

WHAT to EAT and WHY HEALTH

C. Houston Goudiss Touches Upon the Food Values of Fish and Shellfish; Shows How They Can Help to Improve Nutritive Quality of the Diet

By C. HOUSTON GOUDISS

A PRESENT-DAY nutritionist might easily quarrel with the traditional distinction between fish, flesh and fowl. For the flesh of fish, cattle, swine, sheep and poultry is commonly referred to as "meat;" and the nutritive values of all these foods properly may be considered together. Their composition is very similar, consisting principally of protein, water and fat, with the chief variation occurring in the fat content. They also average about one per cent of minerals and contain some of the vitamins in varying amounts.

Fish vs. Other Flesh Foods

There is a wide variation among the different kinds of fish in the amount of fat they contain. In general, fish have less fat and more water than other forms of meat. Their tissue fibers are also shorter, which makes for ease of digestion. In many cases, their flavor is less pronounced because there are fewer extractives.

For this reason, fish is considered less stimulating, and that is also why it is often served with some sort of sauce, or with a lemon garnish to point up the flavor.

The proteins of fish are regarded as equally useful with other forms of meat for helping to build and repair body tissues. Most lean fish are richer in minerals than fatty fish; in this respect, they resemble lean meats.

Salt water fish are notable as a source of iodine, required for the proper functioning of the thyroid gland. It is desirable that this mineral be included in the dietary to help prevent simple goiter.

The Cattle of the Sea

The most significant difference between fish and most other flesh foods is that with the exception of certain shellfish which are produced under government regulation, "crops" from the sea are neither planted by man, nor cultivated by him.

Unlike the farmer or the cattle man, the fisherman gathers his "harvest" without the previous effort of sowing seeds or cultivating plants; without the necessity of providing shelter or fodder.

To a man or woman who has never enjoyed the experience of catching fish for dinner, the sea may suggest nothing but an expanse of blue-green water. But to those who are familiar with the habits of its denizens, the sea is a fascinating place . . . teeming with life. It contains many forms of vegetable materials, of which seaweed is the best known. These provide food for the lower forms of animal life which inhabit the waters. They, in turn, are eaten by larger creatures. In the final analysis, all forms of animal life in the sea, as on land, are dependent for their sustenance upon the sun, which stores up energy in green plants.

Fish as a Source of Vitamin D

The sun is concerned, too, with the production of vitamin D, as it is by means of sunshine that our best source becomes available. Fish liver oils are the richest natural sources of vitamin D. This vitamin is necessary for the proper utilization of calcium and phosphorus in building strong bones and sound teeth. We prize highly the liver oils of the cod, halibut, salmon, swordfish and tuna for

their fine amount of this precious vitamin.

The body oils of certain fish are also valued for their vitamin D. Some varieties that are notable in this respect are salmon, herring and sardines. It is agreeable as well as economical to obtain vitamin D by serving seafood, because fish supplies so many other valuable nutrients at the same time.

Fish Is Universally Available

There are perhaps more varieties of fish than any other type of first-class protein food. A government bulletin has listed 40 kinds besides smoked and salted fish and the various shellfish.

Cross Stitch and Crochet for Linens



Pattern No. 1872.

Use this cross stitch and crochet on scarfs, towels and pillow cases and have linens you'll be proud of. Pattern 1872 contains a transfer pattern of eight motifs ranging from 5 by 13½ to 3½ by 7¾ inches; directions and chart for the filet crochet; materials required; illustrations of stitches.

Send 15 cents in coins for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Avenue, New York, N. Y.

Our Relationship

Nothing will tempt a man to deal unjustly with his fellow men after his eyes have once been opened to the truth of brotherhood.—Samuel M. Jones.



MANNERS



It's bad manners to cough in public places. Keep Smith Brothers Cough Drops handy! (Two kinds—Black or Menthol—just 5¢.)

Smith Bros. Cough Drops are the only drops containing VITAMIN A. This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.

Thus the use of fish provides ample opportunities for varying the menu. Moreover, though fish is more perishable than other flesh foods, it is available today in every town and hamlet, however remote from the waterways.

No matter where she lives, the homemaker can choose from a wide variety of canned, dried, smoked, salted and quick-frozen fish. And both transportation and refrigeration have been so improved that fresh-caught fish are distributed far inland.

The quick-frozen fish should be handled as carefully as fresh fish, kept under refrigeration, and used within a reasonable time after purchasing. Canned fish, naturally, requires no refrigeration, and a supply can always be kept on hand both for everyday use and for emergencies.

The most important canned fish, in terms of the amounts packed and sold, is salmon. This flavor-some fish is an excellent and economical protein food which is also notable for its energy value; its calcium, phosphorus and iodine; and as a source of vitamins A and D. Other canned seafoods that are sold in volume include tuna, sardines, shrimp and clams. Canned crab and lobster meats and oysters are also to be found upon the shelves of most grocers, together with other varieties of seafood, some packed in tomato sauce.

When using canned salmon and other kinds of fish that have been put into the cans before cooking, it is advisable to conserve the juices which cooked out during the sterilization process, as these contain valuable nutrients.

Varieties of Shellfish

Clams, oysters, shrimp and scallops differ somewhat from other forms of seafood, chiefly in that they contain some carbohydrates. They have very little fat. Oysters are rich in iodine and they might be compared to the glandular organs, such as liver and kidney, as a source of three vitamins, A, B and G.

