

Fishermen's delight

EASY LOBSTER NEWBURG
 3 cups lobster meat or 2 five ounce cans
 1/2 cup butter
 1/4 cup milk
 1/2 tsp. salt
 1/2 tsp. pepper
 1/4 cup white wine or lemon juice
 2 tsp. dry patty shells or lemon juice
 Toast or patty shells
 Cut lobster in bite-size chunks. Melt butter in top of double boiler. Blend in flour and milk. Gradually add milk and cook, stirring constantly until thickened. Add lobster meat and heat thoroughly. Just before serving add wine or lemon juice. Serve on toast or in patty shells. Makes 5 servings.

HILDA RAMSAY
 Indian River W. L.

SALMON LOAF
 1/2 cup scalded milk
 2 cups bread crumbs
 1 tin salmon (1 lb.)
 2 tsp. vinegar
 1/2 tsp. mustard (scant)
 2 tsp. melted butter
 1/2 tsp. beaten onion
 Salt and pepper to taste

Mix in order given. Put in buttered baking dish. Bake 1 hour in moderate oven.

MRS. STIRLING BIRT

NORTH SHORE BOILED DINNER

1 lb. boneless salt cod
 1/2 lb. bacon, diced
 6 carrots, halved or 1 small sliced
 4 medium potatoes
 4 small onions
 1 cup thin white sauce
 2 cups finely chopped parsley
 2 hard boiled eggs
 Soak fish overnight in cold water to cover. Drain, and cover with fresh cold water. Bring to simmering temperature over low heat and simmer until cooked. Drain. Fry bacon until crisp.

Cook carrots, potatoes and hard boiled eggs in a pot of boiling water add a little salt. Serve cod on heated platter surrounded by vegetables. Pour bacon oil and drippings over fish. Cover with white sauce. Garnish with parsley and hard cooked eggs. Makes 6 servings.

HILDA RAMSAY
 Indian River W. L.

OYSTER STEW

1 cup milk
 1 cup cream
 1/4 tsp. paprika
 1 pt. oysters and liquid
 2 tsp. butter
 Scald milk and cream, add paprika. Heat oysters and liquid until oysters are plump and curled. Add to hot milk mixture. Serve four.

MRS. ERNEST LADNER
 North River

DOWN EAST CLAM CHOWDER

2 tsp. finely diced fat salt pork or bacon
 1/2 cup chopped onion
 1 cup diced raw potatoes
 2 cups water
 1 pint clams and liquid or canned clams
 1 can (16 ounces) evaporated milk
 1 tsp. butter
 1 tsp. salt
 1/2 tsp. white pepper
 Pan fry diced pork or bacon over low heat until crisp and brown. Remove scoops from pan and reserve for use later as a garnish. Add chopped onion to hot pork fat and pan fry until tender but not brown. Combine cooked onion and diced potatoes in a deep saucepan. Add water and simmer to temperature and simmer about 15 minutes. Stir in clams, clam liquid, milk, butter and seasonings. Heat until piping hot, but

do not allow to boil. Serve garnished with crisp pork scraps. Makes 6 servings.

HILDA RAMSAY
 Indian River W. L.

BAKED STUFFED FISH

Scale and clean the fish. Remove the fins, wash, dry, and sprinkle on inside with salt. Stuff loosely with the stuffing of one's choice, allowing about 1/4 cup for each pound of dressed fish if the backbone is removed, allow about 1 cup for each pound of dressed fish. Fasten the opening with small skewers, codlarks and loop string about them as in lacing shoes; and sew the opening with a large needle and coarse thread. Place the stuffed fish in a greased baking pan and brush with melted fat or oil. Bake in hot oven (425 deg. F.) Allow 10 minutes cooking time for each inch of stuffed thickness. The fish is cooked when easily pierced with a fork when the flesh is opaque and when it flakes easily.

HILDA RAMSAY
 Indian River W. L.

BAKED SCALLOPS

1 1/2 lb. scallops
 1 tsp. lemon juice
 1/4 tsp. salt
 1/2 cup butter
 1-1/2 c. white sauce
 Dash paprika (if desired on top)
 Prepare scallops, season with salt and pepper. Sprinkle with lemon juice. Cover bottom of waxed casserole with part of white sauce, sprinkle with cheese.
 Repeat with scallops, cheese and sauce. Bake 15 to 20 minutes in 375 oven.

MRS. TED CRANE
 Millview

BASIC SEA FOOD SALAD

Use any kind of fish in this salad.
 1 pound or 2 cups cooked or canned seafood
 1 tsp. lemon juice
 1 cup diced celery
 1/2 cup mayonnaise
 Salt to taste
 Lettuce cups
 Break sea food into bite size chunks. Sprinkle with lemon juice. Add celery and toss lightly with mayonnaise. Salt to taste. Serve in lettuce cups. Makes 6 servings.

HILDA RAMSAY
 Indian River W. L.

LOBSTER SALAD

2 cups lobster meat or 2 1/2 lbs. tin lobster
 2 tsp. lemon juice
 1 cup celery, cut in small pieces
 1/2 cup salad dressing
 Lettuce cups
 Cut lobster into bite size chunks. Sprinkle with lemon juice let stand for a few minutes. Combine lobster, celery, and salad dressing toss lightly with mayonnaise. Salt to taste. Make about 4 to 6 servings.

MRS. LLOYD FERGUSON
 282 Allan St., Parkdale

SALMON SUPPER DISH

1 tin salmon 8 oz. size
 2 cups mashed potatoes
 1 egg
 1 tsp. onion, cut fine
 Salt and pepper to taste
 Combine all ingredients well firm in small cake. Roll in fine bread crumbs and fry in butter to nice brown. Serve hot with a sauce.

