

FISH AND WILDLIFE SERVICE PUBLICATIONS

THESE PROCESSED PUBLICATIONS ARE AVAILABLE FREE FROM THE DIVISION OF INFORMATION, U. S. FISH AND WILDLIFE SERVICE, WASHINGTON 25, D. C. TYPES OF PUBLICATIONS ARE DESIGNATED AS FOLLOWS:

- CFS - CURRENT FISHERY STATISTICS OF THE UNITED STATES AND ALASKA.
 SL - STATISTICAL SECTION LISTS OF DEALERS IN AND PRODUCERS OF FISHERY PRODUCTS AND BYPRODUCTS.
 FL - FISHERY LEAFLET.
 SEP.- SEPARATES (REPRINTS) FROM COMMERCIAL FISHERIES REVIEW.

Number	Title
CFS-1890	- Shrimp Landings, June 1958, 6 pp.
CFS-1898	- New Jersey Landings, August 1958, 3 pp.
CFS-1900	- Texas Landings, August 1958, 3 pp.
CFS-1905	- Frozen Fish Report, September 1958, 8 pp.
CFS-1907	- Lake Fisheries, 1957 Annual Summary, 12 pp.
CFS-1909	- New England Fisheries, 1957 Annual Summary, 8 pp.
CFS-1910	- Fish Stick Report, July-September 1958, 2 pp.
CFS-1911	- Louisiana Landings, April 1958, 2 pp.
CFS-1913	- Ohio Landings, September 1958, 2 pp.
CFS-1914	- Fish Meal and Oil, September 1958, 2 pp.
CFS-1915	- North Carolina Landings, September 1958, 3 pp.
CFS-1916	- New Jersey Landings, September 1958, 3 pp.
CFS-1917	- Georgia Landings, September 1958, 2 pp.
CFS-1919	- Mississippi Landings, August 1958, 2 pp.
CFS-1920	- Maine Landings, September 1958, 3 pp.
CFS-1921	- Florida Landings, September 1958, 6 pp.
CFS-1924	- South Carolina Landings, September 1958, 2 pp.
CFS-1926	- Louisiana Landings, May 1958, 2 pp.

Wholesale Dealers in Fishery Products (Revised):

- SL- 3 - Massachusetts, 1958.
 SL-12 - Virginia, 1957.
 SL-16 - Florida, 1958.
 SL-25 - Wisconsin (Great Lakes Area), 1958.

FL-160 - Partial List of Fishery Periodicals, 10 pp., Revised October 1958.

Sep. No. 531 - Certification and After-Use Measurement of Manila Otter-Trawl Cod Ends.

Sep. No. 532 - Bottom Trawling Explorations Off Southeastern Alaska, 1956-1957.

Sep. No. 533 - Research in Service Laboratories (December 1958): Contains these articles-- "Technical Note No. 48 - Pacific Ocean Perch - Proximate Composition," and "Chlorinated Sea Water Helps to Improve Quality of Fish Aboard Fishing Vessels."

THE FOLLOWING SERVICE PUBLICATIONS ARE AVAILABLE ONLY FROM THE SPECIFIC OFFICE MENTIONED.

California Fishery Products Monthly Summary, September 1958; _____, October 1958; 14 pp. each. (Market News Service, U. S. Fish and Wildlife Service, Post Office Bldg., San Pedro, Calif.) California cannery receipts of tuna, mackerel, and anchovies, and sardines; market fish receipts at San Pedro, Santa Monica, San Diego, and Eureka areas; California imports; canned fish and frozen shrimp prices; ex-vessel prices for cannery fish; American Tuna Boat Association auction sales; for the months indicated.

(Chicago) Monthly Summary of Chicago's Fresh and Frozen Fishery Products Receipts and Wholesale Market Prices, October 1958, 12 pp. (Market News Service, U. S. Fish and Wildlife Service, 565 W. Washington St., Chicago 6, Ill.) Receipts at Chicago by species and by states and provinces for fresh- and salt-water fish, and shellfish; and wholesale prices for fresh and frozen fishery products; for the month indicated.

