THE NEW BEARCAT

EXERCISE BOOK
BIGGER AND BETTER

NAME Swaga Fishing in N. S.

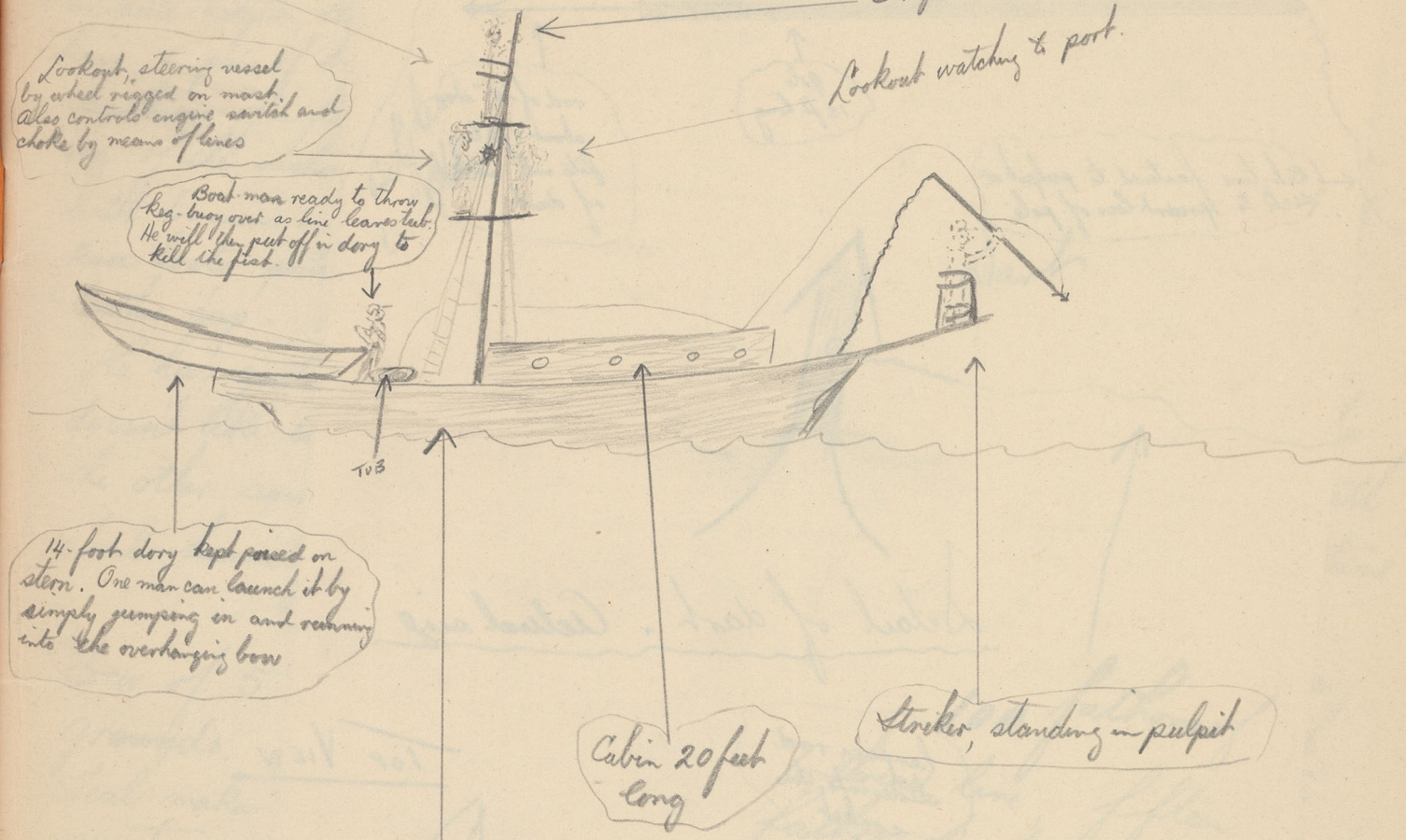
CLASS

SCHOOL Nova Scotia Cooking Recipes

T. S. P. & Co., Truro, N.S.

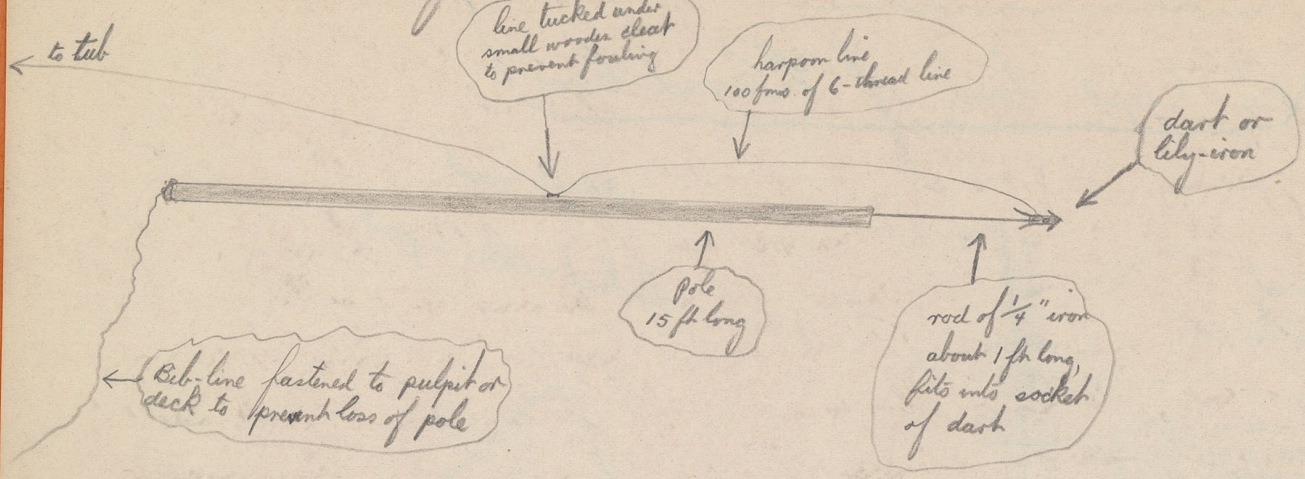
SWORD-FISHING

Per Capt Teal, of Broad Cove

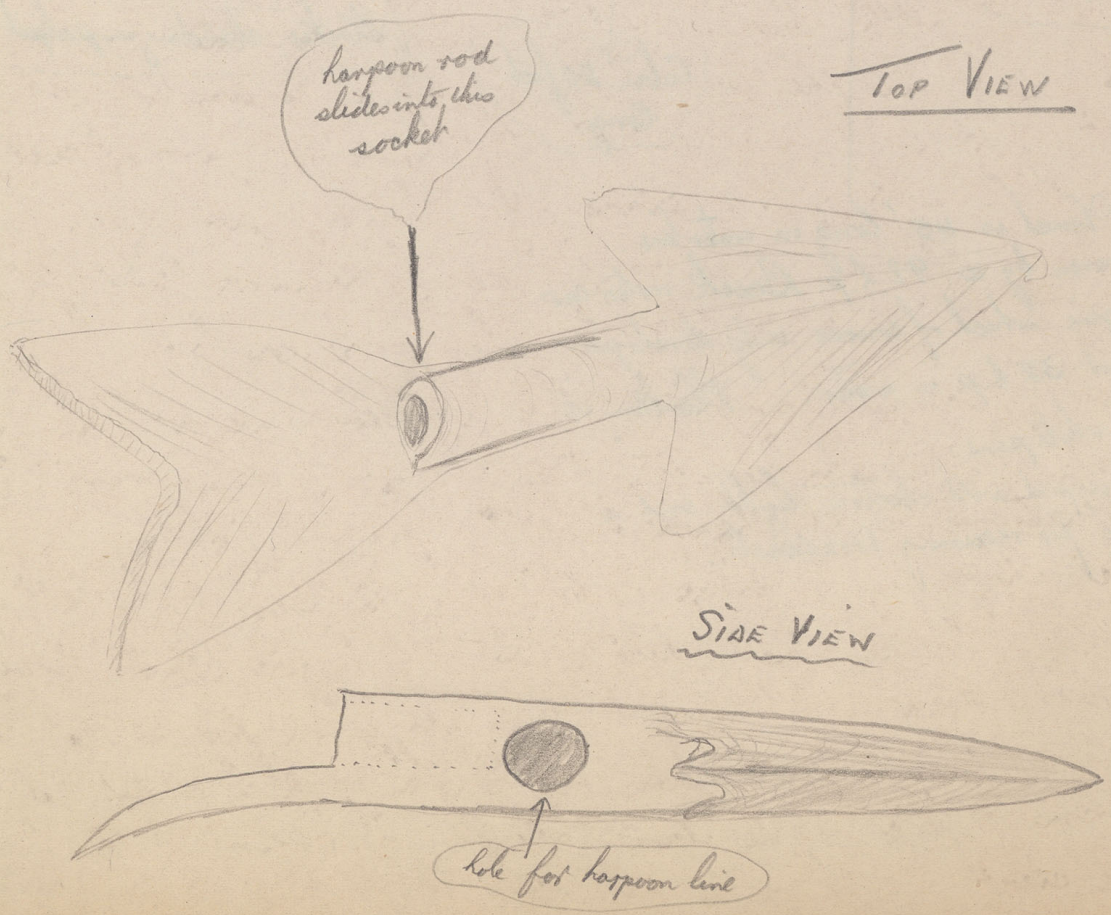


Vessel is 45' long on water line.
Driven by a 98 h.p. Buick motor car engine which of course only develops about 32 h.p. in water. Planking is 1¼" white pine.
Equipped with electric lights and a radio for receiving broadcasts.

