

The purpose is to continue the research developed during a large-scale study of the kelp beds, first by the University of California's Institute of Marine Resources, and later by the California Institute of Technology.

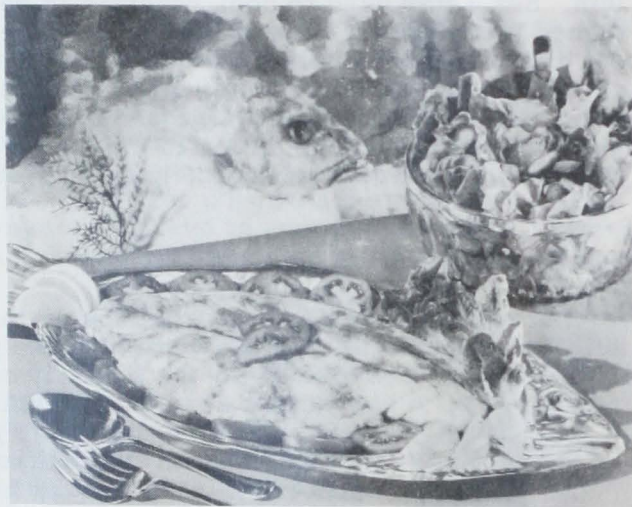
These studies were aimed initially at finding an agent for exterminating the sea urchin. Long ago, fur hunters had exterminated the sea otter in the area, the one major predator able to utilize the sea urchin as food. The French control populations of urchins by

eating them, but they are not popular in America. Fencing off urchins from the kelp beds was considered--but urchins can climb fences. After considerable trial and error, quicklime was tried on some urchins in the laboratory. This treatment proved effective, while remaining harmless to valuable fish species in the area. The project's researchers hope that a comprehensive liming program, coupled with extensive transplanting, will lead to the rejuvenation of many depleted kelp beds.



DIET? TRY IT! -- WITH SEAFOODS

Enjoy dieting? Yes, you can. Diet meals that emphasize fish and shellfish will give you added pep and energy while the pounds melt away. Why? Because fish and shellfish are low in calories but contain high quality, easily digested protein; vitamins; and minerals so necessary for a "top of the world" feeling.



Fish and shellfish have a delicate, distinctive flavor and there are so many varieties to choose from. Snapper is considered one of the choicest of all and in this recipe it is served with real imagination. Marinated in and basted with a tangy, low calorie sauce, the snapper is broiled to appetizing perfection. Spicy Snapper will be a favorite with everyone, including the dieters.

This recipe is from a new, 16-page, full-color, diet booklet, Seafood Slimmers, just released by the United States Department of the Interior's Bureau of Commercial Fisheries. It is available for 25¢ from the Superintendent of Documents, Washington, D. C. 20402.

SPICY SNAPPER

2 pounds snapper fillets or other
fish fillets, fresh or frozen
 $\frac{2}{3}$ cup tomato juice
3 tablespoons vinegar

2 tablespoons salad oil
1 envelope ($\frac{5}{8}$ ounce) old
fashioned French dressing mix

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place fish in a single layer in a shallow baking dish. Combine remaining ingredients and mix thoroughly. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish on a well-greased broiler pan. Broil about 4 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

Approximately 130 calories in each serving.