Place of Fish in the Diet

The most important contribution of all forms of fish is their proteins, which as we have seen may be used interchangeably with those of beef, pork, lamb, veal and poultry. The iodine of seafoods and shellfish is also extremely important, and in some varieties, the content of vitamins A and D. The more fatty fish, including mackerel, salmon, eels, herring, catfish and shad are comparatively rich in energy values. The fuel value of cod, flounder, perch, smelts and haddock, which are low in fat, and halibut and whitefish which have a moderate amount, may be increased through the use of a rich sauce, or they may be cooked in fat.

Taking into consideration its food values and economy, and when the preserved forms are utilized, its ease of preparation, the homemaker who desires to feed her family well should serve fish or shellfish, in some form, much oftener than once each week!

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• Proper ventilation is being obtained as long as air remains in motion.

—By Virginia Vale—

YEARS ago in lecturing on ventilation to school teachers I gave the old rule. "Every pupil should have an air space of 1,000 cubic feet—10 feet high, 10 feet wide and 10 feet long—and the air should be changed three times in each hour."

Today, and for many years past, air space is not discussed because, as long as air is in motion—carrying used air away and allowing fresh air to enter a room—proper ventilation is being obtained. That the air may not be moving too fast, thus causing drafts, is now being carefully watched.



Dr. Barton

However, in addition to moving air, air must be of a certain temperature and moisture for both health and comfort, so trains, cars, and even busses, besides homes, offices and other buildings, are now equipped with what is well known as air conditioning.

In order that the general public should know more about air conditioning, what is the proper rate of movement of air, and also the proper temperature and moisture, the American Society of Heating and Ventilating Engineers has made a code of minimum requirements for comfort air conditioning.

Set Ideal Conditions.

"For winter air conditioning, 70 degrees (Fahrenheit) indoor temperature with 35 per cent relative humidity (moisture) when outdoor temperature is 30 degrees, is set as a minimum design standard.

"For summer air conditioning an indoor design schedule of 'effective temperatures' (which are an index of comfort based on a combination of temperature, relative humidity, and air motion) is established, ranging from 71 degrees effective temperature when it is 80 degrees outside to 75.5 degrees effective temperature when it is 105 degrees outdoors.

"The code specifies the introduction of outside air for ventilating purposes at a rate of not less than 10 cubic feet per hour per occupant or not less than 15 cubic feet in premises where smoking is permitted, with removal of 95 per cent of ordinary dust particles to provide the necessary air purity."

The rate at which air is allowed to flow into the room should be total more than 50 linear feet per minute.

© Bell Syndicate.—WNU Service.

Design Play Dress In White and Plum

A plain dress designed by Pollack illustrates the soft and girlish trend of these clothes, and is made of white and plum-colored dotted silk with a shirtwaist blouse trimmed with tiny plaited ruffles. The plaited skirt has semi-detached side panels and buttons down the center front below a sash.

One of the new evening gowns is made of vivid striped cotton in many colors, the stripes being worked in chevrons. The dress is semi-monastic in cut, held by a wide black suede belt, and there is a tiny bolero jacket as a cover-up item.

Old-Fashioned Slips

Slips have gone old-fashioned—camisole tops with lace beading and baby blue ribbon. Lace ruffles and ribbon decorate the bottom of the slip, too.

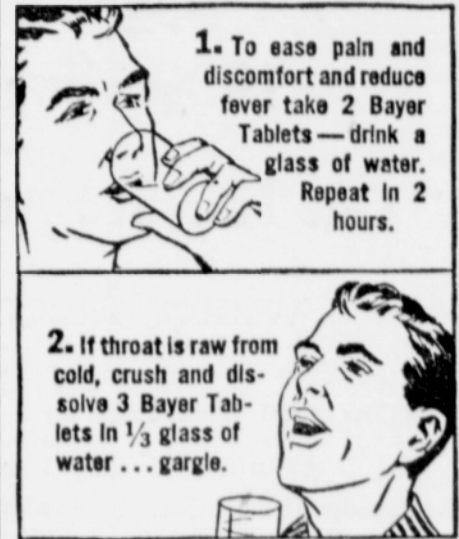
Left and Right Needed

When a married couple or a pair of shoes are exactly alike, they fail to make a fitting pair.

DO THIS

TO RELIEVE PAIN AND DISCOMFORT OF A COLD

Follow Simple Method Below Takes only a Few Minutes When Bayer Aspirin is Used



Starts to Ease Pain and Discomfort and Sore Throat Accompanying Colds Almost Instantly

The simple way pictured above often brings amazingly fast relief from discomfort and sore throat accompanying colds.

Try it. Then—see your doctor. He probably will tell you to continue with the Bayer Aspirin because it acts so fast to relieve discomforts of a cold. And to reduce fever.

This simple way, backed by scientific authority, has largely supplanted the use of strong medicines in easing cold symptoms. Perhaps the easiest, most effective way yet discovered. But make sure you get genuine BAYER Aspirin.



Patience Brings Peace

Patience ought to be the first attribute of the man who loves peace.—Paul Painleve.

Still Coughing?

Even if other medicine has failed, don't be discouraged, try Creomulsion. Your druggist is authorized to refund your money if you are not thoroughly satisfied with the benefits obtained. Creomulsion is one word, ask for it plainly, see that the name on the bottle is Creomulsion, and you'll get the genuine product and the relief you want. (Adv.)

CREOMULSION

For Coughs or Chest Colds

Wingless Love

Friendship is love without his wings.—Byron.

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Here is Amazing Relief for Conditions Due to Sluggish Bowels. If you think all laxatives act alike, just try this all vegetable laxative. No mild, thorough, refreshing, invigorating. Dependable relief from sick headaches, bilious spells, tired feeling when associated with constipation.

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