Detail of harpoon



Detail of dart. Actual size



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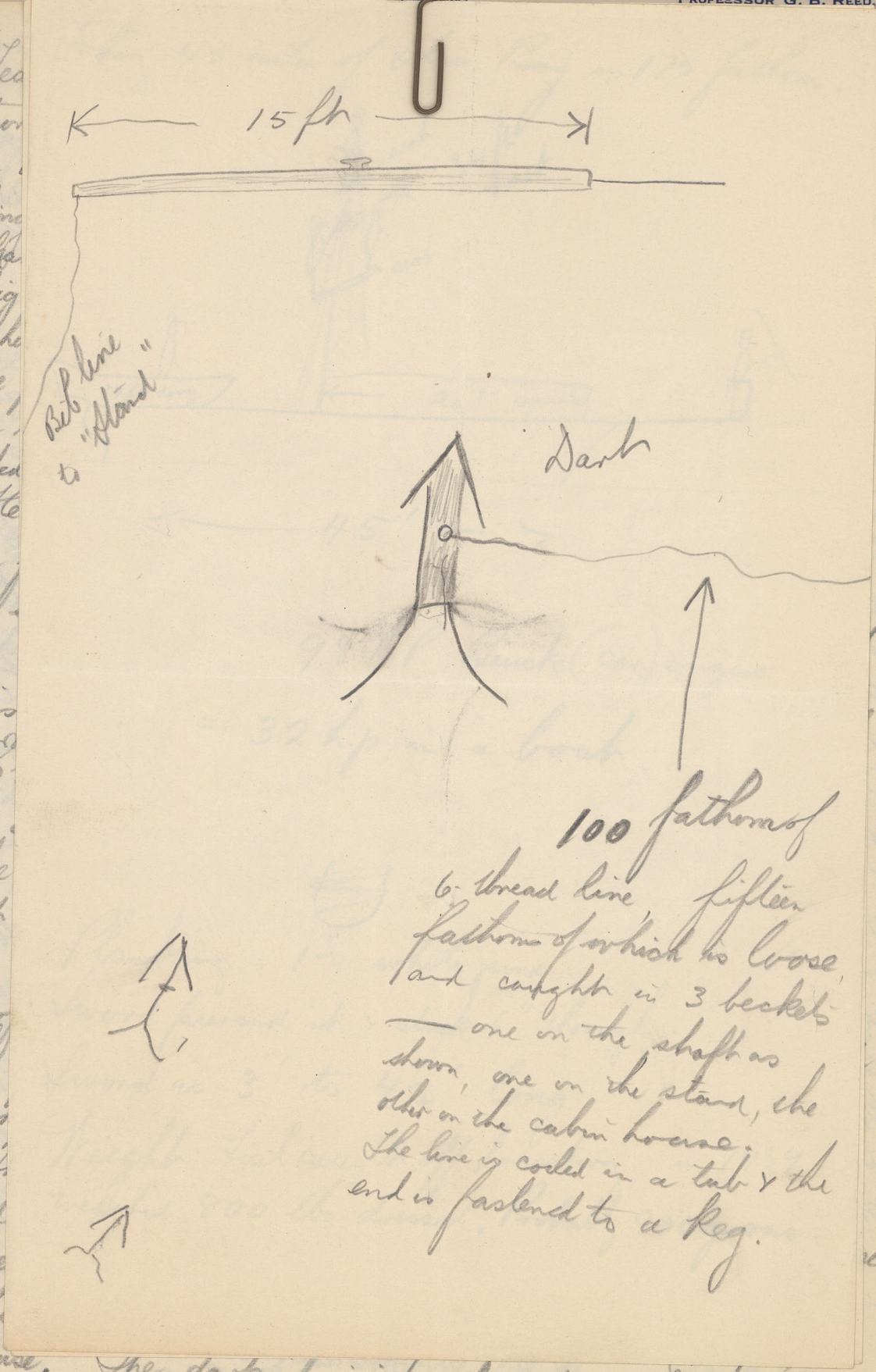
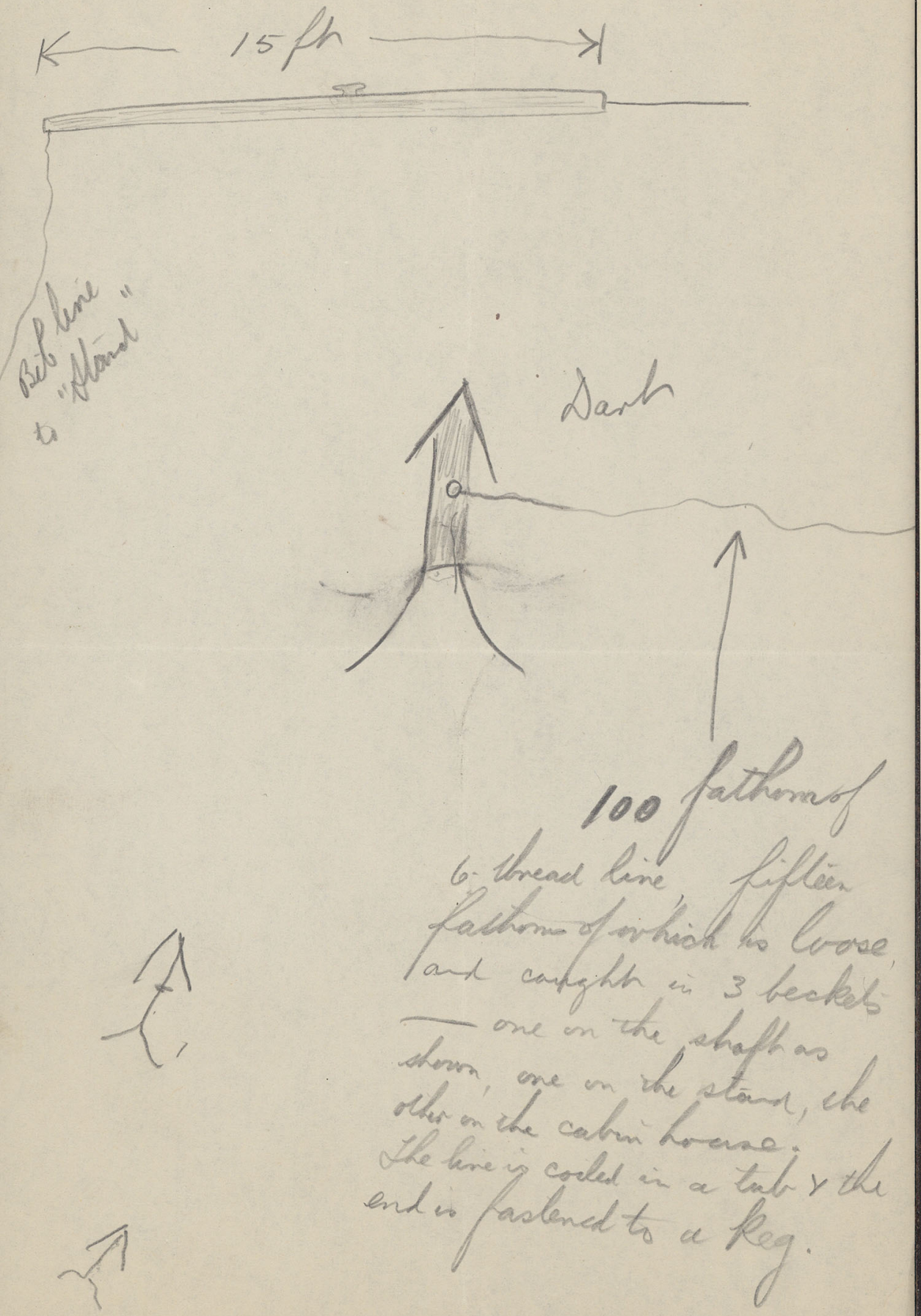
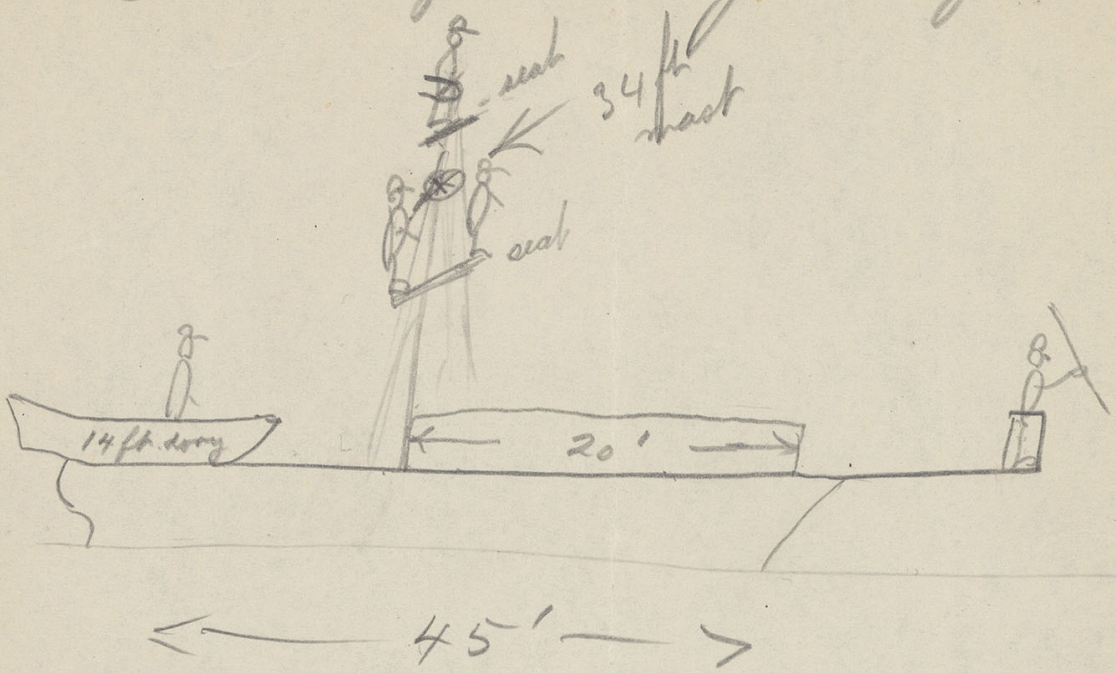


The dart is in its place for striking — fitted on the iron rod at the pole's end, with the fish-line hitched through the transverse hole in the dart's shaft. The line is pinched into a small cleat on the pole, to keep it from fouling before the


15 ft
Bob line "Stand" to
Dart
100 fathoms of 6 thread line fifteen fathoms of which is loose and caught in 3 buckets — one on the shaft as shown, one on the stand, the other on the cabin house. The line is coiled in a tub & the end is fastened to a keg.

Fishing 45 miles of Glace Bay in 175 fathom.



98 H.P. Buick (car) engine

= 32 h.p. in a boat.

Planking = 1¼ white pine.

Sword pierced it & stuck 6" through.

Sword is 3' to 4½' long.

Weight: Fish caught off Louisburg in 1939 weighed 800 lbs dressed. Probably 900 gross.

Capt Teal is a farmer-fisherman from Broad Cove. He has a fishing-station on Coffin Island. Has two boats, one small motor-boat for ordinary inshore fishing, the other a 45-foot craft for sword-fishing. He is a sturdy brown-faced man, heavily-built, of middle-height, clean-shaven, with blue-grey eyes, large-lidded; thinning brown hair; a pair of big hard hands, calloused but with the unexpected pallor and cleanliness of a fisherman's hands. At the time I saw him he wore the common rig of the inshore fishermen — blue denim overalls (jacket & trousers) well padded with trousers and sweaters & underwear beneath, a pair of worn black rubber knee boots patched in several places with bright red tyre-patches. A leather cap. He chewed tobacco & talked and spat with gusto.

He has quite a farm at Broad Cove but leaves one son (who doesn't like the sea) home to look after it and goes fishing with the other son. "Me an' Carl would rather fish than farm anytime." Teal himself is a man of about 45 or 50.

Every July they outfit the big 45-footer & with a crew of 5 in all, run up the coast to the swordfish grounds. Like all the swordfishermen from the western counties Teal makes Port Bickerton (S.W. of Country Harbour) a port of call, and sometimes fishes out of that place while the swordfish are running. Glace Bay is of course the chief base of the swordfish fleet and Teal joins the fleet there when the fish appear in numbers.

They cruise along with the crew stationed as shown in diagram. The striker stands in the pulpit (nothing more than a plank fastened on the bowsprit, with uprights of galvanized iron pipe and U-shaped iron straps) balancing the pole. The butt of the pole holds the bib-line, which is fastened to the "stand" (pulpit) or to the cabin house. The dart is in its place for striking — fitted on the iron rod at the pole's end, with the fish-line hitched through the transverse hole in the dart's shaft. The line is pinched into a small cleat on the pole, to keep it from fouling before the

stroke is made. Similarly it is nipped in a cleat on the cabin house before the tub is breached. The first good pull on the line drags it out of these cleats but often the boatman aft will run up and pull the line clear when a stroke is made, just to make sure. The line is coiled down in a tub aft so as to run free, with a keg-buoy fastened to the end.

