

vicinity. During January 1966, about 50 fishing and support vessels were sighted there.

The best available information indicates that, during January, 30-40 vessels were concentrated on Grand Banks off Canada.

Late in January, U. S. fishermen reported several Soviet factory stern trawlers widely scattered south of Long Island, N. Y. (Hudson and Block Canyon), probably exploring.

There appears little doubt that the Soviets gradually will resume fishing in those areas.



### DECLARE A DIVIDEND WITH SEAFOODS

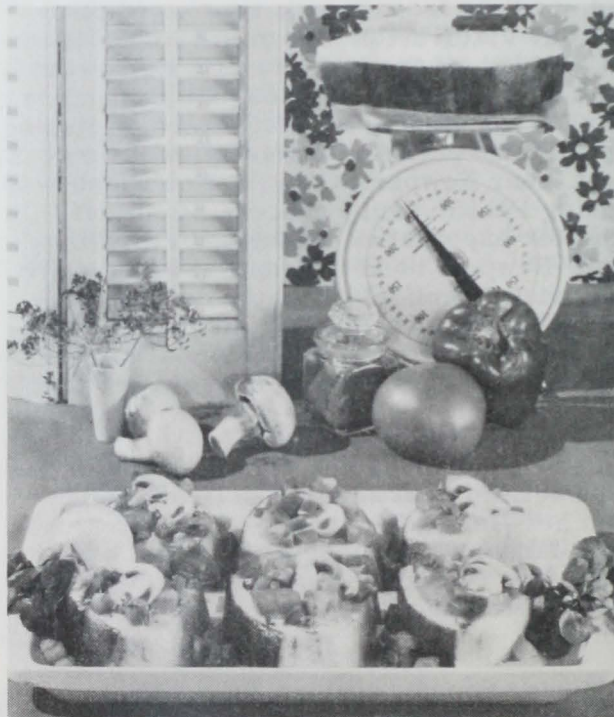
Fish and shellfish offer a netful of dividends for the dieter because they are low in calories, but high in protein, minerals, and vitamins so essential to good nutrition. Dieting is easy with seafoods; they have so much to offer--endless variety in color, flavor, and texture; quick to fix; and real eating enjoyment. Seafoods are good any day of the week for any meal of the day.

North Pacific halibut steaks are topped with mushrooms, garden-fresh tomatoes, green peppers, onions, and a dash of pimiento and parsley. Over this pour a blend of white wine, lemon juice, and dill before baking to a golden brown. This unusual seafood treat, Hearty Halibut, is a dill dandy. Only 230 calories per serving, too!

#### HEARTY HALIBUT

2 pounds halibut steaks or other fish steaks, fresh or frozen	$\frac{1}{2}$ cup dry white wine
$\frac{2}{3}$ cup thinly sliced onion	2 tablespoons lemon juice
$1\frac{1}{2}$ cups chopped fresh mushrooms	1 teaspoon salt
$\frac{1}{4}$ cup chopped tomato	
$\frac{1}{4}$ cup chopped green pepper	$\frac{1}{4}$ teaspoon dill weed
$\frac{1}{4}$ cup chopped parsley	$\frac{1}{8}$ teaspoon pepper
3 tablespoons chopped pimiento	Lemon wedges

Thaw frozen steaks. Cut into serving-size portions. Arrange onion in bottom of a greased baking dish, 12 x 8 x 2 inches. Place fish on top of onion. Combine remaining vegetables and spread over top of fish. Combine wine, lemon juice, and seasonings. Pour over vegetables. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges. Serves 6.



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