Would it not be beneficial, were the average American to substitute fish for the everlasting steak and chop of the breakfast-table?

For the sake of variety, if for no other reason, we should eat more fish; and it need not always be fried or broiled. A well-made fish stew or a curry should be acceptable to the majority of us, and undoubtedly would be if appetizingly prepared.

This little work does not by any means propose to exhaust the subject of sea-food, for the subject is almost inexhaustible; but it places within the reach of all a series of recipes and suggestions extremely valuable to the average housewife. - Summary by Thomas J. Murrey

Read by Librivox volunteers. Total running time: 02:00:52

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