When a swordfish is sighted "finning" (the tall dorsal fin cuts the surface though the fish is actually submerged) the helmsman in the mast cross-trees steers the boat straight for it, by means of the steering-wheel rigged in the mast. (He also has lines to the engine choke-spring and the electric switch, so that he can alter speed or cut the engine dead) Twenty or thirty feet from the fish he cuts his engine so as not to warn the fish of the boat's approach. As the boat is still under fast headway, the striker has only a second or two in which to make his thrust before the boat runs over the fish. As soon as the fish is struck, it starts to "sound", and the pull jerks the dart clear of the iron shaft. The pole then floats clear & is recovered by means of the bib-line — an important bit of salvage, for once a striker has got used to a pole he is more sure of his aim than with another. In the meantime the fleeing fish rapidly drags the 100-fathom line out of the tub, and the boat-man tosses the keg overboard. The keg has two purposes: it acts as a surface drag on the fish & helps to tire him, and it marks the end of the line and the presence of the fish. (If a school of fish is encountered there may be half-a-dozen lines and kegs abroad at a time, and these wounded fish may run in as many directions.)

A dory is kept poised on the stern ready for quick launching. Teal likes this method of launching because

it is almost immediate — a dory in the water as soon as the fish starts to run. This is a job for a strong active man with no fear of the sea or of the fish; Leal reserves this job for himself unless there are more kegs abroad than one boatman can handle. He jumps into the bow of the dory, tipping it overboard by his own weight, shifting quickly aft as it falls — an acrobatic feat in itself. He rows to the keg which is usually floating placidly as the big fish goes down. If the water is deep — (and 45 miles off Louisburg, where much of the fishing is done, there may be 175 fathoms or more) — there is danger that the maddened fish may drag the keg under bodily, in which case the keg might collapse; and Leal likes to bend on another 100-fathom line if there is a chance. Ultimately the drag of the keg on the surface forces a change of tactics on the fish, which comes to the surface fighting. This is the time of personal danger to the boat man. In seeking to run down and destroy the mysterious thing which at one stroke wounds and binds him, the swordfish lunges to and fro on the surface, often leaping clear into the air. On one occasion a big fish struck the side of the vessel itself in one of these struggles. The crew felt the jar, but thought nothing of it at the time. They gaffed the wounded fish after a few minutes & got him aboard & found his sword broken off short. An ordinary "sword" is 3 or 4 feet long. The inference was that the sword had broken when the fish

struck the boat's side, but a quick glance all round below showed no damage. At the end of the day's fishing Seal noticed water rising over the planking in the cuddy & blamed it on a faulty packing in the stuffing box. They pumped the bilges out several times on the way into Louisburg, and that night by the light of an electric torch they got the big 45-footer ashore by the stern & re-packed the stuffing box. They hauled her off and turned in. Seal woke in the night with an uneasy sensation & heard water in the boat. He reached up & turned on the electric light and discovered four inches of water over the cuddy floor. All hands turned out in a hurry. They pumped her out again. Then they made a systematic hunt for the leak, beginning aft & tearing up the planking as they went. They came to it finally in the bow, in a locker. The "sword" of the lunging fish had pierced the 1¼" white PINE planking with ease and was protruding 6 inches into the locker.

Seal remembers another wild fish which attacked his dory. The fish came at him from below on the port side — "like a torpedo, now, I tell you!" — and the sword came through the 1" red pine side, near the bottom, and "kep' on comin', sir, now I tell you!" until it was in to the hilt — or rather the fish's nose — with the tip resting on the starboard gunwale. The force of the blow lifted the dory bodily & nearly capsized it, but Seal steadied her with

agile jumpings & managed to kill the fish with his gaff. The sword did not break off & he held the fish there, with the dory slowly filling, until the big boat saw his plight and came to his rescue.

Another fish made lunge after lunge at his dory, & his son & the others aboard the vessels begged him to pull for her side & let the fish "go" — i.e. let the fish tire himself out with the keg, not the dory. But Seal's blood was up — "I ainh seen the fish yet I was afeared of" — and he stuck it out, waiting with gaff at his feet, and standing at the oars, pulling the dory ahead or astern to escape the fish's lunges. One lunge, he remembers, came so close that the dorsal fin scraped his bow post. He got the fish.

Speaking of the size of swordfish, he said 570 lbs was his biggest but the average was much smaller — between 350 and 400 lbs he thought. He saw a monster swordfish taken off Louisburg in the 1939 season by a Newfoundland boat; this fish weighed 800 lbs dressed i.e. with head, sword and tail removed; Seal thought it might have been 900 lbs gross.

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Nova Scotia Cookery

Salt Herring:

Until about 1880 all N.S. herring was salted "round" instead of "split". The head was left on; the throat was cut out and the guts (but not the roe) drawn out through the hole. The body cavity was then filled with salt. (This method is known as the "Scotch cure" & was revived in N.S. during the World War 1939–)

About 1880 N.S. fisherman began to split their herring, removing the guts (known as "gibs") entire. The split fish were then salted in vats.

After the split fish have lain in salt for 9 days, they are sufficiently preserved. The salt is then said to have "struck", or "the fish are well struck".

Soused Herring

This is simply raw herring that has been "struck" with salt. It is cut in large chunks (first having been skinned) and "soused" in a pickle of vinegar & onions for several hours. It is served with a generous amount of the vinegar & onions in the plate. Some like to add spices to the vinegar. In 1942 I found "soused herring" served thus (but called on the menu "marinated herring") at the American House, Middleton, N.S.

MACKEREL (OR HERRING) IN VINEGAR (SALMAGUNDI)

Split the fish (RAW) cover with vinegar, sprinkle with sliced onion, pickling spice & whole cloves, salt & pepper, bake half an hour. Serve cold

The printed recipes hereafter were turned in to the Halifax Herald by Nova Scotia housewives in 1942.

Seafoods

"Clam Stew"

2 dozen clams.
6 potatoes.
3 onions.
1 teaspon salt.
1 tablespoon butter.
1 cup bread crumbs.

Shell clams, slice potatoes and onions thin. Add to 1½ quarts salted water, boil for 15 minutes. Add butter and bread crumbs, let simmer for 5 minutes, slightly cool then serve. This is enough for 6 persons. **—Mrs. John O'Connor, Murray Harbor South, P. E. I.**

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Scalloped Clams

1 quart shelled clams, breadcrumbs, butter, pepper, milk.

Method: In a pudding pan, place alternate layers of uncooked clams and bread crumbs with bits of butter and pepper between each layer, having bread crumbs and bits of butter for the top. Add milk to nearly cover same. Bake in the oven ¾ hours, or until top is nicely browned.—**Mrs. Adolphe LeBlanc, Meteghan Centre, Digby, Nova Scotia.**

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"Eggs and Lobster Creamed"

A small lobster (or a can if you can get it).
4 hard-boiled eggs (shelled and cut in wedges).
½ cup diced celery (optional).
1 tablespoon chopped parsley.
Salt and pepper, a piece of bay leaf.
White sauce (2 cups milk, 2 tablespoons flour, 2 or 3 tablespoons butter).

Make the sauce in double boiler. When thickened add lobster cut in pieces, celery, salt, pepper, then fold in the parsley and egg wedges. This is a nice luncheon dish to serve with or on toast. Serve four or five.—**Mrs. Jack Hudgins, Kingston, Kings County, Nova Scotia.**

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Fish Salads

Salmon Salad

1 cup cold salmon.
1 cup chopped celery or cabbage.
A small amount of lettuce.
5 tablespoons of French dressing.
Salt and pepper.

1 cup of cold salmon minced and mixed with an equal amount of chopped celery or cabbage. Line a dish with lettuce leaves, turn it into the mixed salmon and celery or cabbage, and over all pour dressing made of two tablespoonfuls of oil, three tablespoons of vinegar, salt and pepper. A mayonnaise dressing may be used, but with salmon the plain dressing is preferred.—**Mrs. Daniel H. Dixon, Breadalbane, Prince Edward Island.**

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Halibut Salad

2 cups cooked halibut.
1 tablespoon lemon juice.
2 tablespoons salad oil (I use olive).
¾ teaspoon salt.
1/3 teaspoon pepper.
¼ teaspoon celery salt.
⅛ teaspoon dry mustard.
3 medium sized freshly boiled potatoes.
2 tablespoons mild vinegar or lemon juice.
Lettuce.
Hard boiled eggs.
Pickled beets.

Method:

Flake the halibut, pour over it the lemon juice and oil, add the salt and pepper and toss all lightly together. Mash the potatoes, season with celery salt, mustard and lemon juice or mild vinegar. Mix with the fish, chill and garnish with sliced hard boiled eggs, lettuce and diced pickled beets. Serves six.—**Mrs. F. L. Grice, Rockingham, Nova Scotia.**

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Fish Salad

2 cups flaked fish, add 1½ cups minced celery, a tablespoon each of minced green pepper and grated onion and cucumber (pealed, seeded and diced). Add 4 tablespoons French dressing, then mayonnaise. Serve on lettuce leaves.—**Miss Mary Fullerton, Parrsboro, Nova Scotia.**

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Chowders

Clam Chowder

Ingredients:

I pint clams (fresh).
or 1 can clams
3 medium potatoes
1 carrot
1 medium onion
2 thin slices of fat pork or two slices of bacon
1 pint milk
Salt.

Method:—Cut fat pork up small, dice potatoes, carrot, onion, add salt and put into a two quart pot. Cover with boiling water, and boil until vegetables are tender. Add milk and wait until it is hot before adding the clams. Then cook clams and other ingredients about 10 minutes before serving. Serves 5 or 6. —**Miss Doris Lisson, 54 Johnson Avenue, Dartmouth, Nova Scotia.**

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Fish Soup

½ lb. fresh fillets.
1 pint water.
1 medium onion diced.
2 medium potatoes diced.
1 pint milk.
1 teaspoonful butter.
Salt, pepper.

Cover fish with water and cook slowly for 10 minutes. Remove fish from water. Add potatoes and onions and cook till tender. Add milk, butter and seasonings. Heat through but do not allow to boil. 6-8 servings. Make fish cakes for supper with the cooked fish.—**Mrs. Will Ross, P. O. Box 221, Stellarton, Nova Scotia.**

Fish Chowder

Two cups flaked cod or fresh cod or soaked salt cod, six potatoes, cut into one-fourth inch slices, one pint boiling water, one sliced onion, salt pork fat, one inch by three inches, one tablespoon salt, 1-8 teaspoon pepper, one quart milk, eight soda crackers.

Fry out fat, add sliced onion and cook to a light brown, without burning. Strain fat in a saucepan, add potatoes and boiling water and cook 10 minutes, add the fish and simmer 20 minutes, add the milk and seasoning. Heat to boiling point and serve with crackers.—**Mrs. Raymond Porter, Springhill Mines, Nova Scotia.**

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Salmon Roll

2 cups flour (to mix dough).
4 teaspoons baking powder.
½ teaspoon salt.
½ cup shortening.
1 egg.
½ cup milk.
1 can salmon
4 tablespoons milk.
2 tablespoons lemon juice.
2 teaspoons scraped onion.

Sift together first three ingredients. Add shortening, mix in well with fork. Beat egg slightly in measuring cup. Add milk to make ¾ cup. Add to first mixture. Roll on floured board in sheet 8 inches long and about ¼ inches thick. Mix remaining ingredients to spread evenly on dough. Roll up like jelly roll. Bake on baking sheet in hot oven, 425F about 30 minutes. Serve in slices with hot egg sauce. Serves eight—**Mrs. J. Burton Bayers, Bayers Settlement, Halifax County, Nova Scotia.**

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Salmon Pie With Potato Crust

1 can (1 lb. size) salmon
1 cup cooked peas
1 tablespoon flour
2 cups milk
Salt and pepper to taste
2 cups mashed potatoes.

