## The Guardian. <br> 

BAY ROBERTS, NFLD. PRIDAY, JUNE 8, 1923

NEW GOODSS: NEW GOODS Farmers,

| Hosiery |
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## UNDERWEAR

 Embroideries Attention
Pound Seeds! Seeds!
-Remnants FORSALE
A. A. KETFE, Coley's Pt.

## NEW ARRIVALS

Dress Poplins in Bla
Tweeds $\$ 1.25$ per yd
The following Pound goods: Tweeds, Cotton Tweeds
lowest cash prices.
Hearth Rugs
The following at Special Cut Prices

A Big Variety of
Vyan1 Papere
various Shades and
Also the following
1923 Grapdem Seeds
Hay Seeds, Vegetable Seeds, and Flower Seeds, and to arrive, Potato and Turnip Fertilizers.
A. E. MERCER, Bay Roberts W.

If Y You are Proud of your Baking and want the Really Perfect Loaf of Bread we Recommend You to use

DSOR PATEN
Canada's Best Flour

## Yard Goods

- 

TWEEDS
masm and An atiow phime mid Light: giving a Triple Flash
every 15 seconds.
 w. winiframe and
 Canvas Boots and Shoes For whire wemen and chideren

## Men's High Rubbers

## Summer Hose

Marshall's NEXT DOOR TO PUBLIC building.


PRICE: TWO CENTS.
$\$ 1.00$ a YEAR, iN ADVANC

If-
the ingredients printed on the label of your bak ing powder tin include Cream of Tartar-your cakes, biscuits and other foods will bemorehealth ful and have a finer tex ture and taste.
That is one of the reasons why thoughtfu women insist on
ROYAL
Baking Powder Made from Cream of Tartar Contains No Alum-Leaves No Bitter Taste made in canad


1923 the guardian

$\theta^{2}$
RTEGUTMATHONS For Salting Scotch Pack Hepring

$$
\begin{aligned}
& \begin{array}{l}
\text { One barrel salt to five and a half barrels herring-Large Fulls } \\
\text { One barrel salt to six barrels herring-Medium Fulls. }
\end{array} \\
& \begin{array}{l}
\text { One barrel salt to six barrels herriug-Medium Fulls. } \\
\text { One barrel salt to osix and a half barrels herring-Matt Fulls. }
\end{array} \\
& \text { This amount of salt is for dredging and laying on rows only. } \\
& \begin{array}{l}
\text { All salt falling off herring in rousing tubs is put on rows as you } \\
\text { pack unless very dirty or scaly; in that case, you have to make }
\end{array} \\
& \begin{array}{l}
\text { pack unless very dirty or scaly; in that case, you have to make } \\
\text { good the same amount, or otherwise you could not have any fixed }
\end{array} \\
& \begin{array}{l}
\text { ule on salt. } \\
\text { Matt Fuls }
\end{array} \\
& \begin{array}{l}
\text { Matt Fulls ...... } 101 / 2 \text { inches long. } \\
\text { Medium Fulls. }
\end{array} \\
& \begin{array}{l}
\text { Marge } \quad \text { Filling... } 121 / 2 \text { inches long and upwards. } \\
\text { Medius long and upward } \\
\text { Large Filling } \ldots .121 / 2 \text { inches long and }
\end{array} \\
& \begin{array}{l}
\text { Medium Filing... } 11 / 2 \text { inches long and upward } \\
\text { Large Filling } . . .12 \% / 2 \text { inches long and upwards }
\end{array} \\
& \begin{array}{l}
\text { Filling Fish may be branded as Scotch Cure without the Crown } \\
\text { Brand } \\
\text { No drowned, stale, or scaleless herring can be used as Scotch }
\end{array} \\
& \text { Pack, nor herring in half frozen state. } \\
& \begin{array}{l}
\text { The root cause of light salting is to come as near as possible to } \\
\text { the pleasing of the palate of the consumer; and if we bear in mind }
\end{array} \\
& \begin{array}{l}
\text { that over three-fourths of all Scotch-Pack Herring are consumed as a } \\
\text { tonic before the mid-day meal, just as they come out of the barrel, }
\end{array} \\
& \text { without any fire cooking, we can see the reason at a glance for the } \\
& \text { right salting. The herring is dressed by the head and the tail being } \\
& \text { cut off, the main bone taken out. It is then cut into squares of about } \\
& \begin{array}{l}
\text { one inch, and is served with vinegar and orther cong } \\
\text { gives power to the stomach to digest the) following meal and keeps }
\end{array} \\
& \text { he consumer in the best of health. } \\
& \text { People with bad stomacts please note that the art of cooking } \\
& \begin{array}{l}
\text { and eating right is iust as essential as the art of curing; and based } \\
\text { on the best medical directions; and with the chemical analysis of the }
\end{array} \\
& \text { onstituent parts of herring as a food ever kept before the consumer, } \\
& \begin{array}{l}
\text { we need not be surprised that the people who eat most herring a } \\
\text { the most healthy and efficient. }
\end{array} \\
& \text { St John's } \\
& \text { EEPARTMENT OF MARINE AND FISHERIES }
\end{aligned}
$$