Gulf Monthly Landings, Production, and Shipments of Fishery Products, September 1958; _____, October 1958; 6 pp. each. (Market News Service, 609-611 Federal Bldg., New Orleans 12, La.) Gulf States shrimp, oyster, finfish, and blue crab landings; crab meat production; LCL express shipments from New Orleans; wholesale prices of fish and shellfish on the New Orleans French Market; and sponge sales; for the months indicated.

Monthly Summary of Fishery Products Production in Selected Areas of Virginia, North Carolina, and Maryland, October 1958, 4 pp. (Market News Service, U. S. Fish and Wildlife Service, 18 So. King St., Hampton, Va.) Fishery landings and production for the Virginia areas of Hampton Roads, Lower Northern Neck, and Eastern Shore; the Maryland areas of Crisfield, Cambridge, and Ocean City; and the North Carolina areas of Atlantic, Beaufort, and More-

head City; together with cumulative and comparative data; for the month indicated.

New England Fisheries--Monthly Summary, September 1958; _____, October 1958; 21 pp. each. (Market News Service, U. S. Fish and Wildlife Service, 10 Commonwealth Pier, Boston 10, Mass.) Reviews the principal New England fishery ports, and presents food fish landings by ports and species; industrial fish landings and ex-vessel prices; imports; cold-storage stocks of fishery products in New England warehouses; fishery landings and ex-vessel prices for ports in Massachusetts (Boston, Gloucester, New Bedford, Provincetown, and Woods Hole), Maine (Portland and Rockland), Rhode Island (Point Judith), and Connecticut (Stonington); frozen fishery products prices to primary wholesalers at Boston, Gloucester, and New Bedford; and landings and ex-vessel prices for fares landed at the Boston Fish Pier and sold through the New England Fish Exchange; for the months indicated.

(Seattle) Monthly Summary - Fishery Products, October 1958, 6 pp. (Market News Service, U. S. Fish and Wildlife Service, Pier 42 South, Seattle 4, Wash.) Includes landings and local receipts, with ex-vessel and wholesale prices in some instances, as reported by Seattle and Astoria (Ore.) wholesale dealers; also Northwest Pacific halibut landings; and Washington shrimp landings; for the month indicated.

MISCELLANEOUS PUBLICATIONS

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ANCHOVIES:

Biometric Comparison of the Anchoveta, CETEN- GRAULIS MYSTICETUS (Gunther), From Ten Localities of the Eastern (Tropical Pacific Ocean, by Julio Berdegue A., Inter-American Tropical Tuna Commission Bulletin, vol. III, no. 1, illus., printed in English and Spanish. Inter-American Tropical Tuna Commission, La Jolla, Calif., 1958.

CEYLON:

Administration Report of the Director of Fisheries for 1957, 31 pp., printed. Government Publications Bureau, Colombo, Ceylon, August 1958. Progress reports for the year 1957 are presented by the Department of Fisheries. Among the subjects covered are: Colombo plan aid; extended technical assistance program of F. A. O.; fishing disputes and regulations; fishermen's cooperative societies; loans to individual fishermen; coastal navigation aids; pearl bank survey; fresh-water fisheries; brackish-water fisheries; and biological and technological research. Statistical data are also included on the production of fresh and cured fish, and imports and exports of fishery products and byproducts.

COMMON MARKET:

"Central America Creates a Common Market," by R. M. Dawson, article, Foreign Trade, vol. 110, no. 10, November 8, 1958, p. 11, printed, single copy 20 Canadian cents. Department of Trade and Commerce, The Queen's Printer, Government Printing Bureau, Ottawa, Canada. After six years of study, Guatemala, El Salvador, Honduras, Nicaragua, and Costa Rica have signed a treaty setting up a Common Market, plus an agreement on industrial integration. The principal features of the treaty are: (1) establishment of a free trade area in the five countries; (2) operation of the treaty for an initial period of ten years; (3) establishment of a Central American Trade Commission; (4) undertaking to refrain from according duty-free entry to imports from outside the area of the products selected for free-trade-area treatment; (5) refusal of subsidies for export of merchandise included in the free trade agreement; and (6) adoption of measures to stimulate establishment or enlargement of regional industries.