Drain salmon, and separate into flakes, reserve liquid. Combine with peas. Melt butter, blend in flour, gradually add milk and cook until thick. Add salmon liquid and mix well. Season and combine with salmon and peas. Put in baking dish and top with mashed potatoes, and bake in hot oven until nicely browned.—**Mrs. A. R. Jackson, 12 Morris Street, Halifax, Nova Scotia.**

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Salmon Loaf

2 cups salmon.
1 teaspoon salt.
1 cup rolled oats.
1 onion.
Bread crumbs.
1 cup water.

Directions:To one cup of rapidly boiling water, salted, add rolled oats. Cook five minutes. Mix with two cups flaked salmon, the salmon oil and minced onion. Shape into loaf in greased pan, and cover with bread crumbs. Bake 20 minutes in a moderate oven and serve.

Sauce for salmon loaf, melt 1 tablespoon of butter in a saucepan, add milk and seasoning. Thicken with cornstarch or flour and serve. **Mrs. Edith Marshall, 12 Commercial Street, Dartmouth, Nova Scotia.**

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Baked Salmon With Macaroni

1 can salmon.
1 cup macaroni.
1 onion.
1 cup rich milk.
1 cup bread crumbs.
Butter, pepper and salt.

Break macaroni and boil 20 minutes. Free salmon from bones and skin and break in small pieces. Put in layers in baking dish alternately with chopped onion and macaroni, pepper and salt. Pour in milk and cover with buttered bread crumbs. Bake about 30 minutes.—**Mrs. Edward B. Mosher, Summerville, Hants County, Nova Scotia.**

Baked Fish

1 lb. fresh fillets.
½ cup stale bread crumbs or rolled corn flakes.
1 teaspoon finely chopped or grated onion.
1 cup of milk.
Salt, pepper.

Put half the crumbs in hollow of small baking dish. Cut fish in three serving portions. Sprinkle with onion. Add milk and seasonings. Sprinkle rest of bread crumbs over top and bake in moderate oven. Serves three.—**Mrs. Will Ross, Stellarton, Nova Scotia.**

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Baked Fish With Tomatoes and Onions

2 lbs. fish (sliced or filleted).
3 cups of canned tomatoes.
3 medium onions sliced.
4 celery stalks chopped.
Salt and pepper to taste.
1 teaspoon butter melted.
3 teaspoons flour.
¼ cup cold water.

Prepare fish. (Wash well and remove skin). Place in shallow baking pan. Put tomatoes, onions, celery and seasoning into saucepan and cook gently for 15 minutes. Blend butter with flour and mix into a smooth paste, with ¼ cup of cold water. Add tomato mixture and cook another 10 minutes. Pour this mixture over the fish and bake at 350 degrees F. for 45 minutes.—**Miss Emma Edwards, R. R. 1, Georgefield, Nova Scotia.**

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Baked Fish and Spinach

2 cups of cooked spinach (canned spinach may be used).
1 ½ lbs. fresh fillets.
½ teaspoon dry mustard.
½ teaspoon salt.
Dash of pepper.
½ cup grated cheese.
1 tablespoon flour.
1 cup milk.
1 teaspoon butter.

Method—Boil the spinach, drain well, chop and season. Put spinach in bottom of baking dish. Cut the fillets in medium sized pieces and lay them on the spinach. Sprinkle them with the mustard, salt and pepper and bake in moderate oven for half an hour. Melt the butter and stir in the flour, season and then add milk. When sauce has thickened remove from stove and stir in the grated cheese. Pour this over the fish and spinach and brown in the oven for ten or fifteen minutes. —**Mrs. D. G. Turner, 155 North St., City.**

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Baked Herring

Bone the fish and place in a baking pan. Cover them with a thick tomato soup and bake in hot oven. The herring may be split and boned. Then rolled and held in place with a toothpick. Serve hot with baked potatoes. Other fish besides herring may be used. —**Lillian P. Romkey, Necum Teuch, Halifax County, Nova Scotia.**

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Fish with Rice and Vegetables

4 tablespoons oil or fat.
1 cup chopped onions.
2 cups grated carrots.
½ cup rice.
2 cups tomatoes.
2 cups potatoes diced or grated.
2½ cups diced raw fish.
1 cup chopped celery.
2 cups boiling water.
Salt and pepper, buttered bread crumbs.

Method: Fry onion in fat, and put in baking dish; add one layer of carrots, then fish, then rice, celery and potatoes, all uncooked. Season well. Add boiling water, tomatoes and sprinkle with buttered bread crumbs, cook in moderate oven 1½ hours.—**Mrs. Russell Wright, P.O. Box 72, Port Medway, Nova Scotia.**

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Fish and Vegetable Casserole

2 cups flaked cooked fish
½ cup soft bread crumbs
½ cup grated cheese
1 cup canned peas
¾ teaspoon salt
¼ teaspoon pepper
1½ cups milk
¾ cup cooked lima beans
2 eggs (beaten).

Method—Blend all ingredients, place in buttered dish, set in pan of hot water, bake in slow oven, one hour or more, until firm. Serve with any cream sauce. The family will like this dish on a meatless day. I serve it quite often in my home. —**Mrs. Irene Melanson, 30 Cork Street, Halifax, Nova Scotia.**

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Casserole Of Fish and Peas

2 cups cooked flaked fish.
2 cups cooked peas.
2 cups white sauce.
1 hard cooked egg sliced thinly.
1 tablespoon lemon juice.
Salt and pepper to taste.

Method—Place in layers in greased casserole a layer of fish, then sauce, lemon juice, peas, and hard cooked egg, topping with fine bread crumbs. Chopped pickles or olives may be added if desired. Bake in a hot oven 20 to 30 minutes.— **Agnes Clannon, L. L'Ardoise, Cape Breton.**

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Haddock "Lobster Claw"

3 slices fat salt pork
3 slices onion
1 lb. haddock fillets
1 tablespoon flour
¾ teaspoon salt, dash of pepper
½ can (10 oz. can) tomato soup

Method: Put half of pork and onion in shallow baking dish. Top with fillets. Mix flour and seasonings and sprinkle over fish. Add rest of pork and onion. Add water to cover bottom of dish. Bake in 400° oven for 20 minutes. Add soup and continue baking 15 minutes. Serves three. **Mrs. I. H. Dickie, 22 Queen St., Sydney, N. S.**

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Fish Loaf

Melt 1 tablespoon butter, add 1 tablespoon flour, mix and cook one minute, then add one cup of hot milk, gradually stirring constantly; season. Add to that sauce 2 cups of cooked or canned fish, 2 beaten eggs, 1 cup soft bread crumbs, 1 chopped hard boiled egg, 2 chopped pickles, 3 tablespoons of parsley. Pour mixture in greased baking dish or mould. Place in a pan of boiling water, and cook for one hour in a moderate oven. Unmould. Serve hot or cold.—**Mrs. Russell Wright, P.O. Box 72, Port Medway, Nova Scotia.**

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Fish Hot-Pot

1 lb. white fish (filleted).
1½ lb. sliced potatoes.
¼ lb. grated cheese.
Chopped parsley.
Milk.
Salt and pepper.

Cut fish into pieces, roll in flour and put half in bottom of greased casserole, sprinkle with salt and pepper, then grated chese, cover with a layer of sliced potatoes, continue in this way until all is used, finishing with potato, pour in the milk to fill quarter of the dish, cover, cook in moderate oven for one hour, removing the cover for the last fifteen minutes, when done sprinkle with plenty of chopped parsley. — **Mrs. Harold B. Pearse, Waterville, Kings County, Nova Scotia.**

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Fish Chowder

1 lb. fresh fillet of haddock.
½ small onion.
1 cup diced potatoes.
4 soda biscuits.
3 cups fresh milk.
Salt — pepper.

Boil slowly for half hour 1 lb. fresh fillet of haddock. Use only enough water to cover the fish and add half small onion. Peel and cut in small dice 1 cupful of potatoes and boil separately in very little water.

While these are cooking soak 4 soda biscuits broken in halves in a good cupful of milk.

Combine fish and potatoes with water in which they have cooked, add about 1 pint fresh milk and heat slowly.

Lastly add the soaked biscuit, milk and all. Pepper and salt to taste. Boil up once and serve piping hot.—**Verginia Murphy, 28 Harvey St., Halifax, N. S.**

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Fish Loaf
(Serves 8)

Cooking time 1¼ hours.
2 eggs, slightly beaten
2 cups flaked fish. (Tuna, salmon or other fish)
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon paprika
1 teaspoon Worcestershire sauce
1 tablespoon minced parsley
2 cups milk
1½ cups rolled oats, uncooked.

Combine all ingredients. Place in greased baking pan and bake in a moderate oven (350°F.) for 1¼ hours or until loaf is set. Serve with mushroom sauce, tomato juice, or a cream sauce with one chopped hard boiled egg added—**Mrs. Elmer C. Hatfield, Tusket, Yarmouth County, Nova Scotia.**

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Fish Scallop Supreme

3 cups of cooked vegetables (carrots, potatoes, onions, etc.)
3 tablespoons fat or butter
3 tablespoons flour
1 cup milk
1 cup vegetable water
1 teaspoon salt
¼ teaspoon pepper
1 cup of cooked, flaked fish
Sifted bread crumbs

Make white sauce from the fat, flour, milk and vegetable water. Place the cooked diced vegetables in a greased casserole, add fish, cover with white sauce, sprinkle with bread crumbs and bake in a moderate oven until brown. Fish and vegetables that are left over may be used. —**Mrs. C. R. Brown, R. R. 2, Shubenacadie, Nova Scotia.**

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Fish Pie With Macaroni

2/3 cupful of macaroni.
1 1/3 cupfuls of cook fish flaked.
1 tablespoonful of lemon juice.
¼ tablespoonful of salt.
Few grains of Cayenne.
1 cupful of medium white sauce.

Break the marcaroni into one-half inch pieces. And cook until tender in a large amount of boiling salted water. Drain and rinse in cold water. Grease a baking dish and arrange the marcaroni and flaked fish in alternate layers. Add the lemon juice and seasoning. Then pour the white sauce over all. Cover with buttered bread crumbs and place in a moderate oven, 350 deg. fahr. until thoroughly heated and browned on top. —**Maura D. Gerrard, Gerrard Island, Halifax Co., Nova Scotia.**

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FISH (Canned or Cooked) — Mashed and sprinkled with lemon juice on one slice of enriched white bread, green beans drained and spread with mayonnaise; on facing slices of bread. Put together to make sandwich. SANDWICH

Creamed Fish

2 cups cold fish.
1 cup hot milk.
1 bay leaf.
½ teaspoon onion juice.
2 tablespoons of butter or shortening.
2 tablespoons flour.
½ teaspoon salt.
¼ teaspoon white pepper.
½ cup fine crumbs.

Preparations: Make a sauce by creaming the flour and butter, and adding them to the hot milk. Put in a double boiler and add the salt, pepper, onion juice and bay leaf. Stir until as thick as cream. Cover the bottom of a baking dish with some of the cold fish flaked and pour over it half of the sauce, put in another layer of fish and on that pour the remainder of the sauce. Sprinkle with bread crumbs, dot with butter and brown in a moderatel hot oven. Any kind of cold fish may me used. — **Mrs. R. E. Bennett, Glenmont, Kings County, Nova Soctia.**

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Dressed Smoked Fillets

2 tablespoons mild flavored shortening.
½ cup flour.
1 tablespoon mustard.
1 cup milk or water.
Pepper, salt.
¼ cup grated Canadian cheese.
2 pounds smoked fillets.
Chopped parsley.

