

and health value. No food is really cheap, of course, no matter what its price, if it does not make for proper bodily growth and sound health. Canadian Fish do that. Moreover, as Fish are marketed to-day there is comparatively little waste, another factor which keeps down net cost. There is this further fact, too, that although Fish may be served with condiments and sauces and garnishes, when taste dictates, it is not necessary to make use of these additions and tasty, simple Fish dishes may always be prepared at low cost.

So many different kinds of Fish are obtainable from Canadian sources, as may be seen from the list of Canadian fisheries products on pages 6-8, and they may be prepared in so many different ways, that it is possible to serve Fish Foods frequently without risk of monotony in the family meals. There is no time of the year, moreover, when a wide variety of choice is not open to the housewife. Some Fish are taken at certain seasons only but others the year 'round and, in any case, with modern methods of operation employed by the Dominion's nation-wide fishing industry there is no season when the Canadian consumer cannot obtain excellent Canadian Fish either fresh or frozen or in some processed form.

