



OYSTERS

And How To Cook Them

100 Delicious Meals at
One Half the Cost of Meat



Oyster Catching

Past and Present



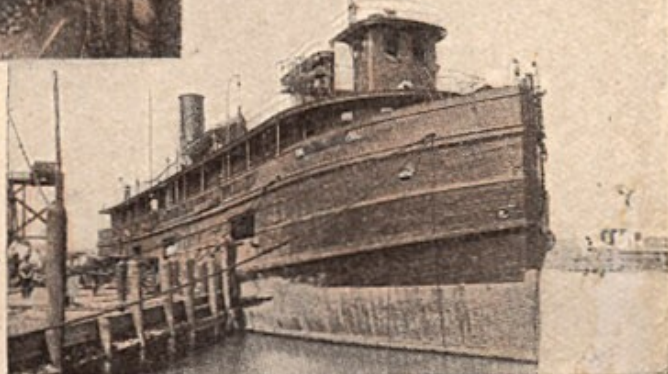
The Old Way of Catching Oysters.

A man could tong three to ten bushels per day of wild oysters.



One of the Six Large Dredges of a Modern Oyster Steamer.

Each dredge catches eighteen bushels at a time.



A Modern Oyster Steamer.

It has a crew of twenty-five officers and men, and a capacity of about eight thousand bushels of oysters a day on cultivated oyster farms.



The High Cost of Living Can Be Greatly Reduced By Eating Oysters More Frequently

If properly cooked, OYSTERS furnish a more palatable and easily digested meal than meats and at but one-half the cost.

Very few housewives know even one-tenth of the delicious and economical ways in which oysters may be cooked. This booklet of 100 recipes will furnish an excellent variety of menu, for those who frequently wish appetizing food at moderate cost.

Many of these recipes have been recommended by prominent physicians for invalids and convalescents. Oysters are palatable to all, whether well or ill. The natural juices of the oyster contain the elements of digestion so that they are called by scientists, self-digesting.

During the past ten years, improvements in the cultivation and maturing of oysters, preparation for shipment, perfect cleanliness in packing, sterilizing plants, refrigerating plants, in fact every available method of improvement, has made them more desirable than ever before.

While the cost of meat has increased over forty per cent., the great increase in the production of oysters permits them to be furnished to the consumer at no more cost than many years ago. Therefore, the intelligent buyer WILL have oysters. And by so doing, effects a large economy.



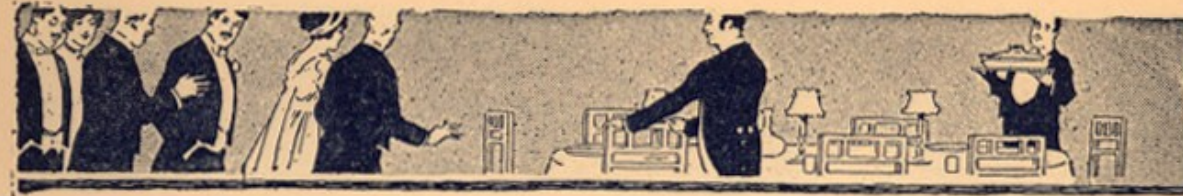
Oysters are nutritious, delicious and appetizing. They are now analyzed by official state bacteriologists, and certificates are granted by state authorities as to the purity of the oysters. The packing houses are inspected. The methods of handling are most careful. Hence, the pure product of the deep water is delivered to consumers, wherever railroads go, in the most perfect condition.

For thousands of years oysters have been considered a delicious, appetizing and nutritious food. They have delighted the epicures of every age since the time of Lucullus. They are the pure, easily digested and delicious natural product of the deep salt waters. To paraphrase Isaac Walton's quaint saying, "Doubtless God could have made" a more satisfying, appetizing and delicious food than oysters, "but doubtless God never did."

FOOD VALUE OF THE OYSTER

Among the many scientists who have made a study of the bacteriological and chemical conditions of oysters, perhaps none have done so more thoroughly than Dr. Julius Nelson, Professor of Biology, Rutgers College, New Brunswick, N. J., and Biologist of New Jersey State Agricultural College Experiment Station. With his consent we publish the following statement:

"Oysters are a good food. Oysters come nearer in composition to cow's milk than do most other meats, as all the four kinds of nutrients needed are present in good degree. Oysters have a larger excess of the flesh building substance relative to the other constituents than milk, so we 'balance the ration' by addition of starchy food and fats when eating oysters, thus securing a good meal at a cost that compares favorably with that when other meats are chosen. Oysters have some special points of advantage, among which the following:



(1) The sea salts that they contain are useful in regulating and stimulating nutritional processes.

