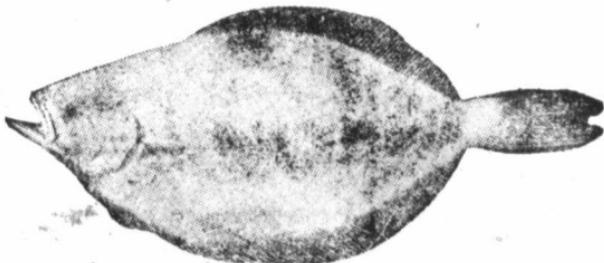


Halibut is one of the largest of the flat fishes common to the Atlantic and Pacific Oceans. The greater part of Canada's halibut comes from the Pacific—about one-fifth only being caught in the Atlantic. It is most plentiful during the summer months.

BAKED HALIBUT—Clean the fish. Put on a rack in baking pan. Brush over with butter. Bake, allowing ten minutes per pound, until the flesh separates readily from the bone, basting every ten minutes. Remove skin. Garnish with lemon and parsley, and serve with Drawn Butter Sauce.

FRIED FILLET OF HALIBUT—Remove the skin and bones from a slice of Halibut weighing about one and one half pounds. Cut into eight fillets. Sprinkle with salt and pepper and lemon juice. Roll, and fasten with a wooden skewer. Egg, crumb and fry in deep fat.



FLOUNDERS.

Flounder is an exceedingly common and readily procurable flat fish of good eating quality, seasonable during the winter months.

FLOUNDER, Baked—Flounder is often served as English Sole. It may be fried in the usual way. The following is a method of baking:

Fillet a flounder, and place the fillets on a well greased dish. Sprinkle over with finely chopped parsley, salt and pepper, and add a tablespoon of vinegar and enough fish stock to half cover. The fish stock is made by boiling the bones with an onion, a clove and a little salt about fifteen or twenty minutes. Over the fillets of flounder place bits of butter or lard, and sprinkle with bread crumbs. Bake in a hot oven about one quarter of an hour. Send to the table in the dish in which it was cooked.

NOTE.—Sole and Flounders are found in abundance on the Pacific Coast, and are very desirable forms of cheap fish.



SMELT.

The smelt is a small and very delicate food fish native to the Atlantic and Pacific Oceans. It averages four or five ounces and is in season from December to March.

SMELTS—Smelts are served fried. Open the gills, draw each separately between the finger and thumb, beginning at the tail. Wash, clean and drain. Then salt, roll in a mixture of half cornmeal and half white flour. Fry in a frying-pan with plenty of fat. Take out, drain and serve on toast. They should be crisp and brown. Garnish with parsley and lemon.

Herring is a tasty fish and is prepared in a number of ways in Canada. It should command a larger market than it does. Pickled in salt and brine it is put up in barrels, half-barrels and small kegs. Split and smoked it is marketed as bloaters and kippers, and in small boxes as boneless smoked herring. In the latter state it is often known as "Digby Chickens." As a cheap and tasty food, herring is hard to beat. Both the Pacific and Atlantic varieties of herring are prepared in many ways, and the fresh water lake herring is also pickled and in a smoked state commands a ready market as Ciscoes. In cans, herring is packed as kippered herring, plain or in tomato sauce.