Chicago's Sun-Times
Saturday, April 30, 1977

# Warning on PCBs

Those who fancy lake trout or coho salmon fresh from Lake Michigan got some reassurance from Mayor Bilandic's recent order to begin weekly PCB-level tests on the fish.

But citizen caution should continue, despite the tests. The Illinois Department of Conservation still says no one should eat more than a pound of lake fish a week and that all fish be filleted to remove excess fat (where PCB levels are high). Health experts advise pregnant women and nursing mothers to eat no PCB-bearing fish at all.

With care, all can work for good fishing, good eating and good health, too.

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