

Small scraps can be turned into appetizingly made dishes, which are most palatable with two to four times the amount of potatoes added. Scraps of all kinds pounded into a paste with a one-quarter or even less of bought bloater-paste (or other kinds if liked), make a most useful cold relish. In England about 60 pounds of fish per head is consumed. In Canada, with our immense area of lakes and rivers, teeming with fresh-water fish, and our great Atlantic and Pacific fisheries, only half that amount is used. That means every single family that is trying in the least to help in the serious need of saving other things for the army in France should not only double its former amount to reach an ordinary healthful standard, but treble and quadruple its use, to meet the present need of conserving beef, bacon and wheat.

Some fish are better cooked in certain ways, which cannot be discussed here; but, roughly speaking, all ordinary fish can be baked, boiled or fried.

**Boiled Fish.**—Remove eyes, if head is left on; wash in salt water; if very large, cut into pieces 8 or 10 inches. If a fish-kettle with tray is not at hand, lay fish on a piece of cheese-cloth, keeping corners well out of saucepan to lift it out by. Put into boiling water to which a little salt and vinegar have been added, boil gently till tender all through, allowing about ten minutes for each pound, with ten minutes extra for a large fish. Take out, drain, put on a hot dish and serve as quickly as possible with some sort of garnish. All fish should have some sauce.

**Baked Fish.**—Remove eyes when head is left on, wash in salt water, fill with any dressing liked, sew up with coarse thread, or wrap around with twine so the dressing won't come out. It can be bent to fit the pan. Dredge well with flour, plaining dripping or butter on it, and a little water in pan which can be added to as it cooks out. Baste often. By adding a little more flour and some milk, after taking out the fish carefully so as not to break it, and cooking on top of the stove,