



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 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..... 10½ inches long..... Milt or roe
Medium Fulls..... 11½ inches long..... Milt or roe
Large Fulls..... 12½ inches long and upwards..... Milt or roe
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 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.

For Sale

Parcel of Land in Bay Roberts; also Dwelling House in Convent Road, to be removed from land; Moving Picture Machine, One Light and Film; Aerated Water Plant, suitable for an outcrop; one Sleigh. For particulars apply at this office.

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SERMON BY REV. BOWERING

The following sermon is taken from the Elizabeth (N.J.) Evening Times, and was preached by Rev. Allan Bowering, formerly of Coley's Point, who is now pastor of the Presbyterian Church there. The sermon was preached on Armistice Day, and as will be seen from a perusal has special reference to events connected with the observance of that great event after a struggle, the greatest in the world's history.

In his address Rev. Mr. Bowering said in part:

"It is evident that the great need of the world today is a religion of understanding. A religion that will open the mind and heart of man to receive the truth, regardless of the name of the agency through which it might be expressed. Thus by a clear understanding of another person's viewpoint we might find some truths which we could hold in common. Something in which we agree and through this agreement be able to work together in a more effective way for a common purpose and object, namely: 'Peace on earth and Good Will toward Men.'

"We are sick of war and the spirit of hate and prejudice. We tremble when we know that these have been organized. We know too well their disastrous results. Hundreds of thousands of mothers are weeping today and will not be comforted because of the absence of their sons who gave their lives in the war. Millions of people today are suffering from taxation and other causes as a direct result of war. We crave for peace. Our souls cry out for peace among the nations of the earth. It is time for the Christian Church to strike with greater force at the roots of hatred, prejudice and bigotry. Too long have we quarrelled over matters of secondary importance, such as creeds and doctrines, while the greater work was that of creating a better understanding between men and nations.

"We may help to accomplish this end by emphasizing the things we agree upon rather than the things in which we differ, for essentially man is one, whether he be white, black, Jew or Gentile. Why should a man born of Gentile parents have a man born of Jewish parents?

"These are but names given to the human family over which the bearers had no control. Of much more importance than this is the fact of human nature and character, common to all. But deeper yet and underneath all, is God.

"Hatred and prejudice are not constructive forces in the world. They destroy in a very brief time the work accomplished in a century by noble souls. They bring division and suffering wherever they exist. The happiness and the harmony of the home are destroyed where husband and wife entertain the weakness and failings of each other, very often leading to separation and divorce, with untold suffering in their wake. Likewise, division has come in the religious world, very often through prejudice and the weakness, failings and blunders of these various organizations, rather than the good they have done.

"This is especially true of nations. Hatred, mistrust, suspicion have separated nations and kept them apart, so that the happiness, prosperity and welfare of the whole world is in danger of being destroyed. Where is the perfect man? Where the person who has never made a mistake? We are reminded of a story related in the New Testament in which the scribes and pharisees brought unto Christ a woman, desiring her to be stoned for the sins she had committed. But Christ said unto them: 'He that is without sin let him cast the first stone.' It is needless to say that there was not a perfect man among them. Conscience began to work and every man walked away from the accused guilty of his own sins.

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"Well might we ask the question: Where is the man without sin today? Where is the nation that never did a wrong? Where is the religious organization that has never made a mistake or blunder? Thus we find that hatred, prejudice and bigotry of themselves have never done one good thing. They have failed to bring Peace on Earth and Good-Will to Man.

"Is it not time then to think of the good that is in men rather than their weakness? To think of the noble work they have accomplished, rather than the blunders they have made? It is time for a sympathetic approach toward each other as men to men and as a nation to nation, and accept the eternal fact of the Fatherhood of God and the Brotherhood of man. It is time that we put forth a mighty effort to destroy the source of ignorance, misunderstanding and religious and national prejudice, that would separate men from their fellow-men, so that religion might do in the moral and religious world what science has accomplished for the physical world—unite all people of the earth in one electric bond of fellowship.

"We are informed that there is about two billions of people in the world, seventeen hundred millions of whom acknowledge allegiance to some form of religion, yet so far in the history of the world religion have failed to prevent war.

"To bring peace on earth was the purpose of God from the beginning. We believe that the time is approaching when there shall be peace upon the earth. This was the purpose of a God from the beginning. This was Christ's mission when he came to this earth. It was the note sounded at His coming to earth and also His message to his friends, pre- vious to His departure. It has been the hope and conviction of all great men in the history of the world, that peace ultimately would come to the sons of men. It was the predominant note sounded by Lloyd George, a recent distinguished visitor from Great Britain.

"Let us then, as followers of Him, who came to bring Peace on Earth and Good Will to ward men, unite and cooperate to promote the happiness of mankind by seeking to renounce misunderstanding and to dispel the clouds of suspicion and hatred, and thus help to heal and bind up the bleeding wounds of society.