Make a sauce with the shortening, flour, mustard and liquid. Add grated cheese and seasoning. Wipe the fillets with a damp cloth, cut into 8 servings. coat each piece with the sauce and sprinkle with chopped parsley. Bake in a well-greased baking dish in a moderate oven (375 degrees F.) for 20 minutes. Serves 8. —**Miss Vivian Morris, "Ferncrest," Armdale P. O., Halifax, Nova Scotia.**

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Salt Herring Casserole

3 salt herring, (soak over night, clean and take large bone out and cut in 1 inch stripes).
2 or 3 cups potatoes.
1½ cups carrots.
½ cup onions (if you like).
5 tablespoons flour.
¼ teaspoon pepper.
2 teaspoons butter.
3 cups milk.

Arrange potatoes, carrots, onions and herring in a greased casserole, sprinkling each layer with some flour, pepper and bits of butter, add milk to come just to the top layer.

Cover and bake in a moderate oven about 1 hour, till potatoes are tender. This will serve 6.—**Mrs. H. R. Atkins, 200 Almon Street, Halifax, Nova Scotia.**

Finnan Haddie Supper Dish

2 cups, cooked Finnan Haddie, which has been shredded.
2 beaten eggs.
Pinch salt.
2 cups milk.

Dots of butter over batter, after it has been poured into baking dish.

Mix in above order, pour into a buttered dish and bake in slow oven (325) till done, and browned to suit the taste.

If desired, some chopped parsley may be added to the ingredients before baking.—**M. S. MacArthur, 2 Bliss Street, Halifax, Nova Scotia.**

* * * *

Potted Gaspereaux

Cider Vinegar.
Whole Pickling Spice.
Salt.
Sugar.
Bay leaves.
Gaspereaux.

Clean and scale the number of gaspereaux you intend cooking "say a couple of dozen". Put them in a pot large enough to contain them easily. Pour vinegar over them to arrive at the quantity required for the process. Pour it off into another pot and add the whole pickling spice and if you like bay leaf flavour, add a few extra leaves, then add to it a teaspoonful of salt to a pint of the liquid and some sugar, to get the same taste as you would require if making sweet pickles, it does not require much. Boil this liquid or rather put it on the stove and bring it to a boil, then pour all over the Gaspereaux and put them in the oven and cook very slowly until you can pull out a back fin of one of the fish, no longer.

Remove from the oven and put the pot away in a cool place, it will take about two days to properly cool. The fish are then ready to eat and are one of the most delicious meals you ever ate, they remain in the vinegar concoction until all used, and will keep for weeks. Serve with bread and butter. Gaspereaux are very cheap and this is one way of using up a cheap food, which many people refuse to eat because bony. This method practically dissolves all bones.— **Mrs. Georoge Kewley, Ballafreer, Parrsboro, Nova Scotia.**

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Fish Stuffing

4 tablespoons shortening.
2 onions (minced).
½ teaspoon each salt and sage.
sprinkle of pepper.
2 stalks of celery cut fine.
1 ripe tomato or ½ cup of canned tomato.
2 cups coarse bread crumbs.
1 cup shredded cheese.

Melt shortening, add onion and seasoning; cook five minutes, add celery and tomato mix in crumbs and cheese, stuff cod or haddock and bake 1 hour in moderate oven—**Mrs. A. Irvin, 56 Victoria Road, Dartmouth.**

Beverages

Apple Beverage

A beverage for warm or cold weather. A good way to use up a large quantity of apples, I gather the ripe drop apples, (I perfer Gravensteins) wash them clean, cut in quarters, fill a large kettle with the apples cover with water, let them stew until soft put in a cheese cloth bag and let drain usually over night, put the juice back in the kettle and boil down about half. I used to add a little sugar but it will have to do without this year. Sterilize screw cap bottles, and pour the hot liquid in the bottles and seal. A half glass of the juice filled up with water makes a nice drink. I have some two years old. It's made the same as jelly, only no sugar. —**Mrs. H. W. Coleman, Burlington, Kings County, Nova Scotia.**

* * * *

Home Made Hot Beverage

2 quarts bran
1 tablespoon sugar
½ teaspoon salt
½ cup molasses or syrup.

Put altogether in large cake pan. Mix and brown in oven, stir while browning. When well browned cool and pack in container, use the same as tea or coffee.—**Naomi L. Anthony, East Walton, Hants County, Nova Scotia.**

* * * *

Apricot Punch

2 cups canned apricots or cooked dried apricots.
Juice of 2 oranges.
Juice of 1 lemon.
1 cup sweet cider.

Rub the apricots along with the juice through a coarse sieve. Add strained fruit juices and cider and chill well. Dilute with iced water to make three pints—**Mrs. W. L. MacKinnon, Lawrencetown, Annapolis County, Nova Scotia.**

* * * *

Fruit Beverage

1 cup plum juice (from home canned).
1 cup strawberry juice (from home canned).
2 bottles ginger ale.
Mix well together. Serves 6.
The fruit left may be used in short cakes or salads. —**Mrs. Russell Henshaw, Deep Brook, Annapolis County, Nova Scotia.**

* * * *

Honey Punch

2½ cups water.
½ cup honey.
2 cups orange juice.
¼ cup lemon juice.
1 cup grapefruit juice.

Bring half of the water to boil dissolve honey in it add rest of the water and chill. Add fruit juices and chill again, serve icy cold.—**Mrs. Wm. E. Saulnier, St. Alphonse deClare, Nova Scotia.**

* * * *

Grape Juice Lemonade

Juice of three lemons, 1-3 cup sugar, two cups grape juice, enough water to make a quart.

Combine ingredients in the order given. Chill for half an hour. Serve in each glass a thin slice of lemon from which the seeds have been removed. This quantity will serve six water glasses or 18 punch glasses. —**Mrs. Raymond Porter, Springhill Mines, Nova Scotia.**

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Dandelion Greens

To wash a very large quantity of dandelions for preserving, if you posses a washing machine, put your greens into it and add enough warm water to cover. Let machine run for a short while and all grit will drop to the bottom of machine. Remove greens and cut off roots. Have a large clean crock and a bag of household salt ready for salting down your greens. Proceed as follows:

Put a layer of greens in crock then sprinkle a handful of salt over them. Repeat this method until crock is full nearly to the top. The wet greens will make their own brine. Now put the cover on your crock and weight it down with a stone to hold the greens down in the brine. If crock has no cover, use a plate with stone on top.—(Mrs.) **Susie P. Wasson, Parrsboro.**

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Oatmeal Cookies

½ cup brown sugar.
¾ cup shortening.
¾ teaspoon salt.
½ teaspoon soda.
3 cups oatmeal.
1 cup flour.

Mix as for biscuits then add enough water to make a dough for rolling. Bake in quick oven; makes four dozen.—**Mrs. Walter Smith, Forge Street, Trenton, Nova Scotia.**

* * * *

Rabbit Pie

Slowly cook 1 rabbit, until the meat separates from the bones. Slice and cook 6 medium size potatoes. Make a rich pie crust, and line a deep dish of casserole, place the meat and potatoes alternately in the dish, beginning and ending with meat. Season with pepper, salt, and 1 cup of broth. Moisten the edge of the pie crust before placing a layer of crust on top, sealing the edge carefully. Bake in hot oven until crust is golden brown. Cut in slices, and serve hot with thickened meat broth.—**Mrs. Arthur A. Banks, Bridgetown R.R. No 1, Annapolis County, Nova Scotia.**

Preserved Eggs

Everybody knows that eggs may be preserved by submerging them in a solution of water glass. But the following method which is much better is not so well known. Buy some vaseline size of jar according to number of eggs and smear each egg thoroughly with it cold. store immediately in ordinary cardboard egg boxes. Keep in a cool place. Wipe off vaseline before using eggs. **Mrs. Frank Lawlor, Box 445, Dartmouth, Nova Scotia.**

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Apple Cake

2 cups flour.
4 teaspoons Baking Powder.
¼ teaspoon salt.
2 tablespoons sugar.
2 tablespoons shortening.
1 egg.
Enough milk to mix well.

Mix dry ingredients, add shortening, egg and milk. Use pan large enough so that dough will be 1 inch thick. Cut several apples in eighths, place slantingly thin side down in dough. Sprinkle with sugar, cinnamon and nutmeg. Dot with butter and bake.—**Miss Martha Feltmate, White Head, Guysboro Co., Nova Scotia.**

Red Apple Salad

Scoop centres out of bright Nova Scotia apples, so as to make cups. Put in water containing a little lemon juice, until required for use. Dice apple and combine with diced celery and grape fruit. Mix with salad dressing. Refill apple cups, and garnish with red apple jelly.—**Mrs. R. S. Mader, Box 122, Mahone Bay, Nova Scotia.**

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Open Face Apple Pie

Pastry:
1 cup flour.
1/3 cup shortening.
¼ teaspoon salt.
⅛ cup ice water or just enough to moisten.

Mix flour salt and shortening with a knife. When nice and crumbly, add water. Roll out, fold over, roll again. Place pastry on pie plate as for squash pie.

Filling: Peel, quarter and core 5 or 6 apples depending on size. Place apple sections on pie shell in circles touching till shell is filled. Mix together ½ cup sugar, 3 tablespoons flour, pinch of salt, dash of nutmeg or cinnamon. Spread over apples. Dot on 1 tablespoon butter. Pour in 1/3 cup milk and bake. Is better served warm.—**Miss Lida Pipes, 72 South Albion Street, Amherst, Nova Scotia.**

Hot Apple Sandwich

Cover a slice of bread—toasted—with a thick layer of heavy apple sauce. Place two slices of bacon on top of the apple sauce. Bake in hot oven until bacon is crisp—serve at once—**Mrs. Susie P. Wasson, Parrsboro, Nova Scotia.**

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Butter-Scotch Apples

5 medium Nova Scotia apples.
1 tablespoon butter
½ tablespoon corn starch
1-3 cup brown sugar
½ cup boiling water
2 tablespoons lemon juice.

Melt butter in pan, add cornstarch and sugar mixed, cook to develop flavor and brown color. Add boiling water gradually, and lemon juice, stirring constantly. Bring to boiling point, add apples, cook gently until tender. Serve cold.—**Mrs. James Young, 28 Agricola Street, Halifax.**

Saving Apples

Cook cored apples; with very little water. Fill sterilized jars full, perfectly airtight.

Do this when apples are beginning to spoil in the Spring, also for early Summer apples, later add strawberry or rhubarb, and make jam, or use plain, or dry your apples on strings over the kitchen stove on a rack.

Wartime in this original way of doing apples, tried and tested saving sugar.—**Mrs. P. L. Christensen, Maitland Bridge, Annapolis County.**

Cinnamon Apples

8 apples.
1 teaspoon cinnamon.
2 cups of fruit juice.
Bake ¾ of hour.

This is left over juice from canned fruit opened for meals. Most of the time the fruit gets used and not the juice. This makes a nice dessert for suppers and takes no sugar.—**Margaret A. Johnson, Middleton, Nova Scotia.**

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Cheese Apples

6 large apples
6 small slices of cheese
6 teaspoons of sugar
1 teaspoon of nutmeg.

Wash and core 6 apples. Place in core hole one slice of cheese. 1 teaspoon of sugar, and a dash of nutmeg. Place in oven and bake. Eat while hot.—**Miss M. Findley, 41 John Street, Halifax, Nova Scotia.**

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Apple Sauce "Without Sugar"

½ lb. dried apples.
Water.
1½ saccharin tablets (½ grain).
Flavoring to taste.

