

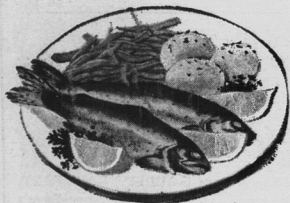
Your P.E.I. Dept. of Fisheries

suggests you
**SERVE ISLAND SEAFOOD
OFTEN!**

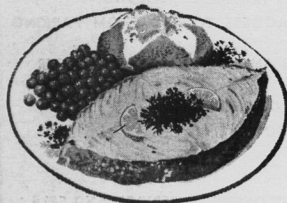


Favourite Island Seafood

- Oysters
 - Herring
 - Clams
- Cod
 - Quahogs
 - Lobster
- Haddock
 - Smelts
 - Mackerel



**Variety of
Recipes Make
Seafood
More Enjoyable**



A little variation of recipe can help make your seafood dishes taste over so much better . . . a white sauce served with haddock, mackerel served with lemon slices, and served with bacon scraps . . . these little touches will help your family enjoy fish day.



We recommend that you serve seafood at least once a week . . . It's good for you and your family . . . and increased consumption of Island seafood is a boon to our fishermen!

P.E.I. DEPT. of FISHERIES

Leo F. Rossiter, Minister