again. This watering should be done very carefully, not a la Mackinon cod; but it should extend over two days at least.

The war has caused a sharp rise in many articles of food, especially fresh beef; and the working people find it hard now to find the wherewithal to pay the butcher's bill. Living expenses might be materially reduced, if we were to use more fish foods, and we have them in abundance. It seems somewhat singular that we generally confine our fish dietary to cod and herring. We have several other fishes of great food value in abundance, e.g., haddock, bream, and flounders—fish that are highly valued elsewhere. We have also halibut in abundance. We have often wondered why our fishermen do not take up this fishery more generally. The halibut fishery is now confined to the South Coast, really to Hermitage and Fortune Bays. There are halibut grounds even within easy reach of St. John's. Then we have the juicy turbot—a fish almost unknown to the local trade. It is the richest fish in our waters. Again we have eels, and we have already discussed how this fish is regarded elsewhere. The eel is a regular feature of the dietary of the Canadians.

Recently the New York City Health Department issued a bulletin showing the food values of fish of various kinds as compared with beef. This should be circulated amongst our people. We are really so dreadfully conservative, that we cannot even get away from our old time dietary. In former times, the out harbor people used far more fish as an article of diet than we do to-day. To this we believe we must attribute their hardy, rugged, natures. We are

now, compared with the men of the olden times, simply a people of weaklings. If we want to revive the stamina of the younger generation we should get back to the fish diet which was so characteristic of the old folks.

Comparative Values of Fish and Beef

(New York City Health Department Bulletin)

FISH
Haddock contains 13 per cent protein; sells for 7 cents a pound.
Herring contains 19 per cent protein; sells for 8 cents a pound.
Codfish contains 18 per cent protein; sells for 12 cents a pound.
Eels contains 18 per cent protein; sells for 15 cents a pound.
These are New York prices, and would cost just fifty per cent here, to the out harbor fishermen the cost would be almost nil, as the fish is at their doors.

BEEF
Chuck contains 19 per cent protein; sells for 24 cents a pound.
Rump contains 19 per cent protein; sells for 24 cents a pound.
Round contains 21 per cent protein; sells for 20 cents a pound.
Sirloin Steak contains 19 per cent protein; sells for 30 cents a pound.
Ribs contains 18 per cent protein; sells for 26 cents a pound.

These prices do not differ materially from our own; and it is evident that the use of fish foods would lessen the cost of living more than fifty per cent. We eat meat simply for the sake of the protein which it contains; why not get it from fish when there is such a saving. With a good stock of fish and such vegetables we can all raise in this country, there is absolutely no reason why we should waste such sums of money on Chicago beef and other products.

Much of the beef imported into this country at the present time is a cold-storage article; and every body knows what the effect of cold storage is on foodstuffs. We should not confine our fish eating to Fridays; we should do, as many people really do, make it a part of our dietary at least three days in the week.

'A GLORIOUS END'

By ANNIE JOHNSON FLINT
in The Springfield Republican

THE soldier tells of that fierce charge
In which his hero brother died;
The father stands with lifted head
As if he saw the splendid ride,
The sister hears with face grown pale
And eyes that brim with tears of pride;
The mother does not heed the tale—
She only knows that he has died.

She makes no moan, she sheds no tears,
She feels no thrill of pride or joy,
For, looking back across the years,
She sees a little, little boy;
She hears the lisping baby speech
That begs for some beloved toy,
She feels the clasp of little arms
That tells a love without alloy.

Their words are but an idle tale
Of war and battle, sword and gun;
She has not heard that he was brave,
She does not care what he has done;
She only turns her head aside,
She has no thought for glory won
She only knows that he has died,
Her son—her son—her first-born son.

MARCHING THROUGH RUSSIA

(Toledo Blade.)

Let's scan the good old atlas now, for light upon the road—
Let's learn the way to Warsaw to old Bakhunovary;
Anticipate the German as they goose-step to the fray—
While they go marching through Russia.

CHORUS:

From towns of seven by syllables or more
Comes daily news with consonants galore—
Pskoff! Slobodsk! Tzarevsoanchulsk!!
While they go marching through Russia.

See the terrible words they've set to a good old Yankee tune—
Ivanovo-Vgneseensk—let's hope the end comes soon.
If they ever take Zoznyzkv we'll simply have to swoon—
While they go marching through Russia.

O Kaiser, please, take Hvitits next; let Krasnoslobski go.
Pronouncez Wjufedvstak doth twist our jawbones so.
We pray you'll let that town go hanž, tackle Wanko—
While they go marching through Russia.

Tavastehus is easy; there's Kimpva waiting near,
And if the Kaiser takes them we'll never shed a tear.
But Malovischeryskia that's where he'll go, we fear—
As he goes marching through Russia.

The Inspiration of the Allies

London Daily Telegraph:—Nothing comes home more closely to the heart of the ordinary soldier in either army than the sense that he is in a fight for the decencies and humanities to which all men who are not savages owe respect, and to which the German record in this war, from the first hour of it, has been one continuous insult. Every man who wears a British uniform, from King George downwards, knows that General Joffre means when he says, as he did lately of a certain effort of frightfulness, "No French officer could possibly give such an order, for he would not be obeyed." That remark is understood by French and English; to their enemies it would seem subversive of the whole military system. It is that deep-lying community of ideals which makes so deeply true King George's words to the soldiers of France: "My Armies are very proud to be fighting at your side, and to have you as comrades."

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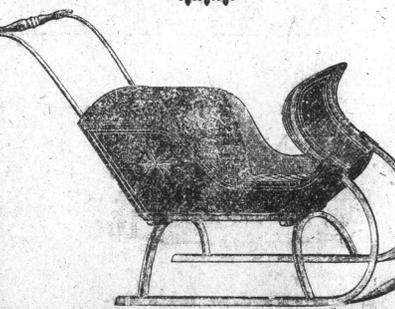
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