(2) They are the tenderest of meats and easily digestible, and suitable even for persons of sedentary habits.

(3) In addition to being easily safeguarded against accidental contamination, there is no oyster parasite known, that will live in the human system.

(4) Oysters are clean feeders; they are practically confined to a selection of the beautiful little plants known as diatoms. I consider oysters a valuable and wholesome food."

After reading the above from Prof. Nelson, if there could be any further question, read what Prof. Frederick P. Gorham, Associate Professor of Biology at Brown University, and Sanitary Expert of the Rhode Island Shell Fish Commission says:

"There is no reason to-day why we should not give the oyster a prominent place in our dietary, as a cheap, delicious, nutritious, healthful and pure food product."

After reading these authorities, even the most timid lover of good things to eat, need not hesitate to enjoy the delicious, appetizing oyster, to the gratification of his palate and the benefit of his digestion.

EATING OYSTERS IS REAL ECONOMY

Government reports for a section of the Country show these increased costs in commodities during the past ten years:

Fresh eggs	26.1%	Smoked hams	61.3%
Wheat flour	39.3%	Round steak	84 %
Sirloin steak	59.5%	Creamery butter	33.3%
Roast beef	63.8%	Hens	58.1%
Fresh milk	32.9%	Corn meal	63.7%
Pure lard	55.3%	Pork chops	86 %





Within the past ten years the increase in the production of oysters has prevented their advancing in price, though their propagation and culture is a hazardous and costly enterprise.

If sold by weight, oysters would cost about 22 cents per pound, but according to a recent issue of the Farmers' Bulletin, published by the Department of Agriculture, the cost of food stuffs to the consumer at market prices, when refuse and waste were considered, was, chicken 35.6 cents per pound, choice cuts of beef and lamb 30 to 40 cents per pound. If sold by weight, opened oysters would cost about 22 cents per pound, but few people realize that about one-half the weight of meats is in the bones, gristle and waste. Oysters, although costing much less by weight, have no bones or gristle to discard.

Thus oysters are not only a delicious luxury for the wealthy epicure, but are an economical and wholesome food for those of limited means. They furnish an agreeable change from the monotony of ordinary foods, and answer the frequent question of the puzzled housewife, "What shall we next have to eat?" They should not be regarded as a rare treat, but as a frequent and appetizing item of regular food supply.

Oysters are now caught by steamers, power-boats, and fast sailing vessels, delivered promptly at the shipping-houses. They are thus not subject to the delays formerly experienced. They are handled and packed by the best methods, in sterilized receptacles. They are kept cold by artificial refrigeration and by pure artificial ice. Oysters, either in shell or opened, are now shipped from the Atlantic Coast to the Pacific, arriving there in as perfect condition as when taken from the water. There is no place in the United States or British America where the railroads penetrate, in which oysters cannot be received in perfect condition.



OYSTER PROPAGATION AND CULTURE

By permission of the author, we quote from an interesting article upon oyster farming and oyster culture, published in the Semi-Monthly Magazine Section of nine leading Sunday newspapers of the Country:

"Oyster farming is now a productive industry, as completely as is grain farming on the enormous grain fields of the West, where tens of thousands of acres are sown and harvested under one management. Oyster farming is well compared to grain farming, except that the growing of oysters is a far more complicated, expensive and hazardous enterprise than is the growing of grain. A large oyster farm comprises many thousands of acres of land under from 15 to 75 feet of water in the great bodies of salt water, such as Narragansett, Peconic, Gardiners, Great South, Delaware and Chesapeake Bays. Often these farms are situated several miles from the shore, so that a strong field glass is required in order to identify the church spires, lighthouses, hill tops and other objects on the distant land, which are used for ranges in locating the boundaries of the oyster farms."

"The use of the deep, open waters in the great bays and sounds has also been increased by the fact that the oyster grounds in the vicinity of cities and in rivers, creeks and harbors have been largely abandoned, and these which are within several miles of such localities are now inspected by competent bacteriological experts employed by state authority. They analyze the meat of the oysters, the liquor in the shell, also the water wherein they grow, and the marketing of oysters from a place which does not pass the standards established for purity is forbidden. Then too, the shipping firms have installed refrigerating plants and sterilizing plants, and are using many improved kinds of packages to insure the delivery of oysters in



the most perfect condition, throughout all parts of the United States and Canada. The packing-houses and equipment are also inspected by health authorities, and are open to the inspection of all patrons, so that those who are informed of the modern improvements in the culture and handling of oysters, have no hesitation in enjoying their delicious flavor as often as they choose."

