



## 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 shut under the bags, the cask to be at the end of the shut 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 oiler 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     | ..... 10 1/2 inches long             | ..... Milt or roe |
| Medium Fulls   | ..... 11 1/2 inches long             | ..... Milt or roe |
| Large Fulls    | ..... 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 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

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## Lucy Graham's Secret

(Continued.)

Poor little girl, she was very low spirited; and when I told her that my London expedition had failed, she fairly broke down and broke into a storm of sobs and lamentations telling me that I ought not to have married her if I could give her nothing but poverty and misery; and that I could give her nothing but poverty and misery; and that I had done her a cruel wrong in making her my wife. By heaven! Miss Morley her tears and reproaches drove me almost mad; and I flew into a rage with her myself, her father, the world, and everybody in it, and then ran out of the house. I walked about the streets all that day half out of my mind, and with a strong inclination to throw myself into the sea, so as to leave my poor girl free to make a better match. "If I drown myself, her father must support her," I thought; "the old hypocrite could never refuse her a shelter; but while I live she has no claim on him." I went down to a rocky old wooden pier, meaning to throw there till it was dark, and then drop quickly over the side into the water; but while I sat there smoking my pipe, and staring vacantly at the sea-gulls, two men came down, and one of them began to talk about the Australian gold-diggings, and the great things that were to be done there. It appeared that he was going to sail in a day or two, and he was trying to persuade his companion to join him in the expedition. "I listened to these men for upward of an hour, following them up and down the pier, with my pipe in my mouth and hearing all their talk. After this I fell into conversation with them myself, and ascertained that there was a vessel going to leave Liverpool in three days, by which vessel one of the men was going out. This man gave me all the information I required, and told me, moreover, that a stalwart young fellow, such as I was, could hardly fail to do well in the diggings. The thought flashed up on me suddenly that I grew hot and red in the face, and trembled in every limb with excitement. This was better than the water, at any rate. (To be continued.)

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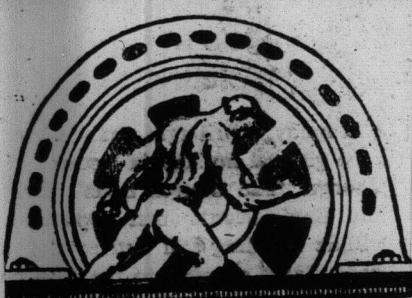
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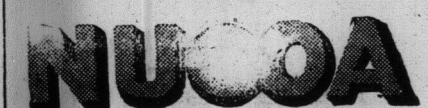
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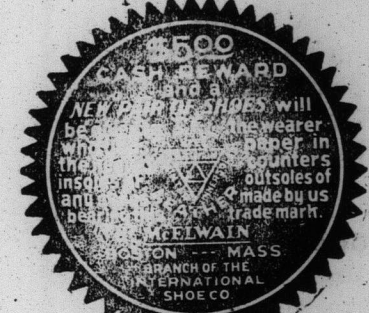
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