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# *The Record*

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## Vermont a paradise for hike enthusiasts

The Long Trail is a hikers' footpath that extends the entire length (north to south) of Vermont. The trail passes along the top or near every major peak in the state. The Long Trail starts at the Massachusetts border to the south and travels 262 miles to the Vermont-Canadian border in the north. Along its entire length there are a number of lean-tos and cabins located roughly a days hike apart within which the hiker may sleep and take refuge from the weather. There is a small fee for the overnight use of these dwellings.

To the North, the Jay Peak and Hazen's Notch areas are popular for their beautiful scenery. Slightly to the south the Mt. Mansfield and Camels Hump areas can be found. These are two high peaks that are popular for their above treeline alpine terrain. The alpine zones of these two mountains contain rare flora and all hikers are requested to help protect the fragile alpine tundra and flowers that are charac-

teristic of these mountain tops.

Farther south, the Killington and Stratton areas are very picturesque and afford the hiker with many interesting forests and mountains to explore and discover for themselves.

Throughout the state there are a large number of campgrounds that travelers may use on their wanderings through Vermont. There are several good guides to these different campgrounds that explain location, fees, and various points of interest in the Vermont region. The

guides may be picked up at state information booths and bookstores.

To our west is the Adirondack Park, a large state and privately owned

Forest preserve. Within this preserve there are many hiking trails which pass through some of the wildest and most beautiful acreage in the East.



REMINISCENT OF OLD NORMANDY is this rural scene near Austin overlooking Lake Memphremagog which shows the high-spired Abbey Saint-Benoit-du-Lac.

## Provincial parks the place to go

During summer vacation time, there's bound to be something to please everybody in one of the provincial parks. The parks, which operate on a non-profit basis, are an inexpensive way to holiday, and a recent trip throughout various provincial sites proves that they're a pleasant way to pass leisure time, as well.

The elements that mark the parks are peace, space and quiet, which can be enjoyed in abundance there. Canoeing, camping and fishing are usually available in the provincial sites for those who enjoy sports activities. Amateur photographers too, can have a field day with their cameras, as the natural beauty of the surroundings provides many subjects.

More and more, the government is multiplying its efforts to attract people to these sites, while maintaining the ecological balance and increasing the activities available.

These days, it is wise to check ahead to make sure the park of your choice has room to accommodate you.



SETTING OFF for a day's hiking in Vermont holds plenty of promise for pleasure.

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# It's barbecue time again

It's barbecue time again, but this year it's barbecue time with a difference.

And the difference is that just as the greater awareness of fish is reflected in the opening of new specialty seafood restaurants across the country and the appearance of seafood dishes on restaurant menus — so, too, is there a growing interest in barbecuing fish.

Barbecued fish is ideal for outdoor summer entertaining and provides an exciting change from the conventional barbecued steaks, hamburgers and ribs.

Certain types of seafood such as fish steaks, fillets and whole fish are particularly suitable for barbecuing. Getting the fish poses no problem. Just go to your favorite food store and look for frozen fish from the North Atlantic. Frozen fish, in many instances, is even fresher than so-called fresh fish for it is frozen within hours of being caught.

But look for fish produced by members of the North Atlantic Seafood Association —

the products of Canada, Norway, Denmark and Iceland — for the flesh is firmer, the flavor is better and the quality is protected.

#### Hints on Barbecuing Fish

Before you start remember that fish takes very little cooking, so all types and cuts of frozen fish should be thawed to refrigerator temperature before barbecuing. That way the fish will cook evenly and remain tender.

You should also keep in mind that fish flesh has a tendency to break easily when cooked, and becomes difficult to pick up. You can avoid this problem by using a medium or fine hinged wire grill, or by making a chicken-wire envelope and placing the fish inside. The wire will remain cool unless directly over the coals, and turning the fish is a simple matter.

Whatever method you do use, be sure to oil the grill and the fish thoroughly. Then place the fish on a hot grill. This gives the fish a slightly seared appearance and helps prevent sticking

while cooking.

Keep a pastry brush handy for brushing vegetable oil or butter over the grill and fish.

#### Sauces and Such

Very often, a commercial barbecue basting sauce is too strong and destroys the delicate and delicious flavor of fish. Try basting with plain butter. Or garlic butter. Or even fresh lemon juice in butter. Use your own taste and discretion about using sauces either to baste or serve with barbecued fish.

Here are some interesting sauce ideas you might like to try:

#### Soy Sauce Marinade or Baste

Combine equal parts of soy sauce or shoyu; dry white wine, sherry, whiskey or sake and oil (sesame, peanut or corn). Add garlic or grated ginger if desired and allow fish to marinate at least 1 hour before cooking. Baste while cooking. Season with seasoned salt and pepper when fish is nearly done. This prevents salt from drawing off too much juice too early in the cooking.

**Instant Sauce**  
Marinate fish in a French dressing. Flavor with curry, dill, ginger or tarragon.

**Barbecue Basting Butter**  
½ cup soft butter — whip until light and creamy. Add

1 tbsp. lemon juice, 1 tbsp. soy sauce, 1 tbsp. finely chopped parsley, ½ tsp. fennel, 1½ tsp. salt, ¼ tsp. pepper. Beat and refrigerate for 2-3 hours. Spread over fish while cooking, and serve with fish when cooked.

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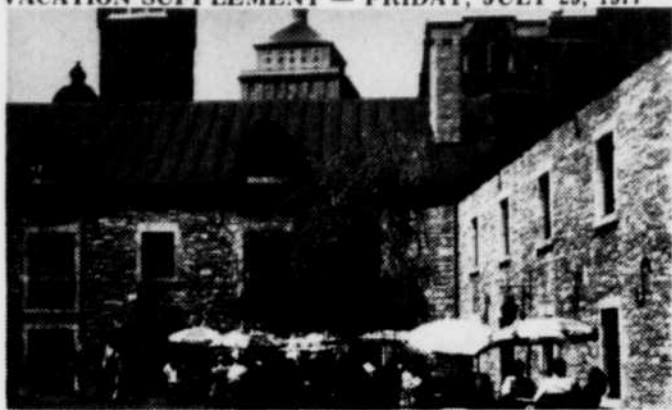
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**YOUVILLE STABLES** in Old Montreal were built between 1825 and 1860. Recently restored, they now house boutiques and offices around an attractive inner courtyard.

