

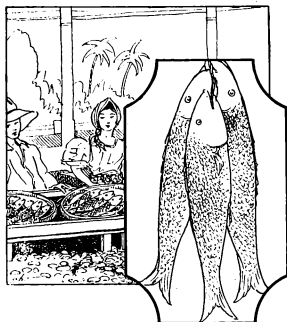
The Anchovies or Dilis

Aunt Julia's True Stories

IN towns far from the sea, people seldom eat or see fresh fish. They get fish in a preserved state, that is, as dried fish, smoked, or pickled. If you walk through the fish section of the markets in such towns you will find big basketfuls of dried fish. And you will not miss the dried anchovies or *dilis*. The dried form seems to be more popular than the fresh fish. It is growing in popularity because it is now generally known that *dilis* contains plenty of calcium, a mineral which our bodies use in building bones and teeth and in strengthening the lungs.

The humble *dilis* can be prepared in many ways. It can be preserved in oil just like sardines or it can be pickled. In whatever state it is eaten, it maintains its high food value.


Dilis is cheap whether fresh or dried. When dried, it is sold by the liter or by the ganta. When fresh,




dilis is a delicate, little, silvery fish with a silvery band along the side. The different kinds of *dilis* come in great schools. A swarm of large group of fish is called a school.

Cheap and common as *dilis* is, you should develop a liking for it. Including *dilis* in your meal often will make your body strong enough to fight tuberculosis and other diseases.





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