

## Food Value of Fish After Cold Storage.

An editorial published in a recent issue of the 'Journal of the American Medical Association' offers some pertinent points on the food value of fish which have remained in cold storage. The editorial follows:

The imperative need of some safe, efficient and hygienic method of conserving putrescible food materials for human consumption at periods long after they leave the source of original production is being more forcibly brought home to American purchasers and producers every year. The suitability of some of the procedures employed has been referred to in 'The Journal' from time to time. The value of desiccation has doubtless been underestimated in many instances in the past, although it has many obvious limitations, such as the alteration of the natural flavor of food products occasioned thereby in some cases and the relative expense of this mode of food preservation in others. Sterilization by heat is applied in many departments of the food industries with eminent success. The use of chemical preservatives has received a wholesome check through the stricter limitations which modern legislation is placing on the introduction of foreign compounds into food products, so that in this direction, too, the prospect of permissible expansion is not promising. Much careful consideration has therefore been directed to the possibilities and the limitations of cold storage as a mode of food preservation, from both the hygienic and the economic point of view.

Although the preservative effect of low temperatures on foodstuffs has long been known, the study of the chemical changes which the product may undergo during prolonged refrigeration has not been vigorously prosecuted until a comparatively recent date. In this work the Federal Bureau of Chemistry has been particularly active, and numerous statistics have been published in regard to the behaviour of meats, poultry, eggs, butter, etc., under the varied conditions of cold storage applied in the trade at the present time or proposed for introduction. There are, however, few data available in regard to the effect of cold storage on the chemical composition of the flesh of fish, although this method of preservation has been used longer for fish than for many other food products now so preserved. The importance of detailed and trustworthy information as to this effect is the more evident in relation to fish because they are commonly recognized to be peculiarly prone to decomposition.

A plant for the freezing of fish by means of salt and ice was established in New York City as early as 1861. The frozen fish industry in America had its real beginning in the early nineties, but progressed very slowly because of the long-maintained prejudice against cold-stored products and frozen fish in particular. The development of the ammonia process for the production of low temperature has been one of the chief factors in fostering the cold storage industry. At present, many varieties of fish are refrigerated. Each firm has its own method of freezing fish, but the general practice seems to be to freeze the fish, dip them in water, and refreeze in order that they may be completely encased in ice. They are then stored at a temperature of

-16 c. (3.2 F.). The coating of ice, which is renewed as occasion requires, prevents loss of water due to surface evaporation.

The outcome of an investigation conducted in the Biochemical Laboratory of Columbia University at the College of Physicians and Surgeons, New York City, on the composition of the flesh of a typical species—flounders—with respect to the possible changes induced by current trade methods is gratifying. We need not review the chemical details and the criteria, such as estimations of alterations in the proportions of nitrogenous constituents, the development of reducing substances, the hydrolytic changes in the fats, etc., which were applied by competent biochemists. Their contention, well justified by the data presented, is that there is no evidence whatever of any depreciation in the nutritive value, or any change in the sanitary character of the fish at any time during two years of cold storage. The data for the yield of ammonium nitrogen—and evidences of autolytic changes—of microbial changes—showed a constancy that excludes appreciable alteration through bacterial decay, and evidences of autolytic changes were likewise not forthcoming. Even the culinary virtues and palatability of fish kept frozen thus long were not impaired.

Convincing as these studies are of the excellent possibilities of preserving fresh fish by the freezing process, they must not be allowed to disguise the fact that they do not give a clean bill of health to animal tissues removed from cold storage and exposed until sold or even kept in a common refrigerator. Neither can spoiled food be adequately preserved by any method. It is unfortunate that the efficiency of useful processes is sometimes impugned by unjustifiable applications of it. This has been true of cold storage.

### Makes Hair Grow

All drug stores sell SALVIA, and it is guaranteed to grow hair, or money back.

The time to take care of your hair is when you have hair to take care of.

If your hair is getting thin, gradually falling out, it cannot be long before the spot appears.

The greatest remedy to stop the hair from falling is SALVIA, the Great American Hair Grower, first discovered in England. SALVIA furnishes nourishment to the hair roots and acts so quickly that people are amazed.

And remember, it destroys the Dandruff germ, the little pest that saps the life that should go to the hair from the roots.

SALVIA is sold by first-class druggists under a positive guarantee to cure Dandruff, stop falling hair and itching scalp in ten days, or money back. A large bottle costs 50c. The word "SALVIA" on every bottle. 4

Our new line of Ladies Chains is now open. We will be glad to have you come in and see them. The addition of one of these chains will add greatly to the appearance of any Ladies' new Easter costume. R. H. TRAPNELL—mar19.1f

### Rheumatism Goes Quickly Its Virus Forever Destroyed.

EVERY CASE IS CURABLE.