The following one hundred recipes for serving oysters are the best that we know of. If any of the housewives who read this book know of other desirable recipes, we would be pleased to add them to our collection.

PRIZES FOR OYSTER RECIPES

We offer ten prizes of \$5.00 each for the ten best recipes sent to us before the 30th of March 1913, also a prize of \$2.00 for each of the next ten best recipes and \$1.00 each for the third best ten. These prizes will be awarded by some well known authority upon food matters who will be selected by this Association.

The Oyster Growers and Dealers Association of North America

(Comprising the leading dealers and shippers of the United States and Canada.)

Address—Secretary of Committee on Publicity
Box 1574, New York City

Any person may obtain a copy of this Book of Oyster Recipes free upon request to the above address. No cost but a postal. Wholesalers and retailers of oysters may obtain these booklets in any quantity from shippers on the coast or by writing to the above address.



TASTY RECIPES

NOTE: The following recipes have all been proven. They were furnished by the chefs of some of the great hotels and restaurants of New York and Chicago, by the heads of famous cooking schools, by good old-fashioned American housewives in many states, who take pride in their cooking ability, and who were generous enough to give us their favorite oyster recipes.

FRIED OYSTERS.

Take one pint large oysters and cover with rolled cracker crumbs seasoned with salt and pepper. Let them stand half an hour and then roll again in meal. Fry brown in deep olive oil, lard or butter.

PHILADELPHIA FRY.

Take one pint large oysters, dry and dip in a rich mayonnaise dressing. Dip them in cracker crumbs and then again in the dressing, rolling them a second time in the cracker crumbs. Fry brown in deep olive oil, lard or butter. Do not handle the oysters more than you have to and be sure to have your fat very hot.

OYSTER POT PIE.

Put one pint oysters, with cup of water, into saucepan. Put on stove and heat slowly, adding one tablespoonful of butter, one tablespoonful of sherry, salt and cayenne. Thicken with a little flour and allow to cook 6 minutes, stirring gently. Have ready light biscuit dough, cut into small squares, drop them in and boil until they are cooked through. If preferred, this dish may be baked in the oven, with a top crust.

PATE A LA PRINCESSE.

Boil one pint oysters 3 minutes in one cup water, adding one gill of white wine. Drain and put in 6 pate shells lightly spread with anchovy paste. In a saucepan, mix one tablespoonful each butter and flour, $\frac{1}{2}$ gill cream and the oyster liquor. Season with salt, cayenne and grated nutmeg. Boil 8 minutes, stirring continually. Add yolk of one egg and stir briskly 2 minutes. Pour this sauce over the oysters in the pate shells, sprinkle grated cheese over the top and bake 5 minutes.





OYSTER PATES.

Take one quart oysters and chop fine. Make $\frac{1}{2}$ pint rich drawn butter seasoned with salt and cayenne. Stir in the oysters and allow to boil five minutes. Pour into pastry shapes baked in pate pans, put in the oven and cook 2 minutes. Serve immediately.

OYSTER AND CHICKEN PIE.

Parboil a chicken, cut up into small pieces and place in a deep baking dish. Over this place one pint oysters. Add two hard boiled eggs cut into small pieces, a tablespoonful of butter, some celery, chopped fine, salt and cayenne. Moisten with flour and a gill of milk, put a puff paste on top and bake about 40 minutes in a moderate oven.

OYSTERS IN BATTER.

Take one pint oysters. Make a batter of beaten eggs, flour, salt and cayenne. Dip the oysters in this, and drop them into a frying pan containing two tablespoonfuls of butter, smoking hot. Raise a ladleful of the batter with each oyster. As the batter in the pan is used up, keep adding to it until all the oysters are cooked.

OYSTERS ON TOAST.

One pint of oysters, chop fine and season with salt, cayenne and nutmeg. Melt one tablespoonful of butter in a saucepan and stir in the minced oysters. In a separate dish, beat up the yolks of two eggs with one gill of cream and stir in with the oysters. As soon as the eggs set, serve on slices of buttered toast garnished with parsley.

STEWED OYSTERS.

Take one quart oysters. Put into saucepan with one pint water, salt and pepper and a tablespoonful of rolled cracker crumbs. Let it come to a boil, and pour in the oysters. Allow the oysters to boil 30 seconds, not an instant more. Remove from fire and pour into dish containing $\frac{1}{2}$ pint milk. Serve. Never allow the oysters to cook in the milk.

MARYLAND STEW.