## Beautiful French town here in North America

First-time visitors will be surprised to see how very French every aspect of Montreal's life is.

The French have been there for 300 years and although the English have dominated Canada since 1759, Montreal has never lost the culture of the original settlers.

Montreal is that rare breed of North American city that gets better every year.

### Old-world preservation

New buildings are going up at a rapid pace but, wisely, little of the historic city's old-world charm has been destroyed. New buildings go up in one spot, old ones are restored in another.

Americans who have never visited Quebec's metropolis will be transported by its charm.

The clean, quiet subways; the vast underground network of interconnecting shopping centers; the quaintness of Old Montreal; the thousands of restaurants from which to choose; the homey touches like flower pots adorning office buildings all add up to making Montreal very special.

Start with Old Montreal for a sampling of what was. The old stone walls still peek through in odd corners of this 12-block area.

### Historic meets modern

Handsome churches like Notre Dame, built in the 1820's when the area was residential (it's now mainly commercial), will highlight your tour.

Historic buildings are mixed with modern boutiques, shops featuring woven and carved work by Canadian craftsmen and dozens of fine restaurants

As glorious as the spring sunshine may be, spend some time underground. Underground Montreal covers about five miles of interconnected subterranean shops.

### Underground delights

Underground you can shop, eat, drink, bank, have your hair done, see a film or just stroll and enjoy.

For shops where prices fit the average pocketbook, try the underground shopping at any of the more than 150 shops (also several bars and restaurants) at Place Bonaventure.

Place Ville Marie, underground walking distance from Bonaventure, has another 70 or so shops and lots of eateries.

Speaking of eateries, Montreal has more than 5,000 restaurants featuring various national cuisines, plus dozens of different specialties (seafood, steak, crepes, omelettes, etc.). You can't even hit the highspots on a short visit.

### Rich cultural life

The cultural life is rich in Montreal, also. There are theaters to attend in English or French, concerts and ballets, as well as a variety of Museums.

Even if the trip to Montreal is a last minute decision it's quite possible to get tickets for many cultural events at the city's extolled Place des Arts cultural center.

Need one speak French to enjoy Montreal? No, but it helps. Dredge up remembrances of French lessons past and you'll find the Montrealers happy to help you finish your sentences — perhaps in English. But at least you tried.

## Silence, stealth, keen eye keys to bringing home dinner of froglegs

The warm still nights of spring can offer the bow-hunting archer a bonus sport that's a little bit of bowfishing, big game and small game hunting rolled up into one neat, action-packed package.

Hunting big bullfrogs at night along a meandering creek or a farm pond bank produces opportunities for exciting shooting and some of the outdoors' finest table fare.

Bullfrogs can be found just about anywhere. Backwater sloughs and remote grassy bayous are ideal. The further away from traveled paths, the bigger the frogs and the better the eating.

Equipment varies, but it's simple and inexpensive, particularly when the rewards are compared to steep restaurant prices. Some bowhunters rig their bows with battery pak six volt lights, a bow reel and a bow quiver with several blunts, all equipment that most archery oriented folks have anyhow.

The bow reel with fish arrow is needed for the "floaters," or frogs that are sitting out in the water on a bit of floating moss or lily pad; blunts are used for the targets that are found sitting along shore, easily stalked to point-blank range if the

hunter is careful.

Two archers working in a team eliminate the need for a bow light; turns are taken using a hand-held spotlight. Keep in mind that the light must be held well in front of the shooter to prevent the frog from seeing the stalking archers; otherwise you'll be rewarded with a far leaping frog and no tasty legs.

Any type bow will do and the weights can be light and still be effective,

an ideal combination for dad and the boys. Solid fiberglass bows such as the Ben Pearson 3360 are super, durable, and impervious to mud, water or the elements.

Dark nights are best and silence is the rule. Good concentrations can be located and hunted often producing action, excitement and delicious dinners.

Be sure and check for seasons and limits in your area.

