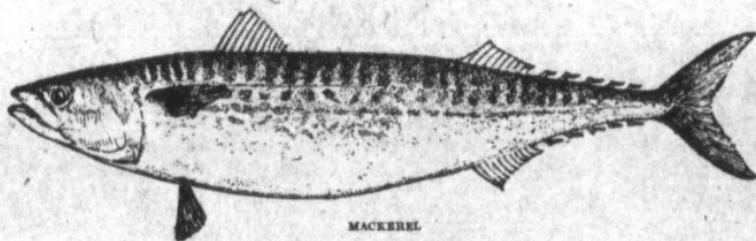


EAT MORE FISH

HOW TO PREPARE COOK AND SERVE CANADIAN
FISH, AND SO CONSERVE CANADIAN BEEF
AND BACON FOR THE SOLDIERS
AT THE FRONT.



MACKEREL



CANADA

Canadians consume 29 pounds of fish per head of population in a year. The normal consumption in Great Britain is 56 pounds per year. Canadian consumption of meat is out of all proportion to the food value of fish.

In time of war it is Canada's duty to do her utmost in view of the demands of the armies upon her supplies of Beef and Bacon, to make fullest possible use of the abundant supplies of food fish obtainable from Canadian waters. This is one way of serving the country in the time of need.

W. J. HANNA.

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