Good-bye to Rheumatism! Your aching joints, your stiff, sore muscles, those sleepless nights and suffering days—good-bye forever—your day is gone.

Sufferer, cheer up, and read the good news below.

"A man met me a month ago, and said, 'don't say crippled, quit complaining, limber up.' My answer was, 'I'm rheumatic, I can't do it.' He looked me over in a pitying sort of way and told me to go to the nearest drug store for Nerviline and Ferrozone. The combination had cured him. I was convinced of his sincerity and followed his instructions. I rubbed on Nerviline three times every day—rubbed it right into my aching joints. The pain quickly lessened, and I became more limber and active. To draw the virus of the disease from my blood I took two Ferrozone Tablets with every meal. I am well today, not an ache, not a pain and no sign of stiffness at all."

What Nerviline can do in a case like this it can do for you too. For nearly forty years Nerviline has been recommended for Rheumatism, Lumbago and Sciatica and Lame Back. It is the one remedy that never disappoints.

### Peru.

By GEORGE FITCH.

Author of "At Good Old Sivash."

Peru is a patch of land as large as Alaska in the left hand side of South America, looking north. It is a republic of the high-speed rotary type and its present government should be ascertained by looking in the bulletins on the first page.

Peru consists of three parts—desert, mountains and forests. It begins at the Pacific Ocean with a strip of desert so dry that Peruvians who go to the Sahara get rheumatism. Back of the desert the Andes rise to a height which causes Broadway in New York to look squat. Peru is full of mountain peaks from 20,000 to 23,000 feet high and whenever a Peruvian and a Chilean begin to dispute about the elevation of their leading mountain peaks the police move hastily in and disarm them.

Half of Peru is three or four miles above the rest, and the man who wishes to campaign for office begins his career with a long course in mountain climbing. Railroads in Peru climb higher than aeroplanes in France and mountain sickness is more common than seasickness.

Back of the mountains, Peru consists of dense tropical forests through which the anaconda roams unmolested swallowing justices of the peace and tax collectors with impunity. The celebrated Amazon River was invented in Peru and flows for its first thousand miles through this country, but Brazil has always gotten credit for it because the mouth is always a better advertiser than the head.

Hundreds of Years ago, Peru was a wonderful country with a stable government and vast garden-like fields. Unfortunately, it was then "discovered" by pain. This was one of the worst misfortunes which could happen to an early country. After the eminent Mr. Pizarra had wheeled a room full of gold from the Inca of Peru he burned him alive and then established a civilized government over the Indians. This worked so well that soon there were only about 500,000 of them instead of 8,000,000.

Peru has been free and independent for almost 100 years and now has a population of about 3,500,000, not counting defeated candidates for president and aspirants for the position, both of whom usually live elsewhere. It produces gold and silver, wool, rubber and the celebrated Peruvian bark which has no bite in it at all. The national bird of Peru is the llama, which is a wool-bearing beast of burden living best three miles high and which spits bile at its enemies like a politician who has been caught with the goods.

Peru would be a more prosperous country if it could get farther away from Chile, which whips it at every opportunity and grabs a little more territory.

### London's Gruesome Day.

January 30, 1661, was a gruesome day in London. It was on that day that the body of Cromwell, which had been disinterred from the Abbey two days before, was drawn on a sledge along with the remains of Ireton and Bradshaw, to Tyburn. There the bodies were taken out of their coffins and in their shrouds hanged by the neck till sunset. They were then cut down, their heads taken off, and the headless bodies buried in a pit at the foot of the scaffold. Cromwell's head was then conveyed to Westminster Hall, where it was set up on a pole. There it remained for 20 years till it was eventually blown down—London Daily Chronicle.

### Beyond.

It seemeth such a little way to me Across to that strange country—the Beyond;

And yet, not strange, for it has grown to be The home of those of whom we are so fond;

They make it seem familiar and most dear, As journeying friends bring distant regions near.

So close it lies that when my sight is clear I think I almost see the gleaming strand;

I know I feel those who have gone from here Come near enough sometimes to touch my hand;

I often think, but for our veiled eyes, We should find Heaven right about us lies.

I cannot make it seem a day to dread When from this dear earth I shall journey out

To that still dearer country of the dead, And join the lost ones, so long dreamed about,

I love this world, yet shall I love to go And meet the friends who wait for me, I know.

I never stand above a bier and see The seal of death set on some well-loved face

But I think, "One more to welcome me When I shall cross the intervening space

Between this land and that one over there; One more to make the strange Beyond seem fair."

