



4. Next step is to remove the rib section. Again, a sharp, flexible knife is important to avoid wasting meat. Insert blade close to rib bones and slice entire section away. This should be done before skin is removed to keep waste to a minimum.

5. Removing the skin from each fillet is simply a matter of inserting knife at tail and "cutting" meat from the skin. With the proper knife, like the "Fish 'N Fillet," it's easily done.

6. Here is each fillet, ready for the pan, or freezer. There is no waste. Remember not to overwash fillets. This will preserve tasty juices and keep meat in its firm natural state.

**MORE ABOUT FILLETING FISH**



TERRA COTTA RAINBOW TROUT



RAINBOW AND BROOK CATCH

**ONTARIO OUTDOORS**

**Own Worm Ranch Aid For Angler**

BY BOB OLLIVIER



Why not start now to collect and store your own supply of worms for the coming season?

They are available to almost anyone at this time of year, and you may collect a year's supply of dew worms and earth worms in a single night, or even on a rainy day. This is the only time the year that earth worms come out and travel on the surface.

Select a supply of boards, three quarter inch thick, and as old as possible. This is in order to be free of resin. Make a box of a size to suit your needs, without holes in the bottom. The wood must not have any preservative because this is the method of getting air to the worms, through the porous wood.

A commercial worm bedding may be used in the box, but care must be taken if you mix your own. Some materials will "heat" and kill them. I have several books about raising worms and the "recipe" for worm bedding.

If anyone is interested please give me a call and I will try to help you.

Another method of storing worms is in a foam plastic cooler, one of the porous kind. Both of these styles of boxes should be placed in the ground with only one inch of the box showing above the ground.

This will keep rain water out of the box. Conditions can be maintained to a satisfactory degree. Feed only when the worms have consumed the last feed. Check under the top surface of the bedding because they will draw it under the top half inch or so. Oats used for porridge will be about the best you can use. Place them in a shady spot, even if you have to plant a bush to protect them. In this way you may even have worms nest spring and they will sometimes breed. A covering of burlap over the bedding and a close fitting lid will complete your own worm farm.

**ENLIGHTENED AWARENESS.**

Take notice of this quote by F.E. Sider, district manager, Maple, ministry of natural resources. "Pride and fascination in nature are nurtured by understanding such basic natural phenomena as a run of walleyes. Enlightened awareness can only kindle respect for the environment, so badly needed in our times." ...Right on, brother.

The photograph of the three fish is of rainbow trout taken in Terra Cotta ponds. Believe it or not, they are still in there. Not these, but others like them. The second picture is of six brook trout and three more rainbows also taken from Terra Cotta.

A new book is now on the market and this is just in time for the fishing season. ABC's of Fishing by Bob Zwirts is one of the most well known anglers in the North American continent. This book covers fishing from novice to expert and is a tremendously fact-filled book. For you fly tiers, it will be of great interest to note that Bob Zwirts and his wife recognized as the first to use the space age material mylar in the making of flies for angling.

ABC's of Fishing covers everything from bait casting through fly fishing, fresh and salt water style, terminal tackle, rods and reels, almost everything a man could ever need. Chapter 14 is interesting to me because it covers one of my favorite fish, the trout. It gives trout fishing 365 days a year where this is legal.

Another article in this book is the chapter on bait egg fishing. In this day of debate about the use of fresh roe, either rainbow or salmon, this should help a lot. These bait eggs are sold in single eggs and packed in a bottle of fluid.

Using two of these eggs on a single number 4 salmon egg hook I have caught some real good fish and have many taken weighing as much as 15 pounds.

One drawback to the book are the photos of huge catches of fish. These show dozens of fish, even large-mouth bass, as many as 155 pounds of them, caught by two men. In this day of conservation, these fish could have been released keeping only what is needed for personal consumption.

The sanctuaries that were in force on the spawning streams for rainbow trout are now open. Please take care, because you can destroy a lot of spawn if you wade these rivers now. The walleye season is now open and the weather couldn't be better. If you troll, as slow as possible or find a school and cast to them you should do real good. Note the article in the series of filleting your catch. I hope you are cutting these out and learning the technique. There is no reason why you cannot enjoy a good fishing trip now with several seasons open and the weather co-operating.

With this in mind, enjoy Ontario Outdoors.