CONSUMPTION:

"Use of Fishery Products by Households in Spring 1955," by Harry Sherr, article, The National Food Situation, NFS-86, October 1958, pp. 19-35, illus., processed. Agricultural Marketing Service, U. S. Department of Agriculture, Washington 25, D. C. Detailed data on food consumed at home in a week in spring 1955 were collected from 6,060 housekeeping households throughout the nation. This survey yielded more information than has ever been collected before on the consumption of fishery products at home. Findings showed that almost two-thirds of the households used fishery products during the week surveyed, but only 2½ cents of the average dollar spent for food used at home went for these products; the largest household market for fishery products was in the Northeast, the smallest in the West; and urban households provided a better market than rural. The survey also showed that of the fishery products used at home per person, the fresh and frozen group represented almost two-thirds of the total, and the canned a little over a third; canned fish consumption at home per person averaged higher among urban than rural households, and higher among single-person households than those of two or more persons; households in the Northeast and West were the leading consumers of canned tuna; those in the south were the heaviest consumers of canned salmon; and urban households used more canned fish per person in a week in spring 1942 than in a similar period in 1948 and 1955. Variations in food customs and availability of items, more than variations in income, accounted for differences in "at home" consumption of fishery products among the four regions and, within each region, by urbanization.

COOKERY:

A Handbook of Handling, Cooking, Serving U. S. Mountain Trout, 8 pp., illus., printed, 10 cents. U. S. Trout Farmers Association, Box 546, Buhl, Idaho. In addition to the many interesting recipes for cooking trout, this booklet has information on the purchasing of fresh or frozen trout, market forms, storage of frozen trout,

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and thawing. It also describes and illustrates methods of boning cooked trout and boning trout before cooking--butterfly style.

FOOD AND AGRICULTURE ORGANIZATION:

Procedures for the Testing of Intentional Food Additives to Establish Their Safety for Use. (Second Report of the Joint FAO/WHO Expert Committee of Food Additives), FAO Nutrition Meeting Series No. 17, 19 pp., printed, 30 U. S. cents. Food and Agriculture Organization of the United Nations, Rome, Italy, 1958. (For sale by International Documents Service, Columbia University Press, 2960 Broadway, New York 27, N. Y.)

The State of Food and Agriculture, 1958, 232 pp., illus., printed, US\$2.50. Food and Agriculture Organization of the United Nations, Rome, Italy. Fisheries are mentioned in a few places. (For sale by International Documents Service, Columbia University Press, 2960 Broadway, New York 27, N. Y.)

Yearbook of Fishery Statistics--Production, 1957, vol. VII, 311 pp., illus., processed in English, French, and Spanish, US\$4.00. Food and Agriculture Organization of the United Nations, Rome, Italy, 1958. (Sold in United States by Columbia University Press, International Documents Service, 2960 Broadway, New York 27, N. Y.) The newest edition of the FAO Yearbook contains statistics on catches from all countries, quantities landed by countries and by species; and production of preserved and processed fishery commodities. Since this is an interim issue of the FAO Yearbook, the sections on fishing craft have been omitted. However, the Notes section is reprinted unchanged from volume VI even though some of it refers to the omitted sections.

FRANCE:

La Peche Maritime (The Marine Fishery), vol. 37, no. 966, September 1958, 64 pp., illus., printed in French. Les Editions Maritimes, 190 Boulevard Haussmann, Paris, France. Contains, among others, the following articles: "Importance et Caracteristiques de Notre Peche aux Crustaces" (Importance and Characteristics of our Crustacean Fisheries), by L. F. Plouas; "Le Marche de Thon Tropical d'Origine Francaise - Le Marche Commun et les Pays Importateurs de l'Europe Occidentale" (The Market for French Tropical Tuna - The Common Market and the Importing Countries of Western Europe), by A. Sahut-Morel; "La Peche des Crustaces a Camaret" (The Crustacean Fishery at Camaret), by R. Pennee; "Douarnenez et la Peche aux Crustaces" (Douarnenez and the Crustacean Fishery), by R. Bolopion; "Audierne, Port de la Langouste Rouge" (Audierne, the Red Lobster Port), by J. Couespel du Mesnil; "L'Industrie Sud-Africaine de la Langouste" (The South African Lobster Industry), "La Protection du Homard au Danemark" (The Protection of the Danish Lobster); "Particularites du Traitement Frigorifique des Crustaces" (Details of the Refrigeration of Crustaceans); "La Conservation des Homards Vivants (The Preservation of Live

Lobsters); and "L'Expedition par Avion des Homards (The Transportation of Lobsters by Air).

