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## Coal Coal. <br> Just Landed EX SS. "SKULDA" 1370 TONS Best North Sydney Sereened Coal $\$ 1200$ IPIコIR ILOIT

Avalon Coal Co. Ltd., Coley's Pt., Bay Roberts

bAy ruberts, Neis, Y IDAY, JANuARY 25,1924

81.00 a year, in advano

PRICE: TWO OENTS

## A Flour that's at the Head <br> A Flour that's at the Head

## Cracker Jack

It has a natural and earned right to take such high rank, because the Wheat from which it is made, the skill, care and cleanliness used in its manufacture, prove our claim that Cracker Jack Flour is the bestbor govt. in greatbritain.$\left\lvert\, \begin{aligned} & \begin{array}{l}\text { Miss Julia Kielly, of Carboneas } \\ \text { is here s.ending a few days with her } \\ \text { brother, Mr. John Kielly. }\end{array} \\ & \begin{array}{c}\text { The lantern slide views }\end{array} \\ & \text { aet ivities and }\end{aligned}\right.$

| After a struggle and keen fighting |
| :--- |
| $\begin{array}{l}\text { lasting for several years, LLabor Thas } \\ \text { at last taken charge of the govern- }\end{array}$ |ces

 


BOWRING BROS., Distributors



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bell island mines
$\qquad$
such as to cause grave concern.
About goo residents of the Island
vere unem res.



$|$| other year. |
| :--- |
| It is stat that steady operation |
| of the mines has been provided for |
| till Dec. 15 Ith next |

of the mines has been provided fo
till Dec. 5 sth next.


a billiard cue. Aftee a well-cortiest
ed game Mr. Madonald won the
coveted prize. Congrat




Postponed
Lecture





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## New Year <br> Presents

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righed be Thate whid be
Homif PAPER


Canada for \$1.50 a year.
To all parts ot . NAl nd Lab-
rador for $\$ \$ .00$ a yean



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Now

##  FOR <br> Making Cod Liver Oil

For the Guidance of Manu－ facturers

1st．The manager in charge of factory must see that the liver
s．t is no gall badader attached to any livers．
2nd．The good livers must then be．
resh water．
3rd．The pan in which the livers are bo
clean inside，before any livers are placed in it
4th．Before you start to boil any livers，you must have suffi
5th．Turn on the steam，and use as much as you need to have or the quantity of livers you have in your pan．Boil until the white tostir 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 ve minntes，according to capacity of liver boiler
7th．Then you dip all the oil you can get，which is the finest ante oit．Put this oil in a cooling tank made of galvanized iron， training cloth over the cooling tank before you put any oil in，s
that it will catch any bits of blubber；allow to remain 12 or 14 hours that it will catch any its of biuber，allow tor emand 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 fune to be covered with cneese cloth．
sth．When you have dipped the finest oil from the top of the liver＇，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 and washing 9 th．Then clean your liver pan wr the next boiling．
powder．Have it bright and clean for the nly 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
and sovered from the sun．

DEPARTMENT OF MARINE AND FISHERIES St．John＇s．

## HIFGTUTAMIOITS

For Salting Scotch Pack Hepping

One barrel salt to five and a half barrels herring－Large Fulls One barrel salt to six barrels herring－Medium Fulle
One barrel salt to six and a half barrels herring－Matt Fulls． This amount of sait is for dredging and laying on rows only． ． All salt falling of herring in rousing tubs is puto ton rows as yout pa clk uniess very dirty or scaly；in that case，you have to make
co od the same amount，or otherwise you conld not have any fixed gol son salt

Matt Fulls．．．．．．．． $10 \frac{1}{2} /$ inches long．．．．．．．．．．．．Milt or roe Niedium Fulls．．．．． $111 / /$ inches long．．．．．．．．．．．．Milt or roe Warge Fulls．．．．．．12 $12 / 2$ inches long and upwards．
Wadium Filling．．． $11 / 2$ inches long and upward （eadium Filling．．． $11 / /$ inches long and upwas
F enge ming Fish may be branded as Seotch Cure without the Crown
Brand
N． 0 darowned，stale，or scaleless herrin
Pack，mor herring in half frozen state．
T he rioot cause of light salting is to come as near as possible to Therroat cause of ligh s the consumer；and if we bear in mind that over three－fourths of all Scotch－Pack Herring are consumed as a toric befone the mid－day meal，just as they come out of the barrel，
the 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 right salting．The herring is dressed by the head and the tail being
ut off，the ut off，the main bone taker 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 consumar in the beat of health． People with bad stomachs please note that the art of cooking
anind oating right is iust as essential as the art of curing；and based and oating right is iust as essential as the art of curing；and base
on the best medical directions，and with the chemical analysis of the constituent parts of herring as a food ever kept before the consumer me need ot be surprised that the people who eat most hering
the most heathy and efficient．
DEIPARTMENT OF MARINE AND FISEEERIES
$\stackrel{\text { St John＇s }}{\text { Fore Sade }}$