**New Survey Fairey Lake**

The Ministry of Natural Resources will conduct a new survey of Fairey Lake to see if it would be possible to stock it with a different variety of fish. A request for the study was sent by the town after Coun. Les Duby noted that the old study was more than 13 years old. The study will take place in the early part of August.

**Wild Flowers At Their Peak**

Ontario's wild flowers are usually at their peak from mid-April to late May. "Anyone interested in wild flowers should take time this spring to visit our provincial parks and woodlands," says Russ Gomez, a horticultural specialist with the Ontario Ministry of Agriculture and Food. "These locations are ideal to see the plants growing under natural conditions."

Among those that thrive in our climate are Dogtooth and Sweet Violet, Hepatica, Bloodroot, Lady's Slipper, Trillium, Pitcher Plant and Lily.

While he admires wild flowers, man is also their greatest enemy. "Thousands of wild flowers are destroyed each year by bulldozers, while unnecessary picking weakens and even kills some species, especially our provincial emblem, the Trillium."

When planted in conditions similar to their natural habitat, these plants make attractive additions to your garden. Early spring is a good time to transplant them. In a shaded area, create soil conditions as close as possible to the natural location. Some nurseries have wild flowers for sale, or you can collect seed and grow your own. Several books about native plants are available at local libraries or bookstores, providing valuable information on growing and propagating. Look for our wild flowers this spring, but remember to leave them for others to enjoy.

**Non-Smoker, Cleaner Air**

Air conditioning gobbles up energy. And smokers can make air conditioning requirements skyrocket.

Research carried out by air conditioning companies has shown that when someone lights a cigarette, cigar or pipe, the person's air conditioning demands can jump as much as 60 percent.

In a nonsmoking situation, air conditioning engineers usually provide the individual with five to ten cubic feet per minute of outside air. Each active smoker, however, requires six times this amount. The energy requirements for providing fresh air for 100 smokers can equal the requirements for 600 non-smokers.

Smoke fills the air with millions of semi-liquid particles plus a variety of gases and vapors. Contamination and odors are immediately created by such elements in tobacco smoke as ammonia and pyridine. Pyridine is a strong irritant that is produced when nicotine burns. The presence of a minute amount in one million cubic feet of air is enough to produce unpleasant odors.

Another intriguing finding that affects the air conditioning problem and increases demand is that the human body attracts tobacco smoke. Tobacco smoke creates a high electrical potential, whereas the human body has a low potential. The smoke in a room gravitates and clings to people in much the same way as iron filings are drawn to a magnet.

Even the best air conditioning equipment has trouble clearing cigarette pollution from the air. Your Christmas Seal Association is working to help protect nonsmokers in public places. It's a matter of life and breath. As well as energy.

**School Aids Reforestation**

Approximately 646,500 trees have been planted at Norval reforestation area since 1939, most of them by students of Toronto's Upper Canada College.

The primary objectives of the program are to protect the watershed, to create a semi-wilderness environment at Norval, and to introduce the boys to some of the techniques and principles of conservation.

The program has been very successful, and the fruit's of their labor can be seen on the north side of hwy. 7 between Norval and Georgetown.

Saturday, June 1, Upper Canada College is holding their 35th Norval picnic with lunch being served at noon at Stephen House.

The day's events include the annual Norval boat race which will start at the Red Cliffs at 11.30 a.m.

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**Merchant Of The Week**



Don Tuck - Store Manager

**FIRESTONE Tire Specialists**

Officially opened in August 1972, Georgetown's Firestone Tire store, located at 124 Main Street north in the Moore Park Plaza, has fast become one of Georgetown's, and now Halton Hills', premier merchants.

Specialists in tire sales and repairs, the store is under the direction of store manager, Don Tuck. Sales and technical staff include Gordon Cave, credit manager, Terry Hay, commercial salesman, George Rogers, Class A mechanic, Robert Lyons, apprentice mechanic, Ernie Richardson, truck tire service specialist, and serviceman Glenn Crichton.

In addition to their tire operations, which include all front-end repairs, Firestone are distributors for General Electric television and appliances, distributor for Sanyo electrical appliances, Hoover floor care products, CCM bicycles, and Automatic Radio car stereos. Firestone is also an exclusive agent for General Freezer products.

One of Firestone's most popular products these days is the book, "27 Days in September", the story of the Canada-Russia hockey series published by Hockey Canada. Firestone is the exclusive outlet for this book in Halton Hills.

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