La Peche Maritime (Marine Fishery), vol. 37, no. 967, October 1958, 64 pp., illus., printed in French. Les Editions Maritimes, 190 Boulevard Haussmann, Paris, France. Contains, among others, the following articles: "Ou Va la Peche du Hareng?" (Where is the Herring Fishery Headed?), by Jean Delpierre; "La Peche aux Harengs a Dieppe" (The Herring Fishery at Dieppe), by G. Martin; "L'Industrie du Hareng a Fecamp en 1958" (The Herring Industry at Fecamp in 1958), by J. Ledun; "Le Marche Mondial du Hareng" (The World Market for Herring), by Geep; "La Peche du Hareng aux Pays-Bas" (The Herring Fishery in the Low Countries), by Dr. H. A. H. Boelsman Kranenburg; "La Peche du Hareng au 'Chalut-Boeuf' (The Herring Fishery with the 'Ox Trawl'); and "La Congelation a Sec du Hareng en Norvege" (The Dry Freezing of Herring in Norway).

GENERAL:

Important Fisheries of the Atlantic Coast (A Supplement to the Sixteenth Annual Report of the Atlantic States Marine Fisheries Commission, 22 West First St., Mount Vernon, N. Y., September 1958. Brief summaries of existing knowledge of the 23 most important migratory fish species and 8 important shellfish are presented. The case for scientific management of fisheries rests on the knowledge that when animal populations are exploited by man they compensate for this increased mortality by increasing their rates of survival and growth. One of the primary objectives of fishery research is to determine what level of fishing intensity produces an optimum catch, and to devise methods to maintain this equilibrium. Contains brief discussions and graphs on sea herring, sea scallop, silver hake, cod, haddock, ocean perch, pollock, the industrial fishery (mainly red hake), yellowtail flounder, summer flounder, winter flounder, menhaden, common mackerel, king mackerel, Spanish mackerel, American shad, croaker, sea trout (weakfish), spot, scup, bluefish, king whiting, striped bass, mullet, oyster, surf clam, soft clam, hard clam, northern lobster, blue crab, and shrimp.

HANDLING OF FISH:

From Trawler to Trader, 33 pp., illus., printed. Department of Scientific and Industrial Research, Charles House, 5-11 Regent Street, London, SW1, England, June 1958. This booklet presents an approach to the simplification of handling methods at fish docks. It considers the landing, selling, and transportation of fish, and shows how complex are the problems of handling. Written in simple, nontechnical language, and with many sketches and photos, it should be of great help to members of the fishing industry.

ITALY:

Food Regulations of Italy, by H. F. Shepston, Operations Report WTIS, Part 2, No. 58-65, 8 pp., printed, single copy 10 cents. (For sale by the Superintendent of Documents, U. S. Government

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Printing Office, Washington 25, D. C.) Bureau of Foreign Commerce, United States Department of Commerce, Washington, D. C., September 1958. Italian food regulations are arranged in this report under the headings of general and special, the latter dealing both with the special marking and labeling requirements applying to foodstuffs and with the special food regulations the requirements are designed to enforce. Specific regulations on canned fish are included. Under special requirements, the items that need special marking and labeling are listed; the mandatory marks or labels are described; the definitions and/or quality specifications required to be met for use of prescribed names are given, together with any other pertinent regulations; and reference is made to the "legal basis," taken here to mean either the codified source where the applicable legislation is found or the individual law.