Take one quart oysters. Put one pint water in a saucepan and let it simmer, then rub the yolks of three hard boiled eggs and one spoonful of flour together and stir in. Put in also $\frac{1}{4}$ lb. butter in small pieces, $\frac{1}{2}$ teaspoonful whole allspice, the juice of a lemon, salt and pepper. Let it simmer 10 minutes, then add the oysters and serve immediately.



CREAMED OYSTERS.

Scald one pint oysters in one pint boiling water, then drain. Put the water in a saucepan with two tablespoonfuls butter, a little mace, two bay leaves and salt and pepper. Let it come to a boil and add a tablespoonful of cracker crumbs, $\frac{1}{2}$ pint cream and one gill of sherry. Let it come to a boil and add the oysters, then cook 2 minutes more. Serve on toast.

OYSTER SOUP.

Take one quart oysters. Put in a saucepan one quart of milk and one pint of water with salt, pepper and mace. Add a tablespoonful of butter and put on the stove. When it comes to a boil, add the oysters and let the whole simmer 5 minutes. Thicken with cracker crumbs.

GRILLED OYSTERS.

Take one pint large oysters. Put a large piece of butter into a hot pan and when it smokes, drop in the oysters, a few at a time. When the oysters are browned, remove to a hot dish and pour over them a sauce made of melted butter thickened with flour. Season with Worcestershire sauce, salt and cayenne and serve on toast. Garnish with parsley.

BROWNEED OYSTERS.

Scald one pint oysters in $\frac{1}{2}$ pint water; drain and save the water. Put 2 tablespoonfuls of butter into a saucepan and brown with an equal quantity of flour. When brown, add the oyster water and $\frac{1}{2}$ cupful chopped celery and allow to boil 5 minutes, stirring constantly. As soon as it thickens, add the oysters. Season with salt and cayenne. Do not allow the oysters to cook longer than is necessary to heat them through.

CURRIED OYSTERS.

Scald in one pint water and drain one quart of oysters, dry thoroughly and set aside in a shallow dish. Mix together $\frac{1}{4}$ lb. butter, one teaspoonful cornstarch, one tablespoonful curry powder, one gill of the oyster water, one teaspoonful lemon juice and $\frac{1}{2}$ teaspoonful Tobasco sauce. Heat slowly in a saucepan and add gradually one gill of milk. Stir hard and add salt and cayenne. When smooth, add the oysters and cook for 5 minutes.

FRICASSEED OYSTERS.

Take one pint oysters, boil in $\frac{1}{2}$ pint water and drain, saving the water. Melt a tablespoonful butter in a saucepan and rub in 2 table-

DAINTY MENUS

For Morning, Noon and Night

BREAKFASTS

Stewed Fruit
Oatmeal with Cream
Oyster Omelet
Fried Potatoes
Hot Rolls
Coffee

Baked Apples
Corn Meal Mush
Oyster Sausages
Virginia Waffles
Coffee

Grape Fruit
Hominy
Broiled Oysters on
Toast
Toasted Muffins
Coffee

Farina with Cream
Browned Oysters
Corn Muffins
Coffee

Sliced Bananas
Grilled Oysters
Whole Wheat Gems
Coffee

Oranges
Oyster Cutlets
Hot Rolls
Coffee

Baked Apples
Oyster Souffle
Egg Biscuits
Coffee

LUNCHES

Potato Salad
Oyster Croquettes
Stewed Prunes
Ginger Cake

Scalloped Oysters
Vegetable Salad
Lunch Cake

Stewed Oysters
Hot Biscuits
Cup Custards

Deviled
Ham Sandwiches
Fried Oysters
Graham Bread

Oyster Stew, Mary-
land Style
Boston Baked Beans
Brown Bread

Baked Oysters
Apples, Nuts and
Cress Salad
Rye Pop-overs

Oyster Patés
Cold Meats
Nut Sandwiches
Stewed Fruit
Cake

DINNERS

Tomato Soup
Roast Beef
Baked Potatoes
Browned Turnips
Oyster Mayonnaise
Tapioca Pudding

Potato Soup
Small Roast Goose
with Oyster Stuffing
Boiled Rice
Cut up Oranges
Stewed Celery

Celery Soup
Chicken and Oyster
Pie
Fried Parsnips
Mashed Potatoes
Baked Banana
Lemon Jelly,
with Whipped Cream

Oyster Chowder
Fried Lake Trout
Parsley Potatoes
Boiled Spinach
Coffee Jelly

Creamed Oysters
Corned Beef and
Potatoes
Stewed Red Cabbage
Cottage Pudding

Oyster Cocktail
Cream of Corn Soup
Roast Duck
Baking Powder
Biscuits
Mashed Potatoes
Creamed Turnips
Snow Pudding