And so for me there is no sting to death, And so the grave has lost its victory;

It is but crossing—with bated breath And white, set face—a little strip of sea

To find the loved ones waiting on the shore, More beautiful, more precious than before.

The One to Own if You Can Own But One.

That is what a critical user of a "Globe-Wernicke" cabinet says of his equipment. Another says "It leaves nothing to be desired." Another says "So complete yet so concise." Another "Perfection as a filing arrangement." Another "It is really indispensable." Another "A surprising advance in handling records." Another "A welcome improvement in office conditions"—and so on. The extensive sale of "Globe" filing cabinets in St. John's is by no means as remarkable as the abundant evidence that it is on merit alone that these devices have earned such generous appreciation. For certain when you become a user you will be well contented with your adaptable and reliable outfit. Mr. Percie Johnson has your catalogue ready for the asking as well as all other necessary details.

The Lady's Man.

Young Jinkson loves the tribes of girls, and after them keeps running; and all the Beryls, Maes and Pearls just think he is too cunning. He warbles love songs by their bowers, and he's a peach. They reason, he hands them costly wreaths of flowers, and oysters in their season. The maidens say, "He's sweet, odds fish!" And he cheered by their kidding, anticipates their slightest wish, and hastes to do their bidding. Bright smiles are always on his face when he's among the ladies, but when he's at the old home place he looks as sour as haddoes. His sister's an enchanting maid—few smiles he ever gave her; and when he's round she is afraid to ask the smallest favor. And with this girl he's aye at war—he never loved or kissed her; he saves his sweet expressions for some other fellow's sister. His mother's old and worn and sad, and if she murmurs, "Charlie, I wish you'd help me here, my lad," he looks up, cross and snarly. "Let sister help you," he replies, her sad voice little heeding; "these interruptions I despise—you see I'm busy reading!" Some day he'll wed a dimpled dear, when he has saved the huddle, and when they're married half a year she'd swap him for a poodle.

Piles Cured in 6 to 14 Days. Druggists refund money if PAIN-OINTMENT fails to cure Itching, Blind, Bleeding or Protruding Piles. First application gives relief. 50c. mar31.1f

MINARD'S LINIMENT CURES CROUP AND COUGHS.

## BRIGHTEN UP YOUR HOME. New TABLE COVERS Just Opened



### TAPESTRY.

4-4 size . . . . . 40c. to 80c.  
6-4 size . . . . . \$1.40 to \$2.00  
8-4 size . . . . . 80c. to \$4.00  
8-10 size . . . . . \$2.50 to \$4.00

### EMBROIDERED CLOTH. Crimson & Green.

8-4 size . . . . . \$1.00 to \$2.00

Crimson & Black and Green & Black, Printed Cotton.  
8-4 size . . . . . 80c.

### CHENILLE.

8-4 size . . . . . \$2.00 to \$4.00

### FANCY VELVET PILE.

8-4 size . . . . . \$6.00 & \$8.00  
8-10 size . . . . . \$10.00

### PLAIN CRIMSON and GREEN ANGORA (Fringed).

8-4 size . . . . . \$9.00  
8-10 size . . . . . \$11.00

### CHENILLE.

8-10 size . . . . . \$3.00 & \$4.00

### PLAIN CRIMSON & GREEN PLUSH.

7-4 size, Terra Cotta shade, fringed . . . . . \$5.00  
8-4 size, Crimson and Green, Embroidered Corners . . . \$5.50  
8-10 size, Crimson and Green, Embroidered Corners . . . \$7.00

### BATH MATS.

In colors of Crimson, Blue & Cream, 70c. each.

New Side Board & Fancy Cloths, Duchess Sets, Table Centres & Cushion & Cozey Covers, etc.

## STEER BROS.

## Black SILK UNDERSKIRTS

Just what you require Ladies, for your New Spring Suit. Every Skirt worth from \$3.50 to \$4.50 each.

Our Price: \$2.50 EACH.

Only Forty-Eight in this lot and every one a BARGAIN.

## S. MILLEY.

Advertise in The Evening Telegram

### FRESHLY MADE IRISH BUTTER, 1-lb. Blocks, 56-lb. Boxes,

To arrive ex S. S. Eagle Point.

APPLES. Direct from the Valley ex S. S. Morwenna. No. 1 Nonpareil. No. 1 Northern Spy. No. 1 Salome. No. 1 Ben Davis.

Freshly Smoked Kippers. Fresh Finnan Haddie. New Green Cabbage. Fresh Halibut. Fresh Cod Tongues. Fresh Salmon.

Midlothian Fine and Medium Cut Scotch O'Meal,

C. P. EAGAN,

Duckworth Street and Queen's Road.