## Ter The Guardian.



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


NEW GOODS! NEW GOODS Farmers,

| HOSIERY | Embroideries | Attention |
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|  | Poun | Seeds ! Seed |
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| 1023 Alm | mint |  |
| 1923 Gar | n seed |  |
| A. E. MERCER, | , Bay Roberts | Jas. s. Sno |



## Stop a Minut

Each and every ingredien in Royal Baking Powder is wholesome. You would not hesitate to use any one of them by itself. Will the baking powder you use stand this test?<br>Read the ingredient clause on the label and decide for yourself.

## Balking Powales

Made from Cream of Tartar derived from grape
Contains No Alum-Leaves No Bitter Taste made in canada
"Marvale"
Wrecked in Fog
FOR Liver Oil
Making Cod Liver
For the Guidance of Manu-
facturers
ist. The manager in charge of factory must see that the livers
are fresh; that all brown or poor livers are thrown out; that there are fresh; that all brown or poor livers are
is no gall bladeer attached to any ilvers.
2nd. The good livers must then be w
 for the quantity of livers you have in y ur pan. Boil until the white
scum floats off (which will take about thirty minutes.) Don't forget scum floats off (which will take about chirty minutes.) Don't forget
tostir the liver, and see that those $/$ the bottom and those around
the tostir the livers, and see into direct cof tact with the steam all the time.
the sides are brought
bth. Turn the steam off, and /llow all to settle, not exceeding ve minntes, according to capaci/y of liver boiler.
7th. Then you dip all the pil you can get, which is the finest
white oil. Put this oil in a coling tank made of galvanized iron, white oil. Put this oil in a coling tank made of galvanized iron,
and let the oil remain theee
strain next morning. Don't forget to put a and tet the onl
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, 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 or longer if possible, then dip from cooling tank and strain through trrain iato 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 b covered with crieese cloth.

8th. When you have dipped the finest oil from the top of the
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 an
powder. Have it bright and clean for the next boiling. 10th. Every bag, cloth, tank, funnel and pau, 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 us of tin barrels. Wooden packages generally make the oil dark, an destroy its fine flavor. Keep all oi: in barrels in a cool place, a
covered from the sun. des.


## ETzGUTAMTIONE

For Salting Scotch Pack Hepring
ST. JOHN'S.
воX гг\%.

One barrel salt to six barrels herring-Medium Fulls.
One banrel salt to six and a half barreets herring-Matt Fulls.
This amount of salt is for dredgit
One barrel sait to six and a half barrets herring- Matt Fulls.
This amount of salt is for dredgipg and laying on rows only.
does not take into account that put of the herring before gibbing.
does not take into account that put of the herring before gibbing.
All salt falling off herring in ionsing tubs is puton rows as you
pack
good the same amount, or otherwife you could not have any fixed
rule on salt.

Large Filling.... 12\%/2 haches long and upwards ?
Fill
Brand.
No drowned, stale, or scaleless he
Pack, nor herring in half frozen state.
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 midd-day meal, just as they come out of the barrel,
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 abou
one inch, and is served with vinegar and other condiments. This
gives power to the stomach to digest the following meal and keep
People with bad stomachs please note that the art of cooking
and 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 oe surpised
the most healthy and eficient.
DEPARTMENT OF MARINE AND FISHERIES










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