JAPAN:

Bulletin of the Hokkaido Regional Fisheries Research Laboratory, No. 18, August 1958, illus., printed in Japanese with summaries in English. Hokkaido Regional Fisheries Research Laboratory, Yoichi, Hokkaido, Japan. Contains, among others, the following articles: "On the Maturity of Pacific Salmon (*Oncorhynchus nerka*, *O. keta* and *O. gorbuscha*) in Offshore, with Reference to the Seasonal Variation of Gonad Weight," by Teruo Ishida and Kiichi Miyaguchi; "Studies on Fish Silages - I. On the Processing of Acid Silages and Fermented Silages," by Tsutomu Uno, Toshio Tokunaga, and Masayoshi Nakamura; "Studies on the Characteristic Qualities of Fish Meat - I. On Kamaboko - (Steamed Fish Cake) Forming Ability," by Tsutomu Uno and Masayoshi Nakamura; "The Studies on Freezing and Refrigeration of Marine Products--Part I. On Drip in Frozen Muscle of the Alaska Pollock," by Shu Tanaka, Tadashi Kubo, and Yukio Takayama; and "Studies on the Preservation of Marine Products - VI. On the Bacteria in Manufacturing Process of Fish Meal. No. 1," by Masatoki Sasaki, Hiroshi Oshima, and Tomoko Ishigaki.

LOBSTERS:

"La Langosta Blanca de Mauritania" (The White Spiny Lobster of Mauritania), by Miguel Massuti Oliver, article, *Puntal*, vol. 5, no. 52, July 1958, pp. 24-25, illus., printed in Spanish. *Puntal*, Apartado 316, Alicante, Spain. A short resume of the processing of spiny lobster from its capture along the "Canary Coast" until its sale in Cadiz. It has little popularity in Spain, but is exported to the United States.

Maine's King Lobster, by George H. Taylor and Robert L. Dow, 43 pp., illus., printed. Department of Sea and Shore Fisheries, Augusta, Me., July 1958. "This publication," says the Commissioner of the Department of Sea and Shore Fisheries, "is intended both to tempt the appetite and to inform the mind." It discusses in detail the past and present lobster industry, conservation problems, methods of capture, and the biology of the Maine lobster.

MAINE:

List of Publications, July 1, 1957, 5 pp., printed. Dept. of Sea and Shore Fisheries, Augusta, Me., 1957.

MUSSELS:

"A Monograph of the Freshwater Mussels (Mollusca: Pelecypoda) of the Australian Region," by D. F. McMichael and I. D. Hiscock, article, *Australian Journal of Marine and Freshwater Research*, vol. 9, no. 3, September 1958, pp. 372-508, 19 plates, printed US\$1.10 single copy. Commonwealth Scientific and Industrial Research Organization, 314 Albert St., East Melbourne, C.2, Victoria, Australia.

NETTLES:

"The Portuguese Man-of-War," by Kenneth L. Gosner, article, *Nature Magazine*, vol. 51, no. 7, August-September 1958, pp. 358-360, illus., printed, single copy 50 cents. American Nature Association, 1214 16th St., N.W., Washington 6, D. C. The Portuguese man-of-war (*Physalia*) is a member of the same phylum as the jellyfish and hydra, and is not one animal but a colony of specialized individuals, including both polyps and medusas. It is conspicuous on the surface of the open sea, chiefly in the tropics, for its gas-filled bag topped by a diagonal pinkish crest. The long tentacles are heavily armed with nematocysts, which are harpoon-like in action and carry a virulent poison, enabling them to capture and paralyze their prey, even man, to whom its sting can be lethal.

NEW ZEALAND:

Report on Fisheries for 1957, 41 pp., illus., printed. Marine Department, Wellington, New Zealand, 1958. Describes with the aid of statistical tables the fish landings, by species and port, by quantity and value; exports and imports of fishery products; fish-liver oil production; whaling, 1957 season; oyster fishery; whitebait fishery, 1957 season; fresh-water fisheries and research; and marine research.

NORWAY:

Norway Exports, Autumn 1958, 64 pp., illus., printed, Export Council of Norway, H. Heyerdahls Gate 1, Oslo, Norway. This issue provides, among others, several articles on the whaling industry. The first article entitled "10,000 Miles to Hunt the Biggest of Beasts" tells of Norway's participation in the Antarctic whaling industry and about the problems that face whaling today. Whale oil is refined and hardened into fat for margarine, and it yields a number of technical products too that are important for a variety of industries. Whale oil processing is the subject of another article.