Cook apples in water they have been soaked in all night. Dissolve tablets in ¼ cup warm water and add to apples when cool. Add flavoring.—**Mrs. T. J. Kline, 153 Windsor Street, Halifax.**

To Save Non-Keeping Apples

I find that a jar of apple sauce is handy to have the whole year round. Its nourishing, economical, and good for many uses.

For example: Gravenstein apples are very delicious in every way, but will spoil easily.

I like quart jars. If I should need it as a relish with roast-pork, what's left over can be used for breakfast the next morning, if any one should refuse it, an Apple Sauce Cake will be sure to please during the day.

Apple Sauce

Core and pare 5 lbs of apples.
Quarter.
Add 5 cups of water.
Cook until boiling point.
Simmer twenty minutes.
Add three cups of sugar.
Stir until sugar is dissolved.
Put into sterilized jars.
Seal.
—**Mrs. Walter Paon, Martinique, Richmond County, Nova Scotia.**

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Apple and Prune Delight

½ lb. prunes.
¼ cup corn syrup.
1 tablespoon grated orange rind.
2 apples grated.

Soak the prunes overnight and then stone them. Arrange them in a baking dish and add the corn syrup and orange rind. Barely cover with water, then strew with the grated apple. Bake in a moderate oven, 350 degrees for half an hour. Then cover with a meringue made from 2 egg whites beaten stiffly with 2 tablespoons sugar. Return to a very moderate oven for 10 minutes.—**Mrs. W. L. MacKinnon, Lawrencetown, Anna. Co., N. S.**

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Peach or Plum Apple Sauce

8 medium apples (about).
Left-over syrup from bottled peaches or plums.

Arrange apples in baking dish. Cover with left-over syrup. (This is obtained by serving as little syrup as possible with the fruit). Bake until tender in covered dish in slow oven, or cover with biscuit dough and bake in hot oven. I serve hot biscuits or muffins with sauce for dessert.

Wartime economy. This makes a double use of your canning sugar as well as making use of our own fruits—**Mrs. Shirley Gates, New Ross, Lunenburg County, Nova Scotia.**

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To Dry Apples For Winter

The home dried apples always taste better than evaporated ones to me. Any one who has an early apple which keeps a very short time after it is ripe, can peel, quarter and string on a white twine and hang up to dry. Keep in a dry place or out in the air turning on strings once in a while so that the air can get to all parts. They will turn dark, but that does not matter, when exposed to flies, keep covered with a cheese cloth, when well dried, take off the string and put away in cotton bags, will keep for years and nothing is half so nice as dried apple pie. Soak the apples well before cooking.—**L. L. Langille, Box 182, River John, Nova Scotia.**

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APPLE CHUTNEY

Peel and chop sour apples to make 2 quarts measured after chopping, add 2 green peppers seeded and chopped; 1-3 cup finely chopped onions; ¾ pound of chopped seedless raisins, 2 tsp. salt, 1 cup corn syrup or honey (can be used) grated rind of 1 large lemon, juice of 2 lemons, 1¼ cups of cider vinegar, 3 tsp. ground ginger and ¼ tsp. cayenne pepper. Mix together and simmer until as thick as chili sauce, pour hot in small jars and seal—**Lillian P. Romkey, Necum Teuch, Halifax, Nova Scotia.**

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Stuffed Apple Dessert

Several large apples
Rice, oatmeal, or any left over cooked cereal.

Method: Take as many large apples as needed, and hollow out the core, fill center with left over cooked cereal, to which has been added a little brown sugar, a beaten egg, (if plentiful, though not necessary), and addition of a few raisins if desired, also a bit of flavoring. Sprinkle top with a little brown sugar. Place in pan with small amount of water, and bake in oven till tender. Serve with top milk or cream — **Mrs. George A. MacKenzie, Grand Anse, Nova Scotia.**

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Alpine Pudding

Grease a pie dish and put a layer of thinly sliced apples in the bottom, (if cooking apples and very sour, sprinkle with sugar). Then add a layer of bread crumbs and a layer of sugar, fill up the dish with layers, and put a few dots of butter on top. Bake in moderate oven. (If apples are not sour the first layer, of sugar should not be added unless strictly necessary, the one on the first layer of apples).—**Mrs. F. Verge, 12 Maitland Street, Halifax, Nova Scotia.**

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Victory Apple Pudding

2 tablespoons lard.
2½ cups flour (sifted)
1 egg.
2 tablespoons of sugar.
4 tablespoons of milk.

Sift flour and baking powder together. Rub in the lard and mix with cold water or milk to a soft dough. Roll out or press in a long greased baking pan. Pare, core and slice 5 or 6 apples and arrange the slices on top of dough, sprinkle with sugar and cinnamon to taste. Beat the egg with two tablespoons of sugar and the four tablespoons of milk. Pour this mixture over the apples and bake in a moderate oven about 24 minutes.

Apple Muffins

Temperature 400 degrees F.
Time 25 minutes.
2 cups all purpose flour.
4 teaspoons baking powder.
½ teaspoon salt.
½ teaspoon cinnamon.
¼ teaspoon nutmeg.
1 cup finely chopped apples.
1 egg.
¼ cup brown sugar.
1 cup milk.

3 tablespoons melted shortening.

Sift together the flour, baking powder, salt, cinnamon and nutmeg. Add the apples. Beat the egg, add brown sugar, milk, melted shortening. Add to the flour mixture all at once; mix lightly. Fill oiled muffin tins 2-3 full.—**Mrs. Albert Cyr, Victoria Street, Westville, Nova Scotia.**

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Apple and Raisin Muffins

1-3 cup butter and lard.
¼ cup sugar.
¼ teaspoon salt.
4 teaspoons baking powder.
1 egg.
1 cup milk.
2 cups sifted flour.
1 cup chopped apple.
½ cup raisins.

Cream shortening, add sugar and beaten egg. Sift flour with baking powder and salt and combine with milk to first ingredients. Lastly add chopped apple and raisins. Makes 12 large muffins. Bake in oven 350 degrees.—**Mrs. Ernest R. Swansburg, Swansburg P. O., Shelburne County, Nove Scotia.**

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Apples Baked With Bread

Remove the cores from good-sized apples; fill with jam, place round slices of stale bread in a baking-dish and put an apple on each slice. Pour scalded milk over the bread. Bake until the apples are soft. Delicious for desert when apples will be plentiful.—**Mrs. J. Fred Mullally, Souris, P. E. Island.**

Nova Scotia Apple Syrup

Take Nova Scotia apples, wash clean, peel and core. Cook skins and cores till cooked thoroughly. Drain through colandar. Then drain juice through salt bag to clear; put back on stove, put half as much sugar as for jelly. Cook till it thickens when cold like molasses. Good over desserts with a spoonful of cream added or for cereals and toast for children or sick folks. Has a richer flavor than jelly.—**Miss Emma Collicutt, Cambridge, Nova Scotia.**

Apple Butter

Use firm, ripe, freshly gathered apples. Core apples, pare and slice. Measure apples, add equal amount of cider. Simmer apples until soft. Press through sieve; measure sieved fruit. Add half as much sugar and few grains of salt. Bring to boil. Boil, stirring frequently, until thick and no rim of liquid separates out when butter is dropped on cold surface. Pour into hot sterilized jars, filling to top; fasten cover at once. If desired, add stick cinnamon and whole cloves tied in cheesecloth to butter while cooking. Remove before pouring into jars.—**Mrs. F. J. Parsons, 192 South Street, Halifax, Nova Scotia.**

Preserves

Rose Hip Jam

1 pound rose hips.
½ pint water.

Gather rose hips before they become soft and wrinkled and choose a dry day. Cut off stems and crowns and rub the hips with a coarse cloth. Add ½ pint water to each pound and cook until they pass easily through a sieve. To each pound of pulp allow ¾ pound sugar. When sugar is dissolved boil until jam sets when tested. Add 1 teaspoon ginger to each pound if desired.—**Mrs. Fred Anderson, Ellershouse, Hants County, Nova Scotia.**

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Carrot Marmalade

1½ pounds carrots.
3 lemons.
1½ pounds sugar.
Speck of salt.

Method: Wash and scrap carrots, put them through meat grinder and cook in just enough water to cover. Wash lemons and cut off rinds. Put rinds through meat grinder. Divide lemons into sections, removing all seeds and membranes. Combine the mixtures and add sugar. Boil until it jells. Turn into hot glasses, (sterilized).—**Mrs. George A. MacKenzie, Grand Anse, Richmond County, Nova Scotia.**

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Foxberry Preserves

1 quart foxberries
¼ cup sugar.

Clean the berries, saving the juice, add sugar and cook slowly in covered kettle and they are really delightful. Can be used as tart filling, relish for ham or veal or poultry.—**Mrs. A. Irwin, 56 Victoria Road, Dartmouth.**

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Blueberry "Jam"

3 cups of berries.
1 cup sugar.
Pinch of salt.

Measure berries and crush with a potato pounder. Measure sugar, add salt, mix all together well and boil from 20 to 30 minutes. It is best to do berries in 2 quart lots. Bottle and seal. Grand for pies, squares, used with a little spice added to berries in winter, as they are all ready and sweetened.—**Mrs. T. Kline, 153 Windsor St., City.**

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Rose Petal Pudding

Queens Co

(from Marie Bell)

1 cup flour
1 teaspoon baking powder
¼ cup molasses
¼ cup sugar
¼ teaspoon salt
1 handful wild rose petals

Mix and steam about 1 hour.
Serve hot with cream

Lunenburg County
(from Marie Bell)

Cucumber Salad

Peel cucumbers, slice them, not too thick, put a little salt over it, put a plate on top & a flatiron on top of all. ~~This~~ Leave for 3 hours. This presses out the water, which is said to be the indigestible part. Pour off the expressed juice. ~~It~~ Put cucumbers in large vegetable dish, with a medium sized onion cut up in very small pieces, 2 teaspoons sugar, pepper, vinegar. Stir the cucumbers gently through the vinegar with a spoon. Put on as much sweet or sour cream as you like. Formerly in Lunenburg County hot potatoes would be placed in the dish amongst the cukes and the whole thing would comprise the main dish of the meal

Queens County (Marie Bell)

APPLES IN SOUR KROUT

When I was a child in the 1880's & 90's my father used to get a half-barrel of sauer kraut every Fall from the "Dutch" farmers out Beach Meadows way. It would arrive in late October or early November & was put down the cellar. At intervals (Dutch folk say it follows the phases of the moon) the brine or "pickle" of the sauer kraut rises to the top, frothing up over & through the shredded cabbage. Whenever this happened we used to poke small apples into the topmost part of the kraut, thrusting them well under the pickle. We left them there 2 or 3 weeks. Then we ate them, and loved them. They had a flavor impossible to describe, with the apple flavor & the cabbage flavor, & the tang of the salt, all modified by the fermentation of the pickle, & most delicious.

TURNIP SAUER KRAUT (Dutch in Queens, & Lunenburg)

Made exactly the same as cabbage sauer kraut, though not so popular. Looks very much like it when properly fermented.

SAUER KRAUT (Queens & Lun.)

Take sauer kraut from barrel, scald with boiling water to remove excess pickle. Boil sauer kraut with spare ribs of pork for 3 hours & serve hot.
Some like a dash of vinegar applied just before eating

BLACK BREAD (Lun. Co)

(Marie Bell)
When I taught school at New Germany in 1899 I lived with a family named Chesley. Chesley was a farmer who owned a small grist mill operated by a stream which flowed through the farm. Chesley used to grind his own wheat & rye & also ground a lot for his neighbours. The husks & chaff left from threshing & winnowing Chesley used to grind into a coarse flour, & Mrs Chesley made black bread in the old German way. It had a nutty taste & I thought it very good.

