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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

(RELEASE ON RECEIPT)

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SUBJECT: "Chart Your Fish Course" - information from Office of Marketing Services
War Food Administration.

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Fish news this spring is good news...unusually good. Fishing vessels have been returning with heavy catches, which indicate a good fishing season ahead.

There's a reason, of course...probably several. Fishing was lighter during the war, and fish families have had a chance to increase in numbers. Although shortages in labor and supplies continue to handicap the fishermen and the fish business, yet fish prospects for this season look silvery bright.

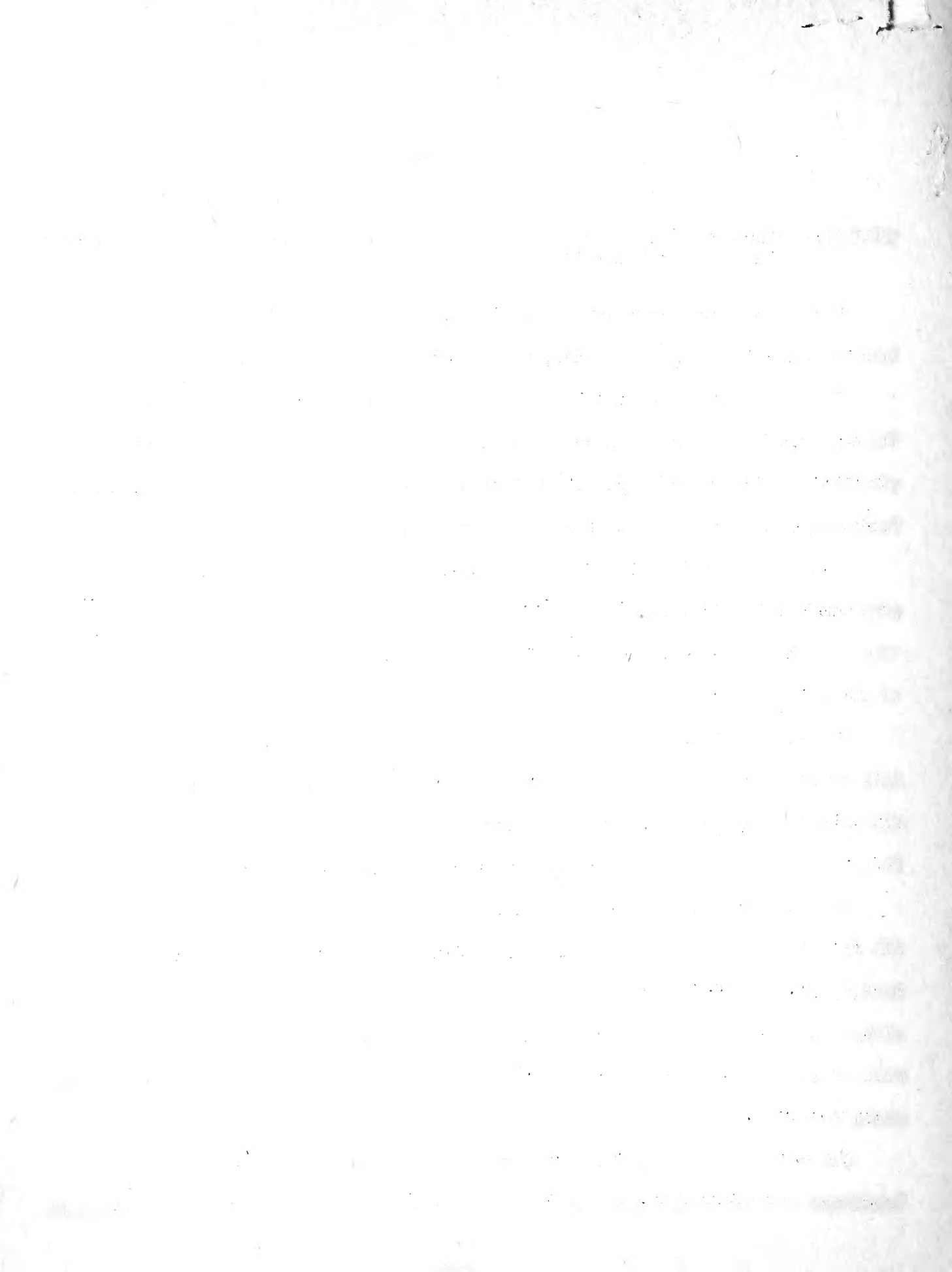
About 3 billion pounds of fish and shellfish are taken commercially each year and served on American tables. If you're not eating your share, it's high time you chart a new fish course. Don't deny yourself or your family the delight of frequent fish dinners.

Not so long ago, only the people who lived on the shores of the sea or a lake or river could serve fresh fish on their tables. But now refrigerated cars and trucks carry fresh fish six or seven hundred miles inland...sometimes farther. So nose around your market and find out what kind of fish you can get.

If the fish course is a habit in your home, you're probably familiar with all the big twelve. These are salmon, sardines, herring, haddock, oysters, mackerel, cod, shrimp, crabs, tuna, flounders and halibut. However, you can't always get just any of these particular fish now. All of the flaked codfish... much of the salmon and sardines...and some of the tuna...is canned for use by the armed forces.

But when you can't get your old favorites it's good time to extend your knowledge of fish food. Try a variety that's new to you. You'll take considerable

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pride in developing a cosmopolitan taste for fish...once you've enjoyed a variety of fine fish eating.

New England gives us our biggest supplies of fresh and frozen fish...although fish from the Great Lakes, the Mississippi and its tributaries fill many mid-western fish markets.

Whatever fish you buy...salt water or fresh water fish...you're getting an excellent source of protein. Fish is rich in minerals and vitamins, too...and some fish have considerable fat. In sections of the country where the food and water don't contain enough iodine, people frequently develop goiters. Salt water fish contain iodine which keeps the thyroid gland in good order and prevents goiters.

It is only natural that fish and shellfish should be abundant in the essential minerals needed in our diet. For centuries erosion of the soil has carried the minerals from the surface of the land into the oceans and the lakes where the minerals are assimilated by plant and animal life.

So...aside from the pleasure of eating good fish...you have the added satisfaction of serving a highly nutritious food. Many homemakers say they have solved the red point problem by alternating meat and eggs with generous servings of fish.

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Fish steaks, which are cross sections of large fish, and fish fillets, which are the boneless, meaty sides of fish, are the easiest cuts to prepare. They may be fried, broiled or baked. Fish...like any protein food, cooks more tenderly under low heat. Yet fish cooks quickly. It's one of the very best in-a-hurry foods you can serve, either to your family or guests.

You can also buy whole fish and dress them yourself. Or you can get drawn fish or dressed whole fish. Since the bones in a fish don't weigh much your percentage of waste is low compared to many foods you buy. It's a good idea to remember that when you buy fish.

You can vary your meals in many ways by serving fish often, and you'll always know you are serving the catch of the season...simple to prepare, delicious to taste, and easy to digest.

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