

# MRS. EVELENE SPENCER

Fish Cookery Expert, U. S. Bureau of Fisheries, Author of "Fish Cookery"

Says—

*Eat more Fish for your health's sake.*

*Get acquainted with cheaper kinds and use more of them.*

*Use Smoked and Salt Fish for breakfast.*

*Use Frozen Fish when Fresh Fish is scarce or out of season.*

*Use more Shell-Fish—America produces finest in the world.*

Separate Fish from Friday

—Make TUESDAY a Fish Day as well

**EAT MORE FISH**

**—A Real Health Food**



*Fish Cookery, Six hundred recipes for the preparation of fish, shellfish, and other aquatic animals including fish soups, salads and entrees, with accompanying sauces, seasonings, dressings and forcemeats. Little, Brown, and Company, 1925.*