

WHAT'S IN AN OYSTER?

Plenty of good food value resides in the oyster which we consider more as a delicacy than as regulation food. In fact, microscopic tests have revealed that oysters supply more nearly than any other food except milk, the balanced diet for all of us.

Children may be encouraged to eat oysters to insure their supply of iodine, as well as other minerals and vitamins. And those who are overweight may rejoice in the fact that this sea food contains a non-fatty starch which will not create extra poundage.

The department of agriculture tells us that a pound of oysters contains 7 per cent of the energy, 28 per cent of the protein, 35 per cent of the calcium, 53 per cent of the phosphorous, and 136 per cent of the iron needed by us daily. Figures startling enough, when we consider that oysters have been served more often as a relish than as a main part of daily and weekly menus.