Monday, February 20, 1939.



THE DAILY NEWS



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FOR DIV.

Baked Fish

Select an oily meated variety of fish weighing from 3 to 5 pounds, clean and scale, removing the fins with scissors. Rub the inside of the fish with salt, sew up the cavity and place, back up, in a well oiled baking pan. Brush all over with cooking oil and place in a hot oven (500 deg. Fahr.) for 10 minutes or until the fish begins to brown. Reduce the heat to about 350 deg. and continue to bake for 30 to 45 minutes, depending on the thickness of the fish. Serve on a hot platter with potato balls in cream sauce to which chopped parsley has been added. Garnish with sections of lemon.

• That's what every member of the family says when you serve one of the tempting dishes that can be made from Canadian Fish or Shellfish.

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P. AIVAZOFF. President Vancouver, B.C. Feb. 16, 1939.

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NEW ROYAL





Fish Balls

cupful of fish, cooked and flaked 2 cupfuls of mashed potatoes Salt and pepper to taste egg, beaten

Combine the fish and mashed potatoes. Season to taste with salt and pepper and combine with the beaten egg. Form into balls and fry in deep, hot fat (375 to 400 deg. Fahr.). Serve with halves of hardcooked eggs on a hot platter accompanied by cheese sauce. Garnish with fresh parsley.

Clip these file-size recipes

These illustrated recipes are printed in handy sizes for your file. Cut them out, and paste them on standard recipe cards. Created by a famous distitian, they are delicious.

'round in prime condition, thanks to modern Canadian facilities. Serve Fish to your family more often. They'll enjoy it, and it's good for them. And it's pretty easy on the pocketbook, too! DEPARTMENT OF FISHERIES, OTTAWA. Department of Fisheries, Ottawa. Please send me your free Booklet "100 Tempting Fish Recipes". Name. (Please print letters plainly) Address.



Said Mrs. M. to Mrs. N.

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