OYSTER CULTURE:

Useful Publications for Oyster Farmers of the Maritimes, by J. C. Medcof, General Series Circular No. 32, 3 pp., printed. Biological Station, Fisheries Research Board of Canada, St. Andrews, N.B., Canada, October 1958. A list of publications which are useful to the oyster farmer.

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These documents summarize the history of work by the Department of Fisheries and the Fisheries Research Board of Canada since 1929 when they combined efforts to foster what may be called modern oyster culture.

PACKAGING:

Protective Packaging Problems, by L. V. Burton, Technical Aids for Small Manufacturers No. 62, 8 pp., printed, Small Business Administration, Washington 25, D. C., August 1958. Packaging can be very simply defined as the preparation of goods for shipment and marketing. This leaflet tells the main points to be considered in packaging and how to go about dealing with them.

PLANKTON:

Diurnal Fluctuation in Photosynthetic Rate and Chlorophyll "a" Content of Phytoplankton from Eastern Pacific Waters, by Bell M. Shimada, 4 pp., illus., printed. (Reprinted from Limnology and Oceanography, vol. 3, no. 3, July 1958, pp. 336-339.) American Society of Limnology and Oceanography, Department of Zoology, Indiana University, Bloomington, Ind.

SALMON:

Salute to the Sockeye (Commemorating the British Columbia Centennial, 1958), 24 pp., illus., printed. International Pacific Salmon Fisheries Commission, New Westminster, B. C., Canada, 1958. Describes the history of the sockeye of the Fraser River; the Salmon Commission; and the races of sockeye, and their identification. One entire chapter deals with the Adams River run and discusses the rebuilding of a destroyed salmon run, the catch, spawning, and development from egg to smolt. One outstanding fact mentioned is the phenomenal build-up in the catches of Adams River fish, which increased from 2.33 million fish in 1938 to 8 million in 1954. Many excellent black-and-white and color photographs are included.

SANITATION:

The Principles of Scientific Cleaning for the Fish Industry, by R. Spencer, Food Investigation Leaflet No. 17, 12 pp., printed, 20 U. S. cents. British Information Services, 45 Rockefeller Plaza, New York 20, N. Y., 1958. The correct use of detergents and disinfectants, together with the use of mechanical or other aids to cleaning, has come to be known as scientific cleaning. The author recommends three points to follow for effective scientific cleaning: (1) make subsequent cleaning easy by arranging to have smooth,

impervious surfaces which are easily cleaned, such as metal, tile, or plastic; (2) clean the surface with warm water and a suitable detergent and rinse with hot water; and (3) disinfect with steam or a chemical disinfectant and rinse again if the latter has been used. He adds that recommendations of the best type of detergent for the various cleaning jobs can only be given after experimental work.

TAX GUIDE:

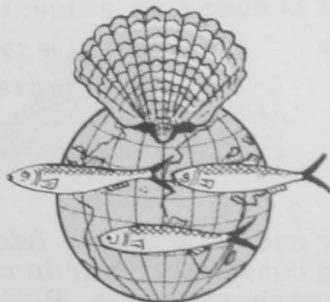
Tax Guide For Small Business, 1959 Edition, 128 pp., printed, 35 cents. Internal Revenue Service, Washington, D. C. (For sale by the Superintendent of Documents, Government Printing Office, Washington 25, D. C.) The new edition of this tax guide (for use in filing the 1958 income tax returns and excise tax returns and other returns for 1959) contains explanations and answers to most of the tax problems of the small-business man. This booklet answers the Federal tax questions of corporations, partnerships, and sole proprietorships. It explains in plain layman's language the tax results from buying a business, starting a business, operating a business, and the sale and other disposition of a business. Some of the many subjects covered are: accounting periods and methods; installment sales; inventories; business expenses; net operating losses; sales of fixed assets; Social Security and withholding taxes; repairs and improvements; depreciation; self-employment taxes; excise taxes; and others. In addition it contains a tax calendar for 1959 which should prove helpful to all businessmen throughout the year, since it indicates what he should do and when he should do it in regard to the various Federal taxes. The booklet also has a check list of special interest to the man just starting in business in that it affords a quick method for determining what Federal taxes he may be liable for.

TRADE LIST

The Office of Economic Affairs, Bureau of Foreign Commerce, U. S. Department of Commerce, Washington 25, D. C., has published the following mimeographed trade list. Copies may be obtained by firms in the United States from that office or from Department of Commerce field offices at \$2 each.