MRS. LLOYD FERGUSON
 282 Allan St., Parkdale

CLAM BURGERS

1 pint of clams, chopped fine
 1 egg, well beaten
 1 cup cracker crumbs
 1 tsp. salt
 1/4 tsp. pepper
 Combine ingredients in a large oven given mix well. Form in round cakes and fry in hot fat about 1 inch deep. Drain and serve piping hot.
Baltic Lad 18 W. L.

1 tsp. sherry or lemon juice
 1 cup salad dressing
 lettuce
 Drain and cut lobster into bite-size chunks. Stir gelatine into water and dissolve over low heat stirring constantly. Combine cream, sherry, and gelatine with salad dressing.
 Pour into 5 cup mould and chill until firm. Serve on lettuce. Makes 5 to 6 servings.
Baltic Lad 18 W. L.

CLAMS - A TREAT TO EAT

Take 1 doz. clams open saving juice and meat. Chop the meat fine. To 6 eggs beaten, add the clam juice and meat. Cook over a slow heat, stirring constantly, until thick as thick cream. Serve hot. Add salt and pepper to taste.
MRS. LLOYD FERGUSON
 282 Allan St., Parkdale

TUNA CASSEROLE

2 cup white sauce
 1 cup potatoes
 1 tin tuna
 1 cup carrots
 1 cup peas
 Put into greased casserole, cover with buttered crumbs and brown in hot oven.
MRS. ELAINE COUSINS
 Baltic Lad 18 W. L.

COOK BOOK
SEAFOOD
FRITTERS

OYSTER AND CORN

1/2 cup canned cream corn
 1 egg
 Salt
 1 tin tuna
 Pepper
 1/2 cup flour
 1 tsp. b. powder
 Oysters
 Put creamed corn through sieve, beat egg until light and add to the pulp with salt and pepper, add flour sifted with baking powder, more flour may be necessary to make a thick batter. Parboil oysters, wipe them dry, drop oysters one at a time into the batter and cover with mixture, then drop into deep hot and fry five or six minutes or until golden brown.
MRS. W. H. BURNS
 Baltic Lad 18 W. L.

MOULDED LOBSTER NEWBURG

2 cans (5 oz. each) lobster
 1 tsp. gelatine
 1/2 cup cold water
 1/2 cup light cream

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30 minutes. Serve in slices with hot egg sauce. Serves 8.
MRS. W. H. BURNS
 Baltic Lad 18 W. L.

LOBSTER SCALLOP

1/2 lb. tin lobster
 1 (16 oz.) can mushroom soup
 1 cup sweet milk
 1 cup soft bread crumbs
 2 tsp. butter
 Salt and pepper to taste.
 1 egg, beaten
 Mix together milk, bread crumbs, butter, beaten egg, add lobster, soup and seasonings. Bake 20 to 25 minutes in 375 degree oven. More milk and crumbs can be added with one egg if you like more servings.
MRS. STIRLING BIRT

BAKED FISH FILLETS

1 (16 oz.) can mushroom soup
 1 cup milk
 1 tsp. salt
 Fine dry bread crumbs
 1 tsp. melted butter
 Cut fillets into serving pieces. Combine milk and salt. Dip fish into milk, then into crumbs. Place in greased baking dish. Sprinkle with butter and brown quickly in very hot oven 10 to 20 minutes.
MRS. ERNEST LADNER
 North River

CLAM DIGGER'S PIE

7 oz. tin clams
 1/2 cup fine bread crumbs
 1 cup milk
 1 tsp. salt
 1/2 tsp. finely chopped onion
 Salt, pepper
 1 tsp. parsley
 1/2 cup grated cheese
 Line a pie plate with rich pastry. Mix above ingredients and pour into pie shell. Cover with crust, seal edges. Bake 30 minutes at 375 deg. Before removing from oven, sprinkle top with 1/2 cup grated cheese, 1 cup crushed potato chips. Bake just until cheese melts. Serve at once.
MRS. FRANK ROSS

MAGIC SALMON ROLL

2 cups flour
 4 tsp. B. Powder
 3/4 tsp. salt
 4 tsp. shortening
 1 egg
 1/2 cup milk
 1-1/2 lb. tin salmon
 4 tsp. milk
 2 tsp. lemon juice
 2 tsp. scraped onion
 1 1/2 tsp. chopped parsley

SAUCE:

2 cups medium white sauce
 2 hard cooked eggs, chopped
 Sift together first 3 ingredients. Add shortening, mix well with fork. Beat egg slightly in measuring cup, add milk to make 1/2 cup, add to first mixture. Roll out on floured board in sheet 8 inches long and about 1/4 inch thick.
 Remaining ingredients, spread evenly on dough. Roll like jelly roll, bake on baking sheet in hot oven (425 deg. F.) about

16 minutes. Serve in slices with hot egg sauce. Serves 8.

MRS. W. H. BURNS
 Baltic Lad 18 W. L.

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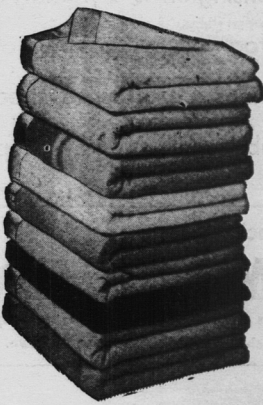
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MRS. FRANK ROSS

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