

100 *tempting* **FISH RECIPES**

IN preparing this cookery booklet thought has been taken, primarily, of the ordinary requirements of the average Canadian household. The suggestions and instructions and recipes which have been included are those which may be followed readily in the ordinary family kitchen anywhere. The book is intended simply to cover the field in such a way as will satisfactorily serve the average home.

In some of the recipes no particular variety of fish is named for use, but in every recipe of this kind *any variety of Canadian fish may be utilized*—any Sea Fish or any Fresh-water Fish. For example, the recipe for preparing Moulded Salad calls for two cups of “flaked fish”, which means two cups of haddock or whitefish or salmon or cisco or any other variety of Canadian fish. In a number of instances, however, recipes are also given for using particular varieties of fish and shellfish, such as halibut, salmon, sardines, clams, etc.