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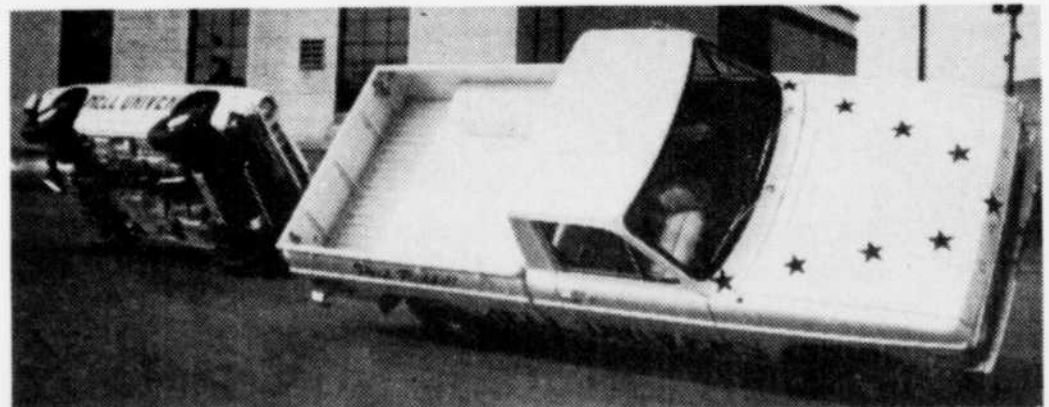
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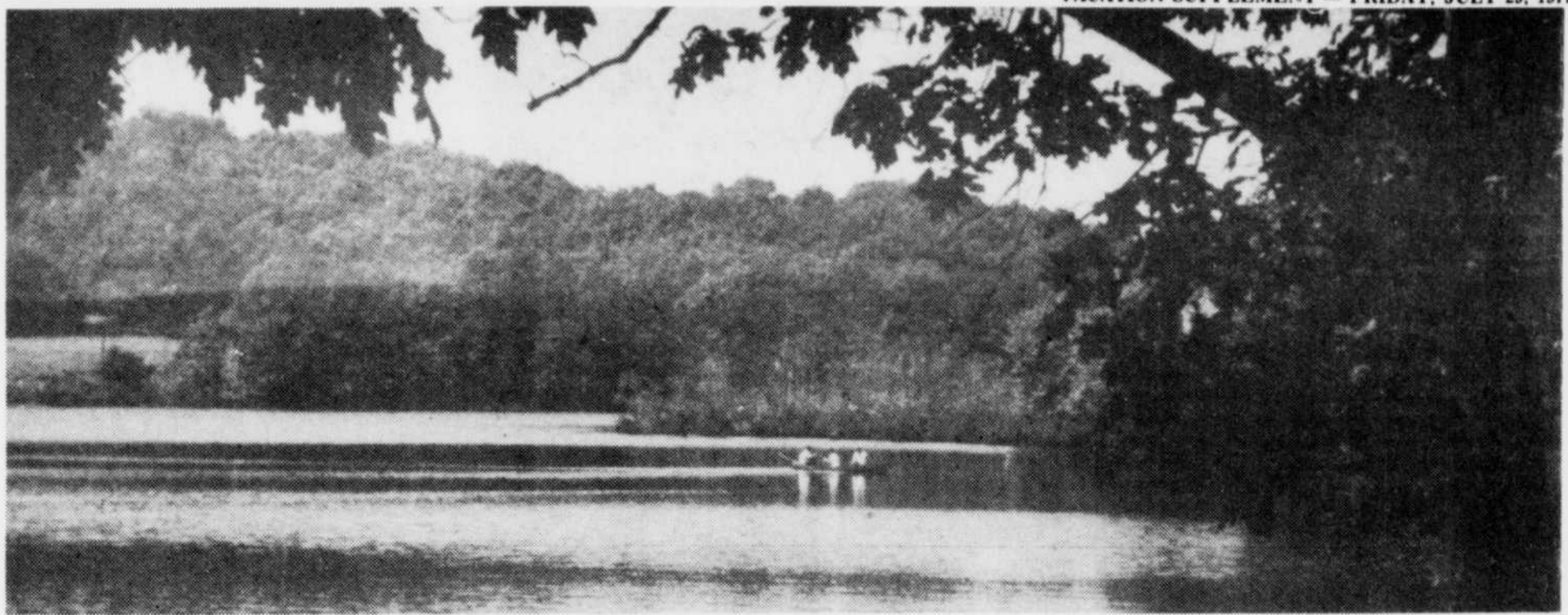
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## Holiday safety precautions spare summer tragedies

Simple holiday safety precautions can spare tragedy.

Things to do away from home are: Have your brakes adjusted before starting out. Balanced braking is essential on slippery roads if you get caught in the rain.

Keep headlights in top shape and clean reflectors from dirt and dust.

Replace defective windshield wipers.

If you've put off buying new tires, this is a good time to get them — just in case; even a new spare will help.

Check battery and ignition

## Tips to help all campers play it safe

The "first time" camper who becomes the "last time" camper in the same outing has probably experienced some trouble with Mother Nature.

Sure, changing weather conditions, insects, accidents and even illness pose potential problems for every camper, but realizing the conditions and knowing what to do if trouble arises can help matters immensely, the camping experts at Zebco know well.

The most efficient first aid kit won't be of much help if you don't know how to use it, and since many campers are not familiar with some of the conditions involved with living in the outdoors, it's a wise idea to read up on the area in which you plan to camp out.

Find out what plants, animals or insects inhabit the area and how they could harm you. Learn what to do about the most common camping incidents, such as insect bites, poison ivy, burns, water hazards and severe sunburn.

system and other electrical systems in your car; if it won't start when you need it, you won't get far.

Finally, watch out for summer traffic with all that implies: more cars plus more miles add up to greater travel hazards — so govern yourself accordingly.

And at the beach: Don't eat before swimming. Allow at least 30 minutes before going in the water.

No drinking on the beach. Empty beer cans and empty bottles can be very dangerous to bare feet.

Be sensible about suntans. Take it easy at first, especially if your skin hasn't been exposed to the sun since last year. Skin oils will help but will not prevent a bad burn if you spend the day exposed to the sun's rays — so cover up.

Don't take risks in the water, especially if you haven't been swimming for a while — don't get over your head, don't tire yourself, and don't dive in shallow water.

### Summer sun safety

It really matters little whether you're on the sunny side of the street or not, as Old Sol's rays can affect you one way or another.

August is a specially high incidence month for both sunstroke and heat exhaustion.

Persons over 35 are especially susceptible to these very serious heat effects.

Sunstroke occurs from direct exposure to the sun's rays and is characterized by high body temperatures, a flushed face, headaches, dizziness, a pounding pulse and hot, dry skin.

If you suspect a person to be the victim of a sunstroke, immediately call a doctor. Then, place the patient in a cool shaded area with back and shoulders raised. Undress them down to their underwear and immediately place cold water cloths, rags, etc., on the person's head and body to cool them down. Keep changing the cold cloths.

Heat exhaustion is just that. The victim feels exhausted, the face becomes pale and a cold sweat might break out. Also, the pulse becomes rapid but feeble and breathing becomes shallow.

Treatment for heat exhaustion is complete rest in a cool place, plus either a small amount of stimulant or by sipping a glass of water

with a teaspoon of salt added to it.

