## The Guardian.

## If You are Proud of your Baking and want When Buying Prepared the Really Perfect Loaf of Bread we Recommend You to use Foods WAN CAMP'S



Our Sale of of JOURNAL OF REV.
HENRY CORDON


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 able reeord of providing good, wholesome,
appetizing food products toy more than sixty
yeass. Every Van Cump product is a leader in purity,
wholesomenes, flavor ayd quality.

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| Sold at Pay Roberts by |
| A. E. MERCTk, I. MARSHALL. and S. E. MERCER. |


Nov. 6th. KEEP THIS DATE OPEN FOR THE
Girl Guides
Hot Supper Particulars Later. NOV. 6th.



Now
 1st．The manager in charge of factory must see that the live
are fresh；that all brown or poor livers are thrown out；that there is no gall bladder attached to any livers．
nnd．The good livers must then be washed in a fub of clean fresh water．
3rd．The clean inside，before any livers are placed in it． cient steam．
5th．Turn on the sta 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 forge
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．
th．Turo the steam off，and allow all to settle，not exceeding 6th．Turn the steam off，and allow all to settle，not exceeding
five minntes，according to capacity of liver boiler． five minntes，according to capacity of liver boiler． 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 straining cloth over the cooling tank before you put any or 1 ，
that it will catch any bits of blubber；allow to remain 12 or 14 ho 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 strain iato a tin shute under the bags，the cask to be at the end o the shute with a funnel，to
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
The oil from this blubber is not fit for medicinal purposes． 9th．Then clean your liver pan with warm water and washin powder．Have it brigit and clean for the next boiling．
10th．Every bag，coth，tank，funnel and pav，must
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 oil in barrels in a cool place，an covered from the sun． St．John＇s．

RHEGUTATHIONE
For Salting Scotch Pack Hepring
One barrel salt to five and a half barrels herring－Larg 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． does not take into account that put on the herring before gibbing．
All salt falling off herring in rousing tubs is put on fows as yo All salt falling off herring in rousing tubs is put on ows as you
ack，unless very dirty or scaly；in that case，you have to make good the same
rule on salt．
 Frand
Brand No drowned，stale，or scaleless herring can be used as Scotch
ack，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 in 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 without any fire cooking，we can see fine reason at a glance for the
right salting．The herring is dressed by the head and the tail being ight salting．The herring is dressed by the head and the tail out off，the main bone taken and is served with vinegar and other condiments．This sives power to the stomach to digest the following meal and keep he 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 constituent parts of herring as a food ever kept before the consumer， we need not be surprised that the people who eat most herring
the most healthy and efficient．
DEPARTMENT OF MARINE AND FISHERIES
St John＇s

## For Sale Parcel of tiand in Bay loberts；aloo Dwelling House in Conutry Road，to Se removed foom Jom；Moning Pic ure Machine，Cas Light and Fillms； Aerated Warier Plant，suitable for an <br> p．GORDON BRADLEE，LL．B BarristeratatLaw，Solicitor，et renour building， Duckworth street ST．John＇s．

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## W．\＆I．BOWERING

 marine and sfationary Engines． All Oulport Orarss ca coley＇s point south， Bay Roberts，Néa．

## C．\＆A．DAWE

Our Prices and Qualities are Right for Provisions，Groceries and Dry Good．s．
WE HAVE LATELY IMPORTED A LARGE STOCK OF BOOTS
for ladies，children and mex，and offer OM．ALL THESE Boots are guaranteed BY THE MANUFACTUR lots of local man Lots of local manu RIGHT PRICES．DQN．AND SEE OUR STOCK． The latest thing in Ladies＇Winter Footwear is the CAVALIER
GAlTER．We have them in Black and Tan，all sizes．They are

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Department of Agriculture and Mines

SEEDS
The usual stocks of FRESH SEEDS have ar－ived and are for Sale at the Department Seed Room．

Albert J．Bavly，
Seoretary of Agrioulture


