



## Information about Fish and How to Use Them (Classic Reprint)

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By Mayor's Committee on Food Supply

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...



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