| Farcel of Land in Bay Robertsjalso Dwolling Rouse in Conutry Road，to Fichath from Pildy Moving Pic－ Alerated Water Plant，suitable for an eutport；one Sleich．For particulars |
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|  |

F．GORDON BRADLEY，LL．B． Berriter－at－Law，Solicitor，e
RENOUF BUILDING， RENOUF BULLDNA， Duckworth Street，
SY．JOHN＇s． P．O．BOX 1270 ．

JOURNAL OF REV． HENRY GORDON CARTWRIGHT，LABRADOR

## Friday，May 23rd

Strong s．W．wind，water runnige
all over the ice．
Robinim and spas










## Saturday，May 2 th． Fine warm day．


 how in the school
Weather much the same，warm and



Monday，May 26 th．
Got out at 50 ，and


 new shaft hole of＂S
b 7
苞 wp $\substack{\text { A．Won } \\ \text { for } \\ \text { for } \\ \text { had }}$




## Friday，May 3oth．

Wind still in from the sea，kee
ing every thin


## W．\＆1．BOWERING

 Repairers of all kinds of marine and stationary engenes．All outport Orders carefuily aitend
ed to COLEY＇S POINT SOUTH， Bay Roberts，Nad．
 Dear Sir，－－May I be permitted
space in the columns of $t$ be the cutting of sale wood． Four years ago 1 had the oppor－
tunity of seing sale wood cut This


 and








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$\qquad$



## Notice to Marine

Grand Banl

\section*{

## C．\＆A．DAW

Our Prices and Qualities are Right for Provisions，Grocories and Dry Goods．
we have lately imported a Large stoek of BOOTS
FOR LADIES，CHILDREN AND MEN，AND OFFER
 FROM．ALL THESE
Boots are guaranteed
by the manufactul ERS．We have also LOTS OF LOCAL MANO FIGCTURED PRICES．COME AND SEE OUR STOCK The latest thing in Ladies＇Winter Footwear is the cavalie
GATIER，We have them in Black and Tan，alt sizes．They a

Your Satisfaction o＇
First Thought．
VICT0＇ FLOU

Sola JOHN $\mathbf{P}^{\prime}$ ONS


Nfound land sal Tlegriap Foreign Connection Commerciat Eabia and its ysptha wide se

## $\left\lvert\, \begin{aligned} & \text { mes } \\ & \text { mes } \\ & \text { the }\end{aligned}\right.$ <br> ．

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1924 the guardian.


## Stook-Taking Sale

150 prs LADIES' BOOTS, assorted 4 only BOYS' TWEED OVER-
styles, which we are clearing at
COATS, at $\$ 4$ as
 a Special Price of $\$ 4.35$ per pari.
55 prs LADIES' LOW CUT RUB= $\begin{aligned} & \text { onns MEN'S } \\ & \text { COATS, at } \$ 5.00\end{aligned}$
 COATS, from \$10.50 to \$14.50. $\begin{aligned} & \text { ored PAAlls. } \\ & 60 \text { half gallons MARTIN-SENOU }\end{aligned}$ MEN'S SUITS and OVERCOATS,
all at CUT PRICES. LADIES SWEATER COATS, from CENT OFF MARKED PRICE \$3.50 to \$4.50. only BOYS, TWEED OVER- CIAL OFFER IN FIFTEEN VA
CIETIES
COATS COATS, at $\$ 420$.
A. E. MERCER, Bay Roberts W.

Before Buying Your

## Lumber

Call 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.

In fact, we can supply you with almost anything in Fir,
John Bishop's Lumber Mill .
"THE GUARDIAN" orfice
ny Roberts

