## TABLE OF CONTENTS

													AGE
Fish as Food							 ٠.						9
Comparative V	alue of Fis	sh a	s F	00	od	 			114		.,		10
Value of Canad													22
Hints on Fryin	g Fish		٠.										22
Hints on Boilin													23
Terms used in													25
Recipes for Fis	h Food							4					29

## INDEX OF RECIPES.

	FIS	H .	
. P/	GE	PA PA	GE
Broiled Fish	62	Fish Chowder, No. 1.	64
Baked Fish	62	" No. 2.	65
Balls, Fish No.1	63	Goldeyes	61
" " No. 2	63	Hake Steak, with fried	
Boiling Fish	23	Onions	32
Bread Stuffing for Fish	63	Halibut, Broiled	32
Cod, Broiled	29	Halibut, Baked	33
Cod, Boiled	29	Halibut Cutlets	33
Cod Steak, baked with		Halibut, Fried Fillets of	33
Bacon	31	Halibut Rabbit	35
Cod Steak, with Ma-		Halibut Scalloped	35
caroni	31	Haddock, Baked	
Cod, Curried	31	Stuffed	35
Cod, Baked Shredded,		Haddock, Baked	36
with cream sauce	31	Haddock, Finnan or	
Codfish Balls	32	· Smoked	36
Ciscoes	60	Herring, Baked Fresh.	38
Catfish	61	Herring, Fried Fresh	39
Clam Chowder	70	Herring, Kippered	39
Clams, Fried	70	Herring, Canned in	
Clam Fritters	70	Temato Sauce	39
Clam Stew	71	Herring (Fresh Water)	60
Clam Escalops	71	Herring, Smoked	39
Clams, an inexpensive		Mackerel, Salt	39
supper dish	71	Mackerel a la Creme	41
Creamed fish for break-		Mackerel, Boiled'	41
fast.:	62	Mackerel, Fresh	41
Creamed Fish with		Mackerel, Boiled Fresh	41
cheese	63	Mackerel, Broiled	41
Chowder, Fish, No. 1.	64	Mackerel, Fried	43
" No. 2.	65	Mackerel, Baked	43
Dressing for Baked		Mussel Stew	71
Fish, No. 1	63	Mussel Chowder, New	
Dressing for Baked		England Style	71
Fish, No. 2	63	Mussels, when not to	
Dressing for Salmon		use	72
Loaf	65	Oysters, Preparation	-
Frying Fish22 and		for Cooking	67
Flounder, Baked	37	Oysters, Fried, No. 1. "No. 2.	68
Fish Balls, No. 1	63		68
" No. 2	63	Oysters, fried in batter	68
Fish Salad	63	Oysters, Baked	68
Fish Cakes	64	Oysters, Pigs in Blan-	
Figh Toget	RA	lrota	RS