LIVER SAUSAGE

(Still made in Lun. Co. in 1945) Consists of pork, beef liver & heart ground up with ~~[illegible]~~ SAGE, pepper, salt, & packed into the big gut of a pig – the gut previously turned inside out and cleaned of course. These sausages were turned out in lengths of about 2 feet, the ends of the gut tied. In Queen Co we called them Pig Puddings. The meat was stuffed into the gut with a "filler", a sort of long tube with a plunger inside

40

42

44

FISHERIES RESEARCH BOARD OF CANADA
HEAD OFFICE IN OTTAWA
(UNDER THE MINISTER OF FISHERIES)

St. Andrews, N. B.
May 27th., 1941.

Thomas H. Raddall, Esq.,
Liverpool, Nova Scotia.

Dear Mr. Raddall:

Your letter of May 20th was duly received.

We have no special knowledge of swordfish as we have never conducted any investigations beyond making a start on a condition known as "jellied swordfish".

I think that a 1924 publication of the U.S. Bureau of Fisheries, namely Bigelow and Welsh's account of the "Fishes of the Gulf of Maine" would give you as good a summary as I am able to put my hands on readily. I have had the pertinent portion which refers to swordfish copied out for you.

Some years ago a party from the American Museum of Natural History in New York sent a small party to Louisburg, Nova Scotia, to study swordfish and some ntary papers have appeared on their findings. I will these up and see if they contain anything on the life of the fish. My impression is that they do not.

A further attempt to ascertain something of movements of this fish was inaugurated three or four ago by a Mr.J.C. Webster of the U.S. Bureau of Fisheries. I think that he was doing it largely from personal eat. He was supplying marked darts to the sword-fish and as the dart remains in fish which escape they are a sense tagged. When I last heard from him he had any returns. It might however be worth your while unicating with him at Room 210-A, Harvard Biological oratories, Cambridge, Mass.

46

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PLEASE REFER TO FILE NO. 21

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Answered June 1

I have often heard of you from your sister, Mrs. Cassidy, who is a close friend of my wife and whom I too had the pleasure of knowing before she left Halifax.

Yours very truly,

A. H. Leim.

L:S.

(From Bigelow and Welsh - "The Fishes of the Gulf of Maine.")

SWORDFISH

General range.- Both sides of the Atlantic Ocean, north to northern Norway, the Newfoundland Banks, and Cape Breton; south to latitude about 35° south. Also in the Mediterranean and Red Seas, about the Cape of Good Hope, and in the Indian and Pacific Oceans.

Occurrence in the Gulf of Maine.- The swordfish seems to have attracted little attention in the Gulf in colonial days,and though it has long supported a lucrative fishery off New England we know little more of its life to-day than when Goode (1883) gathered his "Materials for the History of the Swordfish."

The outer part of the continental shelf from Block Island east to La Have Bank is the chief center of abundance,with Nantucket Shoals and Georges Bank perhaps the favorite grounds. A few swordfish are seen off Massachusetts Bay and along the Maine coast every summer. During some summers, of which 1884 was one,large numbers appear there,and on these occasions they are killed all around the Gulf from Cape Cod to Browns Bank,with Jeffreys Ledge and a zone about 10 to 12 miles off the coast from Boon Island to Cape Elizabeth perhaps their favorite resort. During most years,however,the great majority keep to the offshore banks,and only odd fish are seen in the inner parts of the Gulf of Maine,and they are rarely seen in the Bay of Fundy. Thus we find only 2,511 pounds (say 10 or 12 fish) brought in by the shore fishermen of Cumberland County, 3 or 4 (800 pounds) landed in York

County in 1919. A few are caught off the west coast of Nova Scotia every summer (in 1920,a good swordfish year, 4,700 pounds, or about twenty-odd fish,were landed along the Yarmouth County shore),and over the basin of the Gulf. They are never plentiful in the inner parts of the Gulf and rarely enter the Bay of Fundy. On the offshore banks,on the contrary,25 or more are often seen in a day. Sometimes that many are in sight at one time,especially over the southwest slope of Georges Bank,and several thousand are killed every summer. In the year 1919,for example,vessels from Maine ports,hunting mostly east of Nantucket,brought in about 425,000 pounds. Massachusetts vessels brought in 712,000 pounds, equivalent,say,to 4,000 fish. In 1920,a big swordfish year, 2,258,051 pounds (something like 7,000 fish) were landed in the ports of Boston,Gloucester,and Portland,not to mention such as were carried to New Bedford,Newport,and New York.

Swordfish,like all fish,fluctuate in abundance from year to year. Thus they were more abundant in the summer and fall of 1904 than was ever known before; plentiful,too,during the next two years; less so until 1913; and very numerous again in 1920. But on the whole the catch runs much more even,year by year,than for most oceanic fish,seldom rising above 2,000,000 or falling below 1,000,000 pounds for the landings in Boston and Gloucester.

The swordfish,like mackerel,tuna,and bonito,is purely a summer fish on the North American coast,appearing simultaneously off New York and Block Island,on Nantucket Shoals,and on Georges Bank sometime between the 25th of May and the 20th of June,but they are seldom on the Scotian Banks until somewhat later or in

the inner parts of the Gulf of Maine before July. They are most numerous in July and August,and vanish at the approach of cold weather. This seasonal ebb and flow is clearly reflected in the catch,month by month (fig.103). So far as we can learn,not one has ever been reported east of Cape Cod after the first days of November,and most of them are gone from the Gulf by the last week in October; but an odd fish has been taken off New York and New Jersey in December and even in January, the most recent report of such occurrence being of 13 entangled in line trawls set for tilefish in 95 to 125 fathoms off Long Island between December 20, 1921,and January 1, 1922.

It is generally believed that swordfish come in from the open seas when they appear on the offshore banks in spring,some few to enter the Gulf of Maine,but the majority to remain about the banks at its mouth or to work slowly eastward along the outer part of the continental shelf,which is the only regular longshore migration they carry out. When they depart in autumn it is to return to the open Atlantic,but how far they go when they leave us, or how deep,is unknown. We are equally ignorant of where our local swordfish breed - certainly not in American coastwise waters,as no ripe fish have ever been seen there. In fact,most of the fishermen of whom we have inquired assure us they have never seen a trace of "spawn" in a swordfish,although they have dressed hundreds,and a "green" fish with ovaries weighing 15 pounds,brought into New Bedford on June 25, 1922, was considered so unusual that it caused much comment. Furthermore,it seems that very young fish never visit us,one of 7 3/8 pounds,caught on Georges Bank by the schooner Anna,

August 9, 1922, being the smallest so far recorded from off New England.[87] Goode, et al. (1884), it is true, describe a sword only one-half inch long found in the nostril of a mackerel shark caught at Gloucester, but there is no knowing how long the shark may have carried it, nor whence. One slightly more than 2 feet long with the sword and weighing about 24 pounds alive was also recorded by them, but fish smaller than 50 to 60 pounds are decidedly unusual. In the Mediterranean young fry as small as half a pound are often brought to market.

Food.- The swordfish is a fish eater. During its stay in American waters it feeds on mackerel, menhaden, bluefish, silver hake, butterfish, herring, and indeed on any of the smaller schooling fishes, buckets of which have been taken from swordfish stomachs. Squid, too, are often found in them and may be their chief diet at times. One that we killed on Georges Bank on July 24, 1916, was full of silver hake, and another harpooned off Halifax contained a squid (Ommostrephes) and fragments of silver hake. They have often been described as rising through schools of mackerel, menhaden, etc., striking right and left with their swords, and then turning to gobble the dead or mangled fish. Judging from the commotion, we have seen them so employed on more than one occasion, though never close enough to actually follow the event. According to swordfishermen, it is not unusual for swordfish to contain black deep-sea fishes, and Kingsley[88] records two stomiatids (Echiostoma barbatum Lowe) taken from the stomach of one harpooned over the offshore slope of Georges Bank, so fresh that the phosphorescent organs were still in good condition, and since these black fish probably

always keep below 150 fathoms this is sufficient evidence that swordfish sometimes forage at considerable depths. It seems that they sometimes endeavor to strip line trawls set for halibut and tilefish of the smaller fish already caught,for they are occasionally brought up entangled in the line,but never actually hooked.

Habits.- Swordfish are supposed to spawn in spring and early summer,but judging from the state of the ovaries and spermaries this can not apply to the American fish,which must spawn during the part of the year when absent from our coasts,and probably in the warmer parts of the Atlantic basin,for Lutken[89] found swordfish fry as small as 10 mm.- evidently hatched but a short time previous - between the latitude of 20° and 39° N. The fact that they are thin when they return to us in spring,but fatter during the summer stay,is further evidence that they are spent before they appear off the coast.

Nothing is definitely known of the rate of growth of the swordfish. It has been supposed that the young fish of half a pound to 12 pounds taken in winter in the Mediterranean are the product of the past spring's spawning,but this would call for unusually rapid growth. The very large size attained may equally be the result of long life.

Although swordfish congregate temporarily in certain localities they do not school,but are always seen scattered about either singly or at most two fish swimming together. On this point the earlier published accounts,statements by fishermen,and our own rather limited experience are in accord. On calm days

swordfish often lie quiet on the surface or loaf along with both the high dorsal and the tip of the caudal fin above water, and it is while so employed that they are harpooned. When at the surface swordfish do a good deal of jumping,perhaps in a vain attempt to shake off the remoras that so often cling to them. On July 28, 1914, off Shelburne,one leaped clear of the water four or five times in rapid succession close to the Grampus.

Tales innumerable are current of swordfish attacking vessels,but most such happenings are really the work of some one of the round-sworded spearfishes,which seem either to be subject to fits of "temporary insanity",as Goode,et al. (1884, p.345), called it,or,more likely,may strike a ship and pierce its planking while pursuing bonito or other fish in its shadow. Though many pleasure and fishing craft,large and small,cruise off our coasts every summer,we have never known of one being struck by a swordfish unprovoked,but fish that have been harpooned often turn on their pursuers and for one to so pierce the thin bottom of a dory is a common event. We have,indeed,known several fishermen to be wounded in the leg in this way,but always after the fish had been struck with the harpoon. Under these circumstances swordfish have been known to drive their swords right through the planking of a fishing vessel.

Stories of swordfish attacking whales are time-honored traditions of the sea,with no more stable foundation than the myth that they ally themselves with the harmless thresher shark for the purpose. As a matter of fact swordfish are easily frightened, but for some occult reason they will allow themselves to be almost

run down by a large vessel without paying the least attention to its approach until aroused by its shadow or by the swirl of water under its forefoot,though I have never heard of a swordfish actually being struck by a vessel. They always sound or dart aside in time. When harpooned swordfish fight gamely on the surface or below. Storer long ago wrote that they sometimes sound with such speed and force as to drive the sword into the bottom,which fishermen say is by no means uncommon,and we ourselves saw an instance of this off Halifax in August,1914,when a fish over 10 feet long, which we had harpooned from the Grampus,plunged with such force that it buried itself in the mud beyond the eyes in 56 fathoms of water. When finally hauled alongside it brought up enough mud plastered to its head to yield a good sample of the bottom.

