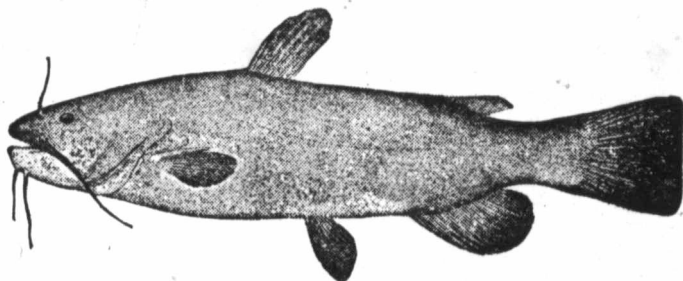


Pike is a common fresh water fish found in the inland waters. It is a good fish and can be either fried or baked.



CATFISH.

The catfish is sometimes called Bullhead. This is a fresh water fish. They are not attractive in appearance and are usually sold on the market cleaned and skinned. They are always served fried.

BURBOT.

This fish is variously called eelpout, eeling, ling and other names. The Burbot has the distinction of being the only fresh-water member of the cod family, all of its relatives living in the sea. It is found in all our Great Lakes, and a big demand has been created for it throughout the United States. Its flesh is white and delicate, and it is equal to any of the better known fish. The Burbot is coming on the market at a price which will place it within reach of every person.

RECIPES FOR COOKING BURBOT.

1. **FRIED BURBOT.**—Remove the backbone from four pounds of Burbot and cut the fish into suitable pieces for serving. Salt and pepper both sides, dip in egg and roll in cracker dust or bread-crumbs. Fry on both sides to a golden brown. If the fish are large, they are better if the pieces are first parboiled.

2. **BOILED BURBOT.**—Boil three pounds of fish and serve with egg sauce made as follows: Thicken one pint of milk with corn starch or flour, add a lump of butter the size of a walnut, one egg, salt and pepper. Boil and stir briskly until flakes of egg yolk come to the top.

3. **SCALLOPED BURBOT.**—Place two cupfuls of skimmed fish cut into small pieces in a baking dish. Dredge over it one-third cup of flour, add one-half tablespoonful of salt, pepper, and two tablespoonfuls of butter. Cover with milk and bake for 30 to 40 minutes.

From Bulletin, Dept. of Commerce (Bureau of Fisheries), Washington.

FISH EGGS.

Otherwise known as roes and peas. The roes of shad, haddock and cod, are to be procured in a fresh, smoked and salted form. The roe of the sturgeon is especially valuable and is prepared into the world famous caviare.

WHITE FISH ROE.—Boil twenty minutes, then cut into slices. Egg and crumb, and fry to a light brown.

BAKED SHAD ROE OR MACKEREL ROE.—Cook Shad Roe fifteen minutes in boiling salted water to cover with one-half tablespoon of vinegar. Drain, cover with cold water and let stand five minutes. Take from cold water, place in a buttered bake dish with a cup of tomato sauce. Bake twenty minutes in a hot oven.

FISH COOKED IN VINEGAR.

FISH IN VINEGAR.—Fish, especially oily fish are very palatable cooked in vinegar. Burbot and Eels are especially good this way. Prepare fish for the pan, place in granite baker with water to half cover, to which is added a cup of vinegar, some small red pepper corns, salt and a bayleaf. Cook in oven till done. Any fish can be cooked this way. They are good eaten either hot or cold.