Death does not follow heat exhaustion as often as it does in sunstroke.



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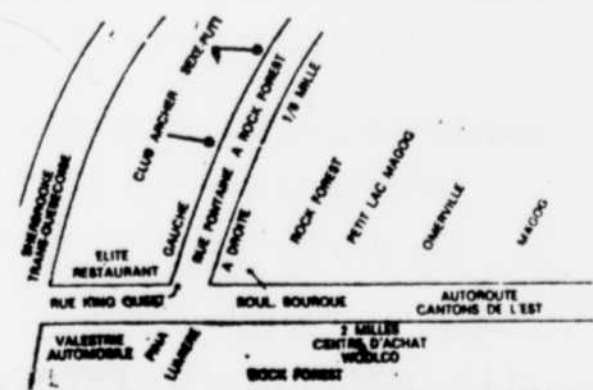


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# Going by foot or bike, pack it with you

The rule for taking home-cooked food to campsite or on a picnic is: cool it!

Do you want to have home cooked meals in minutes while communing with nature in the wilds? Well, it's as easy as sitting down to eat — or almost — when you pack your cooler right.

For the camp cook who wants to take it easy, many meals can be cooked and frozen at home. When placed in an ice chest they help keep other foods chilled.

Packaging all ingredients for a meal in individ-

ual wrappings or containers is a big time-saver when cooking begins. Pre-measured ingredients can be placed in plastic bags and bundled together for complete meals.

Foods that are the most perishable should be packed in food storage compartments and used first. Foods that should be kept near freezing should be placed on the bottom of the cooler under a layer of ice. Because cold descends, they will remain coldest.

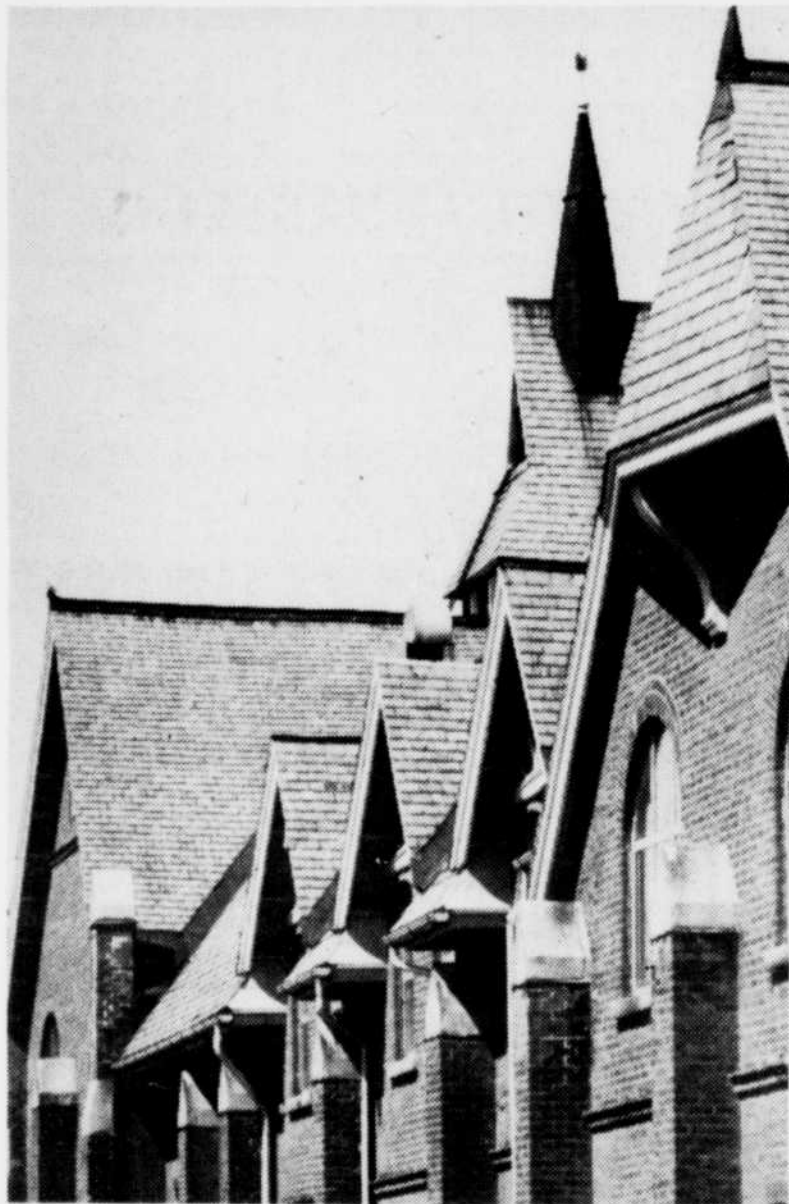
Selecting an efficient cooler is perhaps the most important consideration. Size is determined by the number of people in your group, the length of your stay and the space limitations of your car.

Plastic or steel cased ice chests offer the advantage of providing an additional camp seat. Both are equally efficient at locking in cold if they are urethane insulated, reports the Thermos Division of King-Seeley Thermos Company, a major manufacturer of outdoor products. Cooler accessories are another convenience in organizing food.

Any cooler will be more efficient if it's prechilled. This can be done by filling it with ice for several hours before packing it. Before adding food, and at campsite, loosen the plug to drain the water from the melted ice.

At any camp or picnic area, coolers will be more efficient if placed in the shade. But in the wilds, all food items should be kept away from the tent.

When possible, all food items should be suspended from a tree. They can be hung over a strong branch, or elevated between two trees on a rope. That way you can enjoy watching the animals in their natural habitat — not eating your food.



**BISHOP'S UNIVERSITY** — The elegant architecture that characterizes Lennoxville's idyllic educational setting makes a fine back drop to this year's Festival Lennoxville, playing through until August 28 at the University's Centennial Theatre.