## ${ }^{\text {bed }}$



## LUEY GRAHAM'S = = SECRET



## Before Buying Your <br> Lumber

all and get our PRICES on any of the following Matched Lumber, Fancy Ceiling Clapboard, dressed and undressed. Framing, $2 \times 4,2 \times 5,2 \times 6$ and up to $2 \times 10$ Shingles and Palings. Mouldings. Door and Window Finish
fact, we can supply you with almost anything in Fir,
John Bishop's Lumber Mill
Monuments -Headstones
Chislett's Marble Works

Entire Satisfaction Guaranteed.
Spring Delivery

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Railway and Steamship Service
Travel and Ship your Freight by our Railway and Steamship Service. It affords its patrons the speediest, safest and best Service.

Reid Newfoundland Co. Ltd

## Victor

The King of Flours.
GEORGE NEAL Limited Wholesale Only.

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Manufacturer of Doors, Sashes,
Turnings and all inside
urnings and all i
finishings.
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ing and Repairing. Undertaking a Specialty. Caskets and Coffins always on SHOP: Water St, Bay Roberts




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 Chase's Nerve Food from any Drus gist or Deale

DR. CHASE'S NERVE FOOD
GFRALD S. DOYL®, St. John's, Distributor
Hard Work Means Success

Success is no whim or the moment, no crown for
You mast hatle and try for it, ofter to die for it:
Lose it yet win it somenow,
Lose it yet win it somehow.
The Pathway to glory is rugged, and many the hear
He who seeks to the master must rise from disastert.
There's no royal righway co splendour, no short cut to fortune or fame
Falling, yet playing the game
The test of man's merit is trouble, the proof of his work is dist:ess
Much as you long for it, man nuust he strong forit,

HEALTH Is the greatest blessing in the world
If you are HEALTHY you can work hard but not otherwise. HARD WORK means SUCCESS but you will NEVER be able to work very hard without HEALTH and STRENGTH If you require HEALTH and STRENGTH use
Brick's Tasteless Cod Liver Oil PRICE $\$ 1.20$ Bottle
Dr. F. Stafford \& Jon
Wholesale, Retail Chemists and Druggists St. John's, Newfoundand

## NOTICE

To Owners and Masters of British Ships

The attention of Owners and Masters of British Ships is called the 74 th Section of the "Merchant Shipping Act, 1894." oper national colors(a) on a signal made to her by pue of His Majesty's ships,
including any vessel under the command of an officer of His Majesty's navy or full pay, and
(b) on entering or leaving any foreign port and
(c) if of fifty tons gross tonnage or upwards, on entering or
leaving any British Port.
(2) If default is made on board any ship in complying with this section the master of the ship shall for each offence be liable to
a fine not exceeding one hundred pounds. a fine not time of war it is necessary for every British Ship to hoist
At the colours and heave to ir signals no colours and runs away, it it liable to. ofe fired upon.
vessel hoists
H. W. LeMESUEIER, LeMESSUEIER,
Registren

Real Economy
So said the 'Man of the House' when he tasted the delicious flavor of the bread made from
VERBENA
W. A. Munn, Wholesale Agent