How far temperature governs the distribution of swordfish is yet to be learned. It is safe to say that it is a warm and not a cold-water fish,most plentiful in waters warmer then 50°; but occasional captures on halibut line trawls set near bottom as deep as 200 fathoms,together with the fact that swordfish are by no means rare on the Newfoundland Banks,whence several fish were brought back by the American cod fleet in 1920,proves that temperatures lower than 50° are not a bar to it.

Full-grown swordfish are so active,powerful,and well armed that they can have few enemies. Sperm and killer whales and the larger sharks alone menace them,and while we can find no evidence that swordfish ever fell prey to the first two,Captain Atwood found a good-sized swordfish in the stomach of a tiger shark as recorded above (p.28),and one swordfisherman of our acquaintance

described seeing two large sharks bite or tear off the tail of a swordfish of 350 pounds,which he afterwards harpooned. Young swordfish would,of course,be preyed upon by any of the larger predaceous fishes.

Swordfish are infested with many parasites besides the remoras,several of which are often clinging to one fish. No less than 12 species of worms and 6 of copepods have been identified from fish taken off Woods Hole alone.

Swordfish are harpooned. We have never heard of one caught in net or seine,nor is it likely that any net of the sorts now in use would hold a large one. On rare occasions swordfish have been taken on hand lines baited for cod with mackerel or other fish. Goode (1883),for example,relates an instance where seven were so caught in one day in the South Channel in 15 to 25 fathoms,and fishermen have told us of other such happenings.

Commercial importance.- Appreciation of the swordfish in the market is of recent growth. Down to the middle of the past century it was unsalable in Boston and brought a very low price in New York,but of late years the demand would take care of a much greater supply than is available. In 1919 the price to the fishermen averaged between 23 and 24 cents per pound.[90]

48

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Swordfishermen:- Almond Haskins, Pork Morton
Clifford Payzant, " "

ADDITION TABLE

1 *and* 1 are 2	2 *and* 1 are 3	3 *and* 1 are 4	4 *and* 1 are 5	5 *and* 1 are 6	6 *and* 1 are 7	7 *and* 1 are 8	8 *and* 1 are 9	9 *and* 1 are 10	10 *and* 1 are 11	11 *and* 1 are 12	12 *and* 1 are 13
2 - 3	2 - 4	2 - 5	2 - 6	2 - 7	2 - 9	2 - 9	2 - 10	2 - 11	2 - 12	2 - 13	2 - 14
3 - 4	3 - 5	3 - 6	3 - 7	3 - 8	3 - 9	3 - 10	3 - 11	3 - 12	3 - 13	3 - 14	3 - 15
4 - 5	4 - 6	4 - 7	4 - 8	4 - 9	4 - 10	4 - 11	4 - 12	4 - 13	4 - 14	4 - 15	4 - 16
5 - 6	5 - 7	5 - 8	5 - 9	5 - 10	5 - 11	5 - 12	5 - 13	5 - 14	5 - 15	5 - 16	5 - 17
6 - 7	6 - 8	6 - 9	6 - 10	6 - 11	6 - 12	6 - 13	6 - 14	6 - 15	6 - 16	6 - 17	6 - 18
7 - 8	7 - 9	7 - 10	7 - 11	7 - 12	7 - 13	7 - 14	7 - 15	7 - 16	7 - 17	7 - 18	7 - 19
8 - 9	8 - 10	8 - 11	8 - 12	8 - 13	8 - 14	8 - 15	8 - 16	8 - 17	8 - 18	8 - 19	8 - 20
9 - 10	9 - 11	9 - 12	9 - 13	9 - 14	9 - 15	9 - 16	9 - 17	9 - 18	9 - 19	9 - 20	9 - 21
10 - 11	10 - 12	10 - 13	10 - 14	10 - 15	10 - 16	10 - 17	10 - 18	10 - 19	10 - 20	10 - 21	10 - 22
11 - 12	11 - 13	11 - 14	11 - 15	11 - 16	11 - 17	11 - 18	11 - 19	11 - 20	11 - 21	11 - 22	11 - 23
12 - 13	12 - 14	12 - 15	12 - 16	12 - 17	12 - 18	12 - 19	12 - 20	12 - 21	12 - 22	12 - 23	12 - 24

SUBTRACTION.—By reversing the above Table Subtraction is learnt, thus: instead of saying 1 and 1 are 2, say 1 from 2 and 1 remains; 1 from 3 and 2 remains.

MULTIPLICATION TABLE

2 *times*	3 *times*	4 *times*	5 *times*	6 *times*	7 *times*	8 *times*	9 *times*	10 *times*	11 *times*	12 *times*
1 are 2	1 are 3	1 are 4	1 are 5	1 are 6	1 are 7	1 are 8	1 are 9	1 are 10	1 are 11	1 are 12
2 - 4	2 - 6	2 - 8	2 - 10	2 - 12	2 - 14	2 - 16	2 - 18	2 - 20	2 - 22	2 - 24
3 - 6	3 - 9	3 - 12	3 - 15	3 - 18	3 - 21	3 - 24	3 - 27	3 - 30	3 - 33	3 - 36
4 - 8	4 - 12	4 - 16	4 - 20	4 - 24	4 - 28	4 - 32	4 - 36	4 - 40	4 - 44	4 - 48
5 - 10	5 - 15	5 - 20	5 - 25	5 - 30	5 - 35	5 - 40	5 - 45	5 - 50	5 - 55	5 - 60
6 - 12	6 - 18	6 - 24	6 - 30	6 - 36	6 - 42	6 - 48	6 - 54	6 - 60	6 - 66	6 - 72
7 - 14	7 - 21	7 - 28	7 - 35	7 - 42	7 - 49	7 - 56	7 - 63	7 - 70	7 - 77	7 - 84
8 - 16	8 - 24	8 - 32	8 - 40	8 - 48	8 - 56	8 - 64	8 - 72	8 - 80	8 - 88	8 - 96
9 - 18	9 - 27	9 - 36	9 - 45	9 - 54	9 - 63	9 - 72	9 - 81	9 - 90	9 - 99	9 - 108
10 - 20	10 - 30	10 - 40	10 - 50	10 - 60	10 - 70	10 - 80	10 - 90	10 - 100	10 - 110	10 - 120
11 - 22	11 - 33	11 - 44	11 - 55	11 - 66	11 - 77	11 - 88	11 - 99	11 - 110	11 - 121	11 - 132
12 - 24	12 - 36	12 - 48	12 - 60	12 - 72	12 - 84	12 - 96	12 108	12 - 120	12 - 132	12 - 144

DIVISION.—To apply this Table to Division reverse it, thus: instead of saying 3 times 1 are 3, say 3's in 3 are 1, or go once; 3's in 6 are 2, or go twice.

ARITHMETICAL TABLES

Numeration.

Units.....1
Tens.....12
Hundreds.....123
Thousands.....1,234
Tens of Thousands.12,345
C. of Thousands..123,456
Millions.....1,234,567
T. of Millions.12,345,678
C. of Millions.123,456,789

The number represented in the last line is read: One hundred and twenty-three million, four hundred and fifty-six thousand, seven hundred and eighty-nine.

Numerals.

ARABIC.	ROMAN.
1	I.
2	II.
3	III.
4	IV.
5	V.
6	VI.
7	VII.
8	VIII.
9	IX.
10	X.
20	XX.
50	L.
100	C.
500	D.
1000	M.

Cubic, or Solid Measure.

1728 Inches.1 Solid Foot
27 Feet...1 Solid Yard
42 Feet.1 Ton Shipping
128 Feet..1 Cord Wood

Long Measure.

12 Lines.....1 Inch
4 Inches.....1 Hand
12 Inches.....1 Foot
3 Feet.....1 Yard
6 Feet.....1 Fathom
5½ Yards.1 Rod or Pole
40 Rods.....1 Furlong
8 Furlongs.....1 Mile
3 Miles.....1 League
69½ Miles.....1 Degree
1760 yds. or 5280 ft. 1 Mile
6075·81 ft. 1 Nautical Mile

Dry Measure.

2 Pints.....1 Quart
4 Quarts.....1 Gallon
2 Gallons.....1 Peck
4 Pecks.....1 Bushel
36 Bushels...1 Chaldron

Avoirdupois Weight.

16 Drams.....1 Ounce
16 Ounces.....1 Pound
14 Pounds.....1 Stone
25 Pounds..1 Quarter, C.
28 Pounds..1 Quarter, E.
4 Quarters..1 Hund'w't.
20 Hundredweight } 1 Ton
2000 lbs., Can.... }
2240 lbs., Eng.... }

Paper.

24 Sheets.....1 Quire
20 Quires.....1 Ream

Time Measure.

60 Seconds.....1 Minute
60 Minutes.....1 Hour
24 Hours.....1 Day
7 Days.....1 Week
4 Weeks.....1 Month
12 Months, or } ...1 Year
365¼ Days }
100 Years.....1 Century

Arithmetical Signs.

+ Plus, sign of Addition.
− Minus, sign of Subt'n.
× Sign of Multiplication.
÷ Sign of Division.
= Sign of Equality.
:::: Sign of Proportion.
√ Sign of the Sq. Root.
° Degree, ′ Minute.
″ Second, ∴ Therefore.

Troy Weight.

24 Grains.1 Pennyweight
20 Pennyweights.1 Ounce
12 Ounces.....1 Pound

Cloth Measure.

2¼ Inches.....1 Nail
4 Nails.....1 Quarter
3 Quarters.1 Flemish Ell
4 Quarters.....1 Yard
5 Quarters..1 English Ell
6 Quarters..1 French Ell
37 Inches...1 Scotch Ell

Apothecaries' Weight.

20 Grains.....1 Scruple
3 Scruples.....1 Dram
8 Drams.....1 Ounce
12 Ounces.....1 Pound

Square or Land Measure.

144 Sq. Inches.1 Sq. Foot
9 Sq. Feet..1 Sq. Yard
30¼ Yards.1 Square Rod
40 Poles.....1 Rood
4 Roods.....1 Acre
640 Acres.....1 Sq. Mile

Days in the Month.

30 days hath September,
April, June and November;
February has 28 alone.
And all the rest have 31;
But Leap Year coming once in four,
February then has one day more.

Measure of Capacity.

4 Gills.....1 Pint
2 Pints.....1 Quart
4 Quarts.....1 Gallon
9 Gallons.....1 Firkin
36 Gallons.....1 Barrel
63 Gallons...1 Hogshead

Land Survey Measure.

7.92 Inches.....1 Link
100 Links.....1 Chain
1 Chain.....66 Feet
10 Sq. Chains.....1 Acre

English Money Table.

4 Farthings....1 Penny
12 Pence.....1 Shilling
20 Shillings.....1 Pound

A Florin is 2*s*.....45c.
A Half-Crown is 2*s*. 6*d*.....60c.
A Sovereign is 20*s*..$4.86

Aliquot Parts of a Pound.

s.	*d.*		£
10	0	is	1 half.
6	8	..	1 third.
5	0	..	1 fourth.
4	0	..	1 fifth.
3	4	..	1 sixth.
2	6	..	1 eigth.
2	0	..	1 tenth.
1	8	..	1 twelfth.
1	3	..	1 sixteenth.

Of a Shilling.

d.	*s.*	*d.*	*s.*
6 is	1-half.	2 is	1-6th.
4 ..	1-third.	1½ ..	1-8th.
3 ..	1-fourth.	1 ..	1-12th.

Of a Ton.

Cwt.	*Ton.*	*Cwt.*	*Ton.*
10 is	1-half.	2½ is	1-8th.
5 ..	1-4th.	2 ..	1-10th.
4 ..	1-5th.	1 ..	1-20th.