

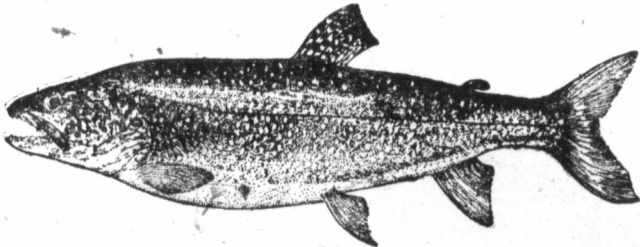
## CANADIAN SHELL FISH.

**Shell Fish**—are oysters, clams, scallops, lobsters, crabs and shrimps.

**Oysters**—are in season from September to May. They may be creamed, broiled, fried, scalloped, served raw or in Oyster Soup. Oysters are valuable in Sick Room Cookery.

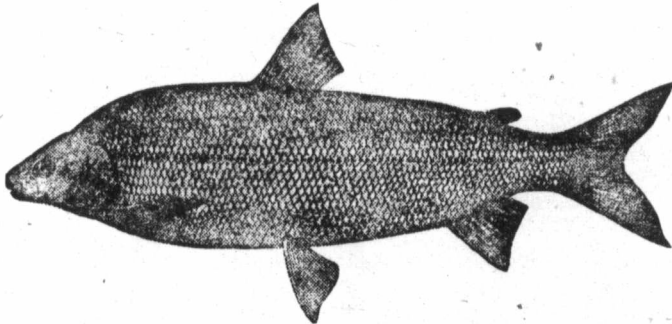
**LOBSTERS** in a fresh state are more abundant from June to September. They appear on the market throughout the year **CANNED**. Using canned Lobsters, the contents of the can should be removed **IMMEDIATELY** upon its being opened.

## CANADIAN FRESH WATER FISH.



SALMON TROUT.

The inland waters of Canada abound in excellent fish, and these are not used in quantities warranted by their excellence. There are many kinds of food fish of which the White Fish and Salmon Trout are much in demand. It would surely reduce the cost of living if many more people learned to eat the cheaper fish, such as Pickerel, Herring, Pike, Carp, Catfish, Eels, Perch and Burbot. These are just as good food as the more expensive kinds and every bit as palatable when properly cooked.



WHITEFISH.

This is the most important and the best known of the fresh water fish. It is easily procurable from April to December. Its flesh is very fine and has high food value.

White fish can be broiled or cooked in milk on the top of the stove. Add a little butter always before serving.

**BAKED WHITE FISH.**—Clean, stuff and skewer in the shape of an S. Brush over with dripping and bake in a hot oven until done, basting frequently. The time varies according to the size of the fish. Usually from thirty to forty minutes. Serve with any good fish sauce,—Drawn Butter, Hollandaise or Lemon.