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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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LENTEN SUPPLIES OF FISH AND SHELLFISH OFFER WIDE VARIETY

A wide variety of fish and shellfish will be available for home and institutional use during the Lenten season, according to the Fish and Wildlife Service. Because of the many forms in which fish and shellfish are marketed, the Lenten consumer can be assured of variety, economy, convenience, high nutritive value, and attractive meals during this traditional period of heavy fish and shellfish use.

Since variety is one of the keys to successful meal planning, the Fish and Wildlife Service home economists have prepared a series of tested recipes which should be particularly useful to the meal planner during Lent. The following publications are available from the Superintendent of Documents, United States Government Printing Office, Washington 25, D. C. at the prices listed. The recipes contained in these booklets are based on servings of six portions per meal.

	<u>Cost of each</u>
BASIC FISH COOKERY, TKS 2	20 cents
HOW TO COOK OYSTERS, TKS 3	10 cents
HOW TO COOK SALMON, TKS 4	15 cents
HOW TO COOK OCEAN PERCH, TKS 6	10 cents
HOW TO COOK SHRIMP, TKS,7	15 cents
HOW TO COOK CLAMS, TKS 8	20 cents

For the large quantity user of fish and shellfish, a special booklet has been prepared, based on servings of one hundred portions per meal. Titled Fish Cookery For One Hundred it is also available, at a cost of 30 cents per copy, from the Superintendent of Documents. It is particularly useful for church and other types of social dinners, and for restaurant use.

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