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## Plinking — perfect prescription for summertime camping fun

Even if the number and variety of activities in which the family that's camping out can indulge during summer vacation seems limitless, adding one more to the list shouldn't distress anyone.

Taking along a 22 rifle and a few boxes of T-22 ammunition is one way to insure that those brief periods between camp chores, hikes or other planned activities need not go to waste.

For example, in the 20 to 30 minutes it takes for the stew to heat for dinner, the camping family can easily enjoy a marksmanship competition, with the incentive of an extra piece of pie as the prize for the winner.

Regulation paper targets — those made up of concentric numbered circles surrounding a black bull's-eye — are best for keeping accurate scores. The most interesting contests consist of 10 shots per individual since each shooter will then have a sufficient number of chances to improve his score even after a couple of poor starting shots.

But, aside from the competitive aspects of target shooting, plinking with a 22 is even more fun. While target shooting for score has a certain formality, plinking can be — and usually is — a highly casual pastime. To be sure, it can consist of punching holes in paper targets, but more commonly plinking takes the form of popping at uncommon and challenging targets... bottle caps or life savers hanging from a string, pencils or crayons stuck in the ground, tin cans or plastic film containers perched on a fallen tree.

Only the imagination of the shooter along with a few sensible safety precautions limits the size and type of target he cares to plink at.

Common sense dictates that the shooting area

chosen should be as far away from other campers as possible. Also, the targets should be set against an embankment of sand or soft, non-rocky earth, to avoid the possibility of ricochets. Targets should never be glass of any sort. Neither should rifle shooting be done over water.

What kind of 22 rifle is best for target shooting and plinking? Well, part of the answer lies in personal preference and part in the old adage that you

get what you pay for... in other words, quality and dependability. If a lever action is found most appealing, then the Winchester Model 9422 is a good bet. For the admirer of a man-sized autoloader, the Model 490 fills the bill best.

Regardless of your choice of rifle, though, plinking and target shooting is a form of additional recreation every camper should consider trying this summer.

## Bowhunting for birds gaining acclaim

It's happened thousands upon thousands of times. The dog's steady on point, the shooter moves in carefully to flush the game. The air is shattered by clattering wings, and the deep throated report of a shotgun swung quickly in hopes of catching the flushed quarry.

Birds, dogs and gun powder are a tradition almost as old as hunting itself, and long before gun powder and smooth-bore shotguns came on the scene, hunters of old took pride in their dogs and ability to bring home the bacon with a bow and arrow.

Bird hunting with a bow and arrow is a sport rapidly gaining popularity. Archers claim that it's the ultimate challenge to their skills and they are undoubtedly right.

### Steep challenge

Take away that shotgun pattern, limit the shooter to a single arrow swung quickly, and the challenge is obviously steep and the reward in terms of game brought to bag meager. But the excitement surpasses all forms of bow-hunting according to wingshooting archers who would rather take one cock pheasant a season than the biggest buck in the county.

The easiest form of bow-shooting birds is water-fowl over decoys. The advantage of being prepared as the birds work into range and having a chance at a close range is far easier than attempting to arrow a skyrocketing rooster pheasant who has rattled the hunter's calm with his exiting explosion.

Hunting upland game such as quail, pheasant or grouse is best and most often done with dogs. Not only is the game easier to locate, once a point is made the archer has some indication of what is going to happen and where.

### Physical maneuvering

Shooting a bow takes much more in the way of physical maneuvering than bringing up a shotgun. Forewarned by a brace of staunch pointers, the archer can get set, and his chances of getting off a good shot are increased as are his chances for success.

Pheasants are perhaps the most commonly hunted game birds by archers. Over dogs is best, but careful stalking of roadside ditches and feed areas will offer good shooting possibilities.

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## A pocket full of survival



If an accident should occur off the trail, a pocket size Space Emergency Blanket by Thermos helps insure comfort until help arrives.

It's a beautiful sunny day, a perfect time to be outdoors. But suddenly the scene changes.

You're caught in a storm. You're invaded by insects. You sprain your ankle. Or, you stray too far.

Any one of these incidents is potentially dangerous. But the odds for survival are increased with lightweight, inexpensive emergency equipment in your jacket pockets, knapsack or bike pack.

One of the most basic and useful survival aids is the Space Emergency Blanket from Thermos. It's waterproof and windproof, yet fits neatly into

a shirt pocket, unfolds to 56-by-84-inches, washes easily and refolds quickly.

Placed over the head and shoulders it protects against rain or wind; laid over the low boughs of a tree it provides a shelter during storms; or spread on the ground it becomes an eating surface. The reflective solid silver or silver/orange color makes it a good tool for signaling help.

#### Mirrors useful

Mirrors can also be used for signaling, and prove invaluable if foreign matter gets into the eyes. Bright steel mirrors weighing as little as 1½ ounces

are a good choice.

For those who need prescription lenses, an extra pair of glasses is a must. Sunglasses and a protective suntan lotion are generally needed for journeys in the desert, high places or on mountain trails.

Adhesive bandages in sterile coverings can be applied to a tender area of the foot to help prevent blisters and the subsequent danger of infection. They also provide a dressing for cuts, scrapes and scratches, which should be washed thoroughly with soap and water and dried well for maximum protection.

#### Be sure to take

An inexpensive watch and compact compass should be your constant outdoor companions. A durable, waterproof compass with a luminous dial can be used anytime, almost everywhere, and is generally more reliable than natural trail finders.

Matches in a waterproof container or a windproof cigarette lighter, contour maps, a pocket or sheathed knife, a snakebite kit, flashlight, supply of water and water purification tablets, aspirin and tweezers for splinters are also good choices.

Knowing the area you are planning to explore will help you in selecting other emergency items to make your trip more comfortable. And above all, don't panic. Most wilderness areas are surveyed by airplanes, helicopters or spotters in towers.

