## Ilue*Bees-Home Masazine - Pase

Potes for Women?



Testimony from Idaho

A 19 Trillion Mile Yard-Stick


Fish for Beef

Protein Content of Meat and Fish:

| Kind of Meat |  | Kind of Fish |  |
| :---: | :---: | :---: | :---: |
| Beef, loin, medium . . . | 17.9 |  | 20.0 |
| Beef, ribs Reef, round, medium | 17.0 19.7 |  | 18.8 18.1 |
| Leg of mutton . - | 17.9 | Flounder, whole . . | 13.8 |
| Neck of mutton . . . | 16.4 |  | 16.7 |
| Loin pork chops . . . . |  | Halibut steak - | 18.0 |
| Ham. | 14.8 | Lake Trout <br> Mackerel | 17.3 18.1 |
|  |  | $\mathrm{Mackerel}_{\text {Weakfish }}^{\text {M }}$, | 18.1 17.3 |
|  |  | Whitefish, whole | 22.2 |

Protein, noun-the essential principle of food; the gelatinous, semi-transparent substance obtained from albumen, fibrin or casein.
You housewives are familiar with the vast difference in price, but be sure you get Booth fish-direct to you from Booth iron-clad, sanitary fishing vessels - it's fresh, wholesome and delicious.

## Booth Fisheries Co. <br> SEAFOOD

Branches in All Principal Cities
Omaha- 1308 Leavenworth Street

