



## Keep down your weight but keep up your strength

Have you a girl who is "slimming" or a boy who is "training"? Give them fish, and they won't worry you any more by not eating proper meals. Fish nourishes without fattening. Because fish is so digestible a good meal of fish can be taken before playing vigorous games. Many famous athletes train on fish.

### Fish baked in fruit juice

2 lbs. white fish cut into neat slices or filleted, juice of 1 orange, juice of  $\frac{1}{2}$  lemon. Serves 4 people.

Place fish in fire-proof dish or baking tin, add the fruit juice and sufficient water to cover. Bake 20 to 30 minutes.

### Lemon fish

2 lbs. white fish (in slices or fillets), 1 lemon. Serves 4 people.

Squeeze over fish the juice of the lemon. Steam between buttered plates over boiling water until the fish is tender. No sauce to be served.

### Smoked fish and spinach

2 lbs. smoked fish, sufficient spinach for 4. Serves 4 people. Simmer fish very slowly for 5 minutes, then pour off water. Cover with fresh hot water and simmer as slowly as possible for three-quarters of an hour. Drain thoroughly and serve on spinach.

### A slimming salad

2 lbs. cooked white fish, 1 lettuce, 8 raw Brussel sprouts, raw carrot, 1 lemon. Serves 4 people.

Flake fish finely. Wash sprouts carefully and slice finely. Wash lettuce. Grate the carrot. Make a bed of lettuce leaves, pile in the fish and brussel sprouts, decorate with the grated carrot and a few slices of lemon. Pour the juice of lemon over, and serve without other dressing.