## There's a knack in packing

Who says you can't take it with you? With a bit of advance planning and packing, you won't have to give up any of the comforts of home while enjoying those away from it.

Take small or sample portions of your favorite lotions and potions, clothes that don't wrinkle (and a steamer for those that do), and basic styles with

smashing accessories that allow you more variety with less luggage.

For fashion a good place to start is at the bottom — with your socks. Made of sensational synthetics, today's socks are lightweight, wrinkle-proof, washable and just as at home away from home in the Arctic as in Aruba.

Best of all, socks, like

vacations, are fun. Put on a handsome pair and your whole outfit — and outlook — are a step or two ahead. Available in patterns and colors from crazy to classic, socks can match or clash with the rest of your attire.

Today, they're setting the pace in style, and the rest of you will have to keep up with your feet.

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SAILBOATS carve a graceful outline against Vermont scenery as they skim across a lake surface.

## Light way, right way!

Planning an exciting spring vacation after months of snowy cold weather is one sure way to chase away those winter blues.

Before you start packing, remember this number one rule: Don't over pack! Think about how long you'll be away and what you'll be doing — sightseeing, visiting friends, participating in sports — so take along only the clothes and accessories you'll need.

Once you've decided on the items you're taking, make it easier on yourself and your clothing by following these helpful tips:

- Heavy garments that are not easily wrinkled should be placed on the bottom of your suitcase.

- Skirts, dresses and slacks can be laid flat, separated by sheets of tissue paper, or rolled in the tissue paper and packed side by side.

- Place small items such as sweaters and lingerie into plastic bags to prevent them from being soiled by the soles of your shoes.

- Laundry can be a bother on a trip. Bring along some mild detergent for hand-washables. Also pack a can or tube of K2r® Spot-lifter to remove stains from dry-cleanable items — apply it to dirty spots, let dry to a fine white powder and the stain can be brushed away.

- Pack tightly! When clothes are packed loosely there is a greater risk of them shifting around and becoming very wrinkled.

- When packing accessories, such as stockings, scarves and jewelry, place them in shoes and other empty spaces.

Remember to travel with your suitcases locked and the keys in a safe, yet easily accessible, place. Each piece of luggage should be tagged with your identification. In case a tag is lost, place your name and address inside your bag as a precautionary measure.



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## Lake Memphremagog affords plenty of pleasure

**EASTERN TOWNSHIPS (JM)** — Yachts and sailboats scudding in the breezes of our lakes, a fisherman casting in a brook, swimmers taking to lakes and rivers, are all but a small part of the spectrum of vacation activities in this area.

Lake Memphremagog stretching south to the United States at Newport offers fine boating, fishing, swimming and an ample water area to participate in water skiing. Owl's Head and the Abbey at St. Benoit du Lac make excellent backgrounds for passive vacationers who enjoy painting or photography.

Boats can be launched at Magog, Sergeants Bay, and Vale Perkins, and don't forget to check in with Canadian Customs and Immigration if your boating excursion takes you across the international border.

Golfers can test their skills against the course at the Orford links, and God pity the poor lefty who faces an uphill lie through most of the tough 18 hole layout.

Brome Lake offers swimming, boating, and some of the best small-mouth bass fishing in the Townships. A number of launching sites are available around the almost circular circumference.

Bromont has another tough golf course with at least two 'cardiac' holes, and enjoyers of the equestrian world can take advantage of the Equestrian Club.

Cowansville offers Lake Davignon, artificially created by damming the Yamaska River. The lake is closed to petroleum powered engines, however has an excellent beach and swimming facilities. The town has also set up tennis courts, a horse-shoe pitch, and changing and shower facilities are available at the municipal chalet.

Hikers have mountains and hills aplenty to whet their appetites throughout the area. Those wishing to take to the Long Trail have but to cross the border and attain Vt. Route 105 between East Richford and North

Troy when they can embark on an adventure which will see them following the Appalachian chain to Dixie.

Missisquoi Bay at either Venise in Quebec or Philipsburg offers more boating, fishing, and swimming, and golfers can try their hand at the Venise course.

Major camp grounds in the area are located at Trouser lake, Bromont, Mansonville-Highwater, and in the Missisquoi Bay zone. Many residents in the Cowansville-Dunham-Frelighsburg area head across to the State Park at Lake Carmi, Vt.

There's a Watson 18 hole layout in Cowansville and green fees are accepted. Many claim it has one of the finest front nines in the province. There's a nine hole course in Sutton, with the Richford, Vt., course of a like size offering additional challenges. One wag suggested a bit of mountain-goat blood is a distinct asset when playing Richford.

Vacations wouldn't be vacations without spots to unwind. In the Brome lake area former Golden Hawk lead-soloist Jack Price presides at the Lakeview House, recently restored with a fine family atmosphere. The Brome Lake Country Inn is due for its share of acclaim, as is L'Auberge du Relais, the Pub, Desslers Schnitzel House, Sepps Beirgarten, and last, but far from least, Le Campagnard.

"Buster" Foster, Patty and Barry Ellson, tend to things at the Thirsty Boot at Beaver Pond, while Eva Burnett keeps things humming at the Shaggy Dog near South Bolton.

Rene Sirois' Yamaska Hotel in Sweetsburg offers a good blue plate special,

an excellent view of the Sutton Mountains, and bikini-watchers can feast their eyes on scenes at the municipal beach across the lake.

Bernice Giroux-Dandurand, tends to things at the Brasserie Munika, Cowansville, the favorite dining and watering spot of the gang from the county courthouse. Muguette Dostie and 'B-A' Jacques do the same thing at the Brasserie Cowansvilloise at 183 Main St.

Woodacres is the spot on Sergeant's Bay, however the top accolade for food in the area must go to the Restaurant Switzerland located between Pike River and

Ste. Sabine. It's a converted farm house offering Switzer-Duetsch cooking. Garden fresh vegetables, home baked bread - a couple of slices and there goes the meal - and a delicatessen to fill your home needs. The family operated concern is reasonable and the service is super-friendly.