"The Great Teacher said: 'Blessed are the peacemakers.' He did not say, 'Blessed are those who wish for hope so pray for peace.' America became a peacemaker when she manifested in a practical Christian spirit in rendering noble service to Japan in her time of need. America did more in a few weeks of practical sympathy and service to destroy any existing feeling of hatred and prejudice in Japan than could be accomplished during years of preaching and promising.

"The day of peace will come when men will emphasize their unity rather than their differences. It is possible for men who are very unlike in tastes and disposition to be good friends and live in harmony. In the essential things of life let there be unity; in the unessential things let there be liberty; but in all things let there be charity. For a religion of understanding is bigger than Protestantism, it is greater than Roman Catholicism, it is broader than Judaism. It unites the whole of the human race. Let us then through sympathy and true appreciation of good in our fellowman, help to bring peace and happiness to a world in need."

ITEMS OF NEWS.

Miss Maud Butt, of Harbor Grace, was visiting her sister, Mrs. Robert Dawe, during the week.

Miss Marion I. Simmons, of Hr. Grace, paid a brief visit to friends here this week.

Messrs. Chester Bowering and Arthur Cave arrived from Boston recently.

Mr. Claude Howse, son of Rev. Charles Howse, Grand Bank, spent his Christmas vacation with friends at the Meth. Parsonage.

Miss Myrtle Wilcox, who is in charge of the school at Port de Grave, is home spending her holidays.

Another large paper mill is expected to be started next Spring in Gander Bay, an inlet of Hamilton Sound. Messrs. H. D. and R. G. Reid are the promoters. Mr. M. S. Sullivan, M.H.A., and Mr. John Powell, are actively interested in the new project.

SUCCESSFUL CONCERT

The Variety Concert under the direction of Mrs. Robert Dawe, was held in Cable Hall on Wednesday night, Jan. 2nd. Despite unfavorable weather conditions a goodly number turned out and enjoyed a delightful evening's entertainment. At the close of the concert the chairman, Rev. E. M. Bishop, spoke words of appreciation to Mrs. Dawe, as organ izer, to Mrs. W. T. Bellamy and Mr. M. D. MacDonald as accompanists. We understand proceeds will be donated to the C. of E. Parish Hall Building Committee. The Concert was repeated on Thursday night. The following is the programme:

1. Snipers Jazz Orchestra.
 2. Song, "I hear a Thrush at Eve" Miss Fitzpatrick
 3. Reading.....Mrs. Myers
 4. Pinafore Dance.
 5. "If Winter Comes" Mrs. Bellamy
 6. Duet,.... Mr. and Mrs. R. Dawe
 7. Song, "Beside a Babbling Brook" R. McLeod
 8. Irish Washerwoman Dance. Misses Thompson and Dawe
 9. Monologue.....Mr. Brennan
 10. Old Maids' Tea Party. Mesdames Hambling, Wilson, Dawe; Misses Myrtis and Christine Dawe, Claire George.
 11. Comedy, "Souvenir Spoons." Cleo, wife of Mr. Varnell.
 12. Reading.....Miss Doris Mercer
 13. Orchestra Selection.
- GOD SAVE THE KING.

This conversation between a waiter and a diner in a restaurant notorious for the smallness of the portions it served is reported in the Bystander.

"Well, sir," asked the waiter, "how did you find your beef?"

"O, I just happened to shift a potato, and—well, there it was."

Subscriptions

Just now we have a number of readers renewing their subscriptions to *The Guardian* for the coming year. During the past year we felt we had a Mission to fulfil and a Message to deliver, and we have tried to do this to the best of our ability. We receive from time to time many words of encouragement and commendation, and while we appreciate this fully, we are still faced with the problem of financing *The Guardian*, and we need practical support in the shape of \$\$\$\$\$. There are large numbers of people who can help the Home Weekly at a cost of 2 or 3 cents a week—\$1.00 to all parts of Nfld., and \$1.50 to the United States and Canada. Send us your subscription.

NEWFOUNDLAND

Notice to Mariners

(No. 8 of 1923).

Grand Bank—

FORTUNE BAY

Lat. 47° 08' 00" N.

Lon. 55° 42' 30" W.

CHANGE IN CHARACTER OF LIGHT

Notice is hereby given that the FIXED RED light now shown at GRAND BANK FORTUNE BAY will be changed on November 5th, 1923, to a WHITE FLASHING ACETYLENE GAS LIGHT giving

24 FLASHES PER MINUTE

G. F. GRIMES,

Minister of Marine and Fisheries

Dept. of Marine and Fisheries

St. John's, Nfld.

October 24th, 1923.

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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.