

The Value of **FISH**

IN THE DAILY DIET

FISH is one of the most valuable forms of food," says Dr. Robert E. Wodehouse, O.B.E., Deputy Minister of Pensions and National Health for Canada, "containing as it does the same constituents as meat but in a more digestible form." Other health authorities and scientists of similar high standing have given like testimony to the value of Fish as food.

These authorities have spoken of Fish in its relation to health and strength. To what they have said may be added the testimony that Canadian Fish, properly cooked, are delicious food, which are especially easy of assimilation by the human body. Canadian Fish—and "Fish" is used as including Shellfish—come from pure cold waters where there are rich feeding grounds. Their tissues are firm but very tender. Each variety of Fish has its own flavour. If it has been marketed in a processed form, such as canned, smoked, pickled or dried, it has been prepared according to modern methods, just as fresh and frozen Fish are handled by the fishing industry according to approved modern methods.

Like any other food, however, Fish may be robbed of much of their natural nutritive value, flavour and tastiness by faulty cooking. This booklet is intended to acquaint housewives with some methods of fish cookery which have been proven satisfactory by experience.