The Brome County Museum in Knowlton and the Cornell Museum, operated by the Missisquoi County Historical Society in Stanbridge East, are both highly worthy of visits.

A great area and hospitable people - get out and enjoy them.

### Wide variety of tours available in Canada

Vacationing outdoors in Canada is one of the easiest holidays to arrange since every Province has its own specialty to offer the tourist.

The Canadian Government Office of Tourism suggests that a package vacation is one of the best ways to arrange an outdoor vacation. Travel agents are equipped with information on what's available and can arrange it at a better price than if you tried to book everything yourself.

Canoe camping . . .  
houseboat holidays . . .  
fishing and hunting expeditions . . .  
skiing . . .  
hiking . . . or a land tour

in a rented motor home are some of the packages being offered.

Each of the 10 Provinces offers its own unique brand of outdoor living for vacation-bound families. Thoroughly experienced outdoorsmen will enjoy raft tours. There are hiking and camping trips for the moderately experienced, and tamer trips for those just starting to enjoy the outdoor life.

For further information on outdoor trips, write the Canadian Government Office of Tourism, 150 Kent Street, Ottawa, K1A 0H6, Canada.



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## Plattsburgh still vacation haven for Canadians

UPSTATE NEW YORK (JM) — Plattsburgh has long been a haven for vacationing Canadians and this year has proven to be another boom year for the community. The municipal beach is packed with sun seeking vacationers, the Bluff Point Golf and Country Club, third oldest in the United States, is humming with active golfers whose attention is either distracted by the shimmering waters of Lake Champlain on one side, or the distant peaks of the Adirondacks on the other.

Genial Frank Pabst of Heritage Tours can arrange a cruise on the M/V Juniper on Lake Champlain past majestic Valcour Island and other sites of some of the first battles fought during the American Revolutionary War.

Ed Smith, operator of the Plattsburgh Howard Johnson Motor Lodge, has an affinity for his northern neighbors and purveys excellent food and beverages in his quaint yet comfortable "Surrey Lounge." You'd almost swear you were playing a part in 'Oklahoma.' Finest Bloody Mary for miles around.

A few miles down route 9 and you're at the famed Ausable Chasm when a thrilling boat ride through the sandstone formation will tingle all sensations.

History buffs can branch out on routes 22 or 9N and head towards Fort Ticonderoga - magnificently restored and well worth prolonged perusal. Continuing on 9N you arrive at Whitehall, the birth place of the U.S. Navy during the revolutionary war. 9N then meanders along the shores of Lake George, still unpolluted, to the village of the same name. A stop at Fort William Henry is in order.

Fifteen miles down Route 9 and Glens Falls with nearby Fort Edward. Glens Falls also boasts a magnificent museum and a trip there would not be a true vacation without a stop at the Queensbury Hotel — a cross of the Windsor and Ritz-Carleton in their prime. There are tourist attractions aplenty in the Glen's Falls - Lake George area that cater to the whims of kids from eight to 80.

Heading north on either Interstate 87 or Route 9 a stop is in order at Pottersville for a side trip to the

natural Stone Cave, another true Adirondack attraction when host Ed Begley will provide you with a personal tour with very little persuasion.

The children will undoubtedly want to stop off at Frontier Town where they can envision themselves in the American West, complete with cowboys, stage coaches, and lots of blank ammunition fired for effect.

A side trip on Route 73 leads you down a dazzling descent to the Keene Valley and into the village of Keene. Monty Purdy at the Elm Tree Inn offers the best hamburgers in the upper tier, however don't crack too big a bill — his trademark is silver dollars in change and ten or twelve of the cartwheels lends one a distinct list to either port or starboard.

Continue on 73 towards Lake Placid past the almost bottomless Cascade Lakes. After you have ascended 1,400 feet from Keene you'll soon arrive at Mount Van Hovenberg, venue of the 1980 Olympic bobsled and luge events. As you continue towards lake Placid you'll see the skijumping site being prepared for 1980.

Dick Sherman's 'Handle-Bar' a must stop for sports buffs if only to scan his magnificent selection of photos dating back to the '32 Olympiad — only appropriate as Dick was a coach of the U.S. speed-skating team over four decades ago!

Golfers will want to try their hand at Placid's municipal Craig Wood course. Mount Marcy, the highest peak in the Adirondacks, seems to loom over most greens.

Lake Placid has a plethora of accommodation, however the finest view belongs to the Holiday Inn high on a hill overlooking Mirror Lake. The sunrise from the inn as Whiteface turns pink is breathtaking.

Meander down towards Wilmington and the ski trails on Whiteface, venue of the 1980 downhill, become visible. 'Tis said of the "Adirondack Express" trail once your ski tips are over the edge all you have below

you is air.

A stroll through High Falls Gorge brings out the pristine beauty of the Ausable River. Our favorite spot in nearby Wilmington is Steinhoff's Sportsman's Inn. Hosts Bliss and Betty Dugan will cater to your every whim — good food and reasonable prices. The kids, while in Wilmington, will undoubtedly be attracted to the Santa Claus Village on the road leading

to the Whiteface summit. It's the only department store we know of that charges an exit fee if no purchases are made!

Continue down to Jay, Ausable Forks, and Keeseville where you rejoin Interstate 87 for a quick trip back to the Canadian border and home. One final word — New York State Troopers usually enforce the speed limits to the letter of the law.