Canneries--Australia, 7 pp., (October 1958).

Lists the names of canneries and addresses and types of products handled. Includes fish canneries registered for export.



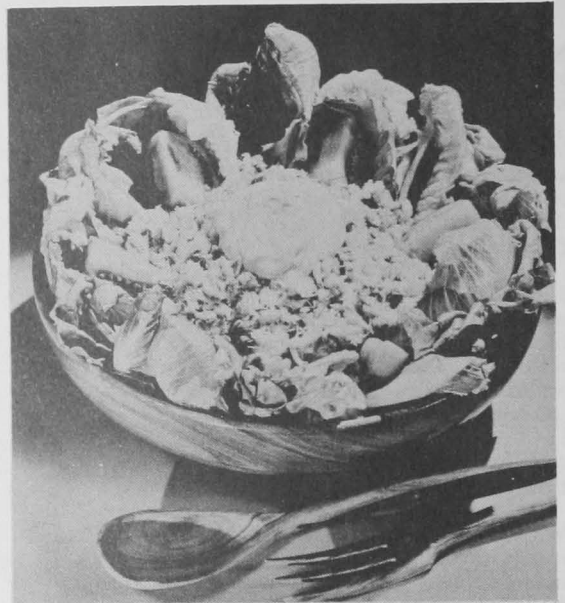
MARKET-WISE SHOPPERS SERVE WHITING

Market-wise shoppers are discovering that whiting is a reasonably-priced fish that is plentiful. It is caught commercially in the cool waters of the North Atlantic off the New England and Middle Atlantic States.

Whiting is a slender, silver-gray fish with a silvery underside. It is sold whole, drawn, dressed, or as fillets. The size of the whole fish ranges anywhere from one-half to four pounds.

The meat is mild-flavored and the texture is very tender. Whiting, or any fish, has no tough tissue to be tenderized. When flaked it is good in creamed dishes and salads because of the tenderness of meat and the white color.

The home economists of the U. S. Bureau of Commercial Fisheries recommend two recipes using flaked whiting. "Baked Flaked Whiting" and "Whiting Salad."



WHITING SALAD

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| <ul style="list-style-type: none"> 2 CUPS FLAKED WHITING $\frac{1}{2}$ CUP CHOPPED CELERY $\frac{1}{2}$ CUP COOKED PEAS 2 TABLESPOONS CHOPPED SWEET PICKLE 2 TABLESPOONS CHOPPED ONION | <ul style="list-style-type: none"> 3 HARD-COOKED EGGS, CHOPPED 1 TEASPOON SALT $\frac{1}{2}$ CUP MAYONNAISE 2 TABLESPOONS LEMON JUICE LETTUCE |
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Combine all ingredients except the lettuce, being careful not to break the fish into small pieces. Serve on lettuce. Serves 6.

- FLAKED WHITING
- 1 POUND WHITING FILLETS
 - 1 QUART WATER
 - 1 TABLESPOON SALT

Skin fillets and place in boiling salted water. Cover and return to boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain and flake. Serves 6.

This recipe will yield 2 cups flaked whiting that can be used in recipes calling for flaked fish.

BAKED FLAKED WHITING

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| <ul style="list-style-type: none"> 2 CUPS FLAKED WHITING $1\frac{1}{2}$ TABLESPOON BUTTER OR OTHER FAT 2 TABLESPOONS FLOUR $\frac{1}{2}$ TEASPOON SALT DASH PEPPER $1\frac{3}{4}$ CUPS MILK | <ul style="list-style-type: none"> 1 CUP GRATED CHEESE 2 CUPS COOKED RICE 1 CUP COOKED PEAS 2 TABLESPOONS BUTTER OR OTHER FAT, MELTED $\frac{1}{2}$ CUP DRY BREAD CRUMBS |
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Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Stir in cheese and heat until melted. Combine fish with rice, peas, and cheese sauce. Place mixture in a well-greased casserole. Combine butter and crumbs; sprinkle over mixture. Bake in a moderate oven, 375° F., for 30 minutes or until brown. Serves 6.