

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 sooty; 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 ree |
| Medium Fulls..... | 11½ inches long..... | Milt or ree |
| Large Fulls..... | 12½ inches long and upwards. | Milt or ree |
| 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 some 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.

Job Printing of all kinds
Neatly and Promptly Done
at the Guardian Office.

GOOD RESOLUTIONS.

Continued from page 2.

must love me because I am patient and gentle, the companions of my youth must respect me because I am unselfish and helpful, old age must honor me because I am thoughtful and respectful. To my parents I must commend myself by gracious speech and loving thought, yet above all by little acts of sympathy. To ease a mother's burden will be my care, to lighten a father's anxiety will be my privilege. So may I be a blessing in my little world. This is my resolve. My whole heart has willed it. It shall be even as I wished.

PSALM FOR THE NEW YEAR.

O New Year, teach us faith!
The road of life is hard;
When our feet bleed and scourging
winds us scathe,
Point thou to him whose visage
was more marred
Than any man's; who saith,
"Make straight paths for your feet,
and to the oppressor,
"Come ye to me, and I will give you
rest."

Yet hang some lamp-like hope
Above this unknown way,
Kind year, to give our spirits freer
scope
And our hands strength to work
while it is day.
But if that way must slope
Tombward, O bring before our fa-
ces
The lamp of life, the hope that never
dies.

Comfort our souls with love—
Love of all human kind;
Love, special, close, in which, like
sheltered dove,
Each weary heart its own safe
nest may find;
And love that turns above
Adoringly; contented to resign
All loves, if need be, for the love
divine.

Friend, come thou like a friend,
And whether bright thy face
Or dim with clouds we cannot com-
prehend,
We'll hold our patient hands, each
in his place,
And trust thee to the end,
Knowing thou leadest onward to
those spheres
Where there are neither days, nor
months, nor years.
—Dinah Mulock-Craig.

THOUGHTS FOR THE NEW YEAR.

"So may the New Year be a happy
one to you, happy to many more
whose happiness depends on you.
So may each year be happier than
the last."—Charles Dickens.

"There's a little word below, with
letters three,
Which if you only grasp its potency
Will send you higher
Towards the goal where you aspire,
Which, without its precious aid
you'll never see—
Now!

Success attends the man who views
it right.
Its back and forward meaning differ
quite;
For this is how it reads
To the man of ready deeds,
Who spells it backward from
Achievement's height:
Won!"

"Keep your face always towards
the sunshine and the shadows will
fall behind you."—M. B. Whitman.

"So long as we love we serve; so
long as we are indispensable; and no
man is useless while he has a friend."
—Robert Louis Stevenson.

"To be glad of life because it
gives you the chance to love and to
work and to play and to look up at
the stars."—Harry Van Dyke.

"To keep my health; to do my work;
To live!
To see to it I grow and gain and
give;
Never to look behind me for an
hour;
To wait in weakness and to walk in
power.
But always pushing onward to the
light,
Always and always facing to the
right."—Charlotte Perkins Stet-
son.

"The white wings of the Holy
Ghost brood seen or unseen o'er the
heads of all."—Whittier.

"Do not pray for easy lives. Pray
to be strong women. Do not pray
for tasks equal to your powers. Pray

for powers equal to your tasks."—
Phillip Brooks.

"Die when I may I want it said of
me, by those who knew me best,
that I always plucked a thistle and
planted a flower, where I thought a
flower would grow."—Abraham Lin-
coln.

"There is an ideal abroad among
moral people that they should make
their neighbors' good. One person I
have to make good: myself, but my
duty to my neighbor is more nearly
expressed by saying that I have to
make him happy—if I may." R. L.
Stevenson.

"Do all the good you can, by all
the means you can, in all the ways
you can, in all the places you can, at
all the times you can, to all the peo-
ple you can as long as ever you can."
—John Wesley.

BARENEED NOTES.

Mr. Albert J. Richards arrived
from Boston, Mass., on Thursday,
Dec. 18th.

Miss Rebecca Boone, who has
been teaching at Torbay, arrived
home to spend her Christmas holi-
days.

Numbers of people who have been
working at Bell Island, the Humber
and elsewhere arrived home after
their summer's work.

Mr. John J. Bartlett, who has been
to St. John's during the past fall, ar-
rived home on Wednesday, Dec. 24.

Mr. Raymond Curnew, who has
been attending college at St. John's
arrived home on Dec. 19th to spend
his holidays.

Mr. John B. Richards, who has
been teaching at Kelligrews arrived
home on Dec. 24th to spend his
Christmas vacation.

Your correspondent wishes the
readers of the "Guardian" a bright
and glad New Year. COR.

The best things are nearest—
breath in your nostrils, light in your
eyes, flowers at your feet, duties at
your hand, the path of God just be-
fore you. Then do not grasp at the
stars, but do life's plain common
work as it comes, certain that daily
duties and daily bread are the sweet-
est things of life.

ITEMS OF NEWS.

Miss Pearl Mercer arrived from
Boston, Mass., recently and is
spending the winter with her parents.

Mr. James S. Modell arrived from
Allston, Mass., recently.

Mrs. (Rev.) Baggs, of Western
Bay, spent a few days here recently,
the guest of Mr. and Mrs. I. Snow.



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days without it.

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NEWFOUNDLAND NOTICE TO MARINERS (No. 8—1924)

Inner Gooseberry Island, Bonavista Bay

Lat. 48° 53' 00" N.
Long. 53° 36' 40" W.
Position: On South West Point
of Inner Gooseberry Island.
Character: A Flashing WHITE
Acetylene Gas Light giving
10 FLASHES PER MINUTE.
Elevation: Height of Light from
high water to focal plane—
66 feet.
Structure: A square wood struc-
ture, sloping sides, painted
WHITE, lantern RED.
Remarks: This Light will be
put in operation November
26th, 1924.

W. C. WINSOR,
Minister of Marine & Fisheries,
Dept. of Marine & Fisheries,
St. John's, Newfoundland,
Nov. 20, 1924.

W. & I. BOWERING

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hand.

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Barenood Road, St. John's Point



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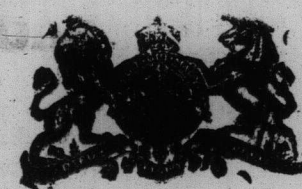
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Dec. 1925