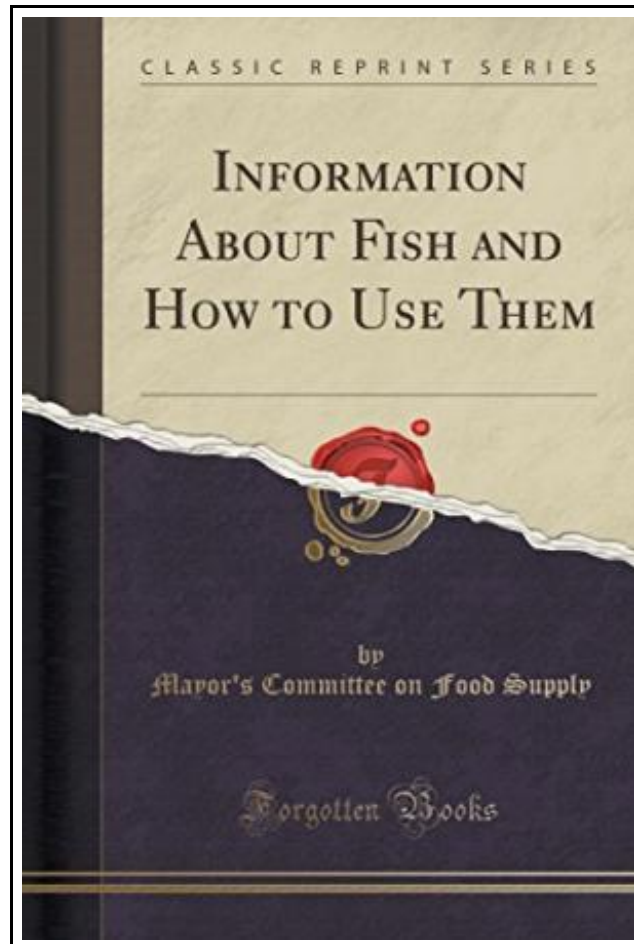


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Information About Fish and How to Use Them The habit of eating fish on Fridays only is absurd, and should be stopped. Fish are just as appetizing and nourishing on Tuesdays and Thursdays as on Fridays, and if you and your neighbors will buy fish any day in the week you will get cheaper fish and better fish. Hundreds of carloads of fish are sent from New York to other cities because the people living here do not appreciate the value of fish as a food, and do not buy it as often as they should. Vary your diet as much as you can. You will be more healthy if you do. Don't use meat so much. Use fish more. Fish is just as nourishing as lean meat, and if eaten with bread, potatoes, etc., will supply all the needs of the body. If possible, buy your fish from a fish dealer. When you buy fish, see that you get the trimmings. You are just as much entitled to them as you are to the trimmings of your meat. The meat part of almost any fish may be cooked separately. If you ask your fish dealer to remove the meat part of the fish for you, the trimmings will consist of the head, the skeleton and the fins, and these can be used for fish stock, out of which can be made excellent fish soups and fish sauces. Halibut costs from 15c. to 22c. a lb. Market cod costs about 5c. less a lb. and can be cooked in the same way as halibut. It can be cut up into steaks; it can be...



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