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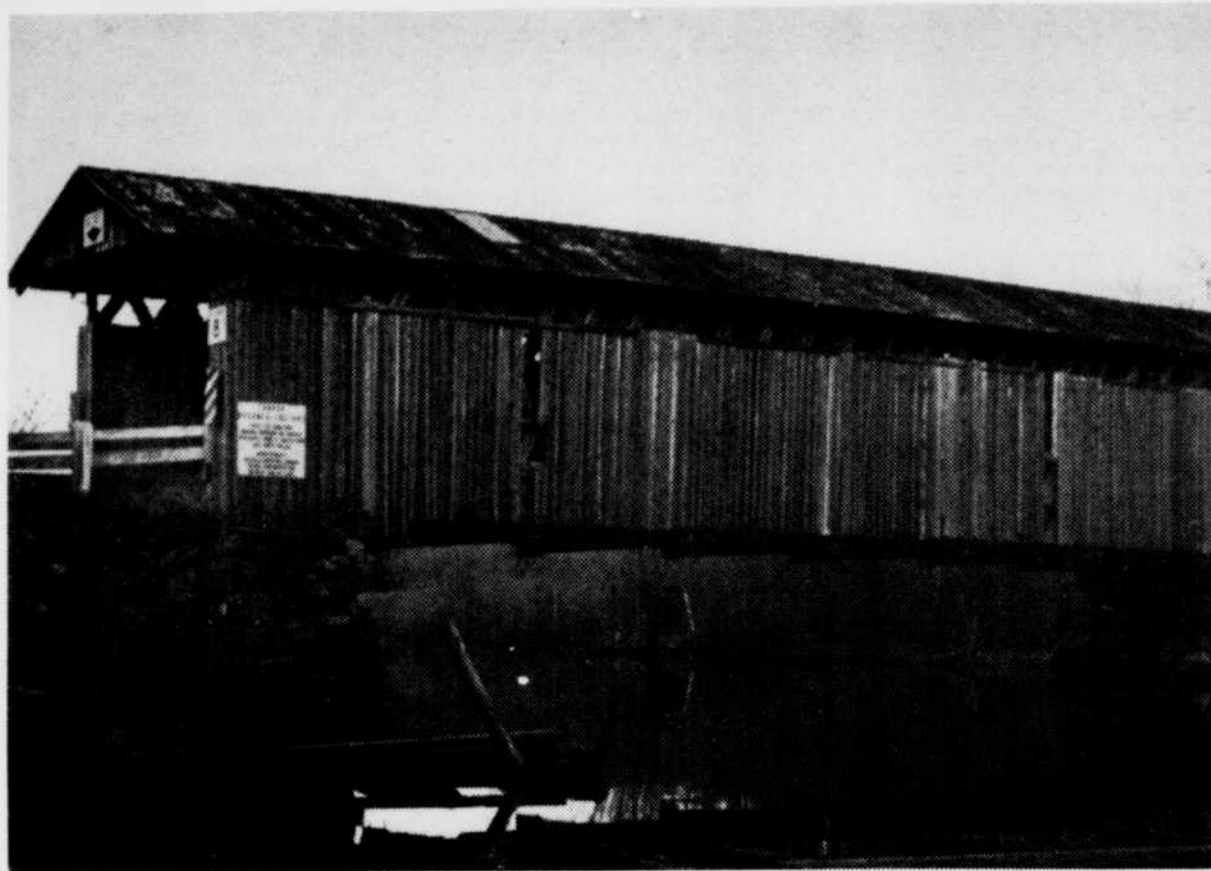
**HAPPY VACATIONS!**



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REPLACED by a new structure, the Narrows bridge over Fitch Bay, Lake Memphremagog, still remains as a reminder to the early settlement days of the Eastern Townships. Others like it can be found by the motorist who ventures off the superhighways and explores down the meandering secondary and dusty gravel roads. (Record photo)

## Country comfort in Ayer's Cliff

AYER'S CLIFF — Can you think of something more reminiscent of summer than a country fair?

Long summer afternoons filled with activity and excitement. Animals and people and great shows and great food ... country shows and country food ... all combine to create a summer magic which is hard to find elsewhere. Especially in these days.

But that's what the Ayer's Cliff Fair has to offer you, all that and much more. For the residents of Ayer's Cliff who have made a reputation over the years for the finest fair in miles, understand country and understand summer living. The town reflects this.

Ayer's Cliff, on the shores of Lake Massawippi has a peaceful vacation atmosphere all year round, but in the summer it's at its best. That's when the inhabitants take to the water, fishing, swimming and water-skiing in the clear lake roaming the quiet fields and woods, breathing that sweet country air, living in the lazy sun.

What's more, they're not

selfish — it's all there to share. Ayer's Cliff has numerous inns, hotels and motels providing great home cooking and country hospitality to the city weary guest.

The Ripplecove Inn, situated high on a wooded hill overlooking the water, is famous for its gracious atmosphere. And just outside

of town, on the edge of the lake, beneath the pine-covered cliff which gives the town its name, is an extensive camping area ... for those who like to commune with nature just a little more.

If you love the country, don't miss the Ayer's Cliff Fair. And if you like the Fair, you'll find the town a hard place to leave.

Tell a story . . .

### With existing light, action, camera

Planning to camp in the Great Outdoors? Gear up with a movie camera.

Your story begins as you approach the campsite. Identify locale with close-ups of signs and landmarks.

To establish the setting, take a long-distance shot (25 feet or beyond) of the campsite. A medium-distance shot (6 to 25 feet) can be used to introduce your cast of campers.

The most natural way to make movies — from dawn to dusk — is by existing light. Outdoors or indoors, you can get good color

movies without movie lights with a Kodak XL movie camera. The electric eye tells you when there is not enough light.

Remember to vary camera-to-subject distance, viewpoint, and length of scenes. Let your subject determine the length of each segment. A long scene can last anywhere from 10 to 15 seconds; a medium scene, 8 to 10 seconds; a short scene, about 5 seconds.

It will probably be dusk before you settle down to the warmth of your first day's campfire. For dim light (campfire, sunrise, sunset) use an existing-light camera with high-speed film, such as Kodak Ektachrome 160 movie film.

Keep backgrounds simple. Litter baskets, fences and poles distract.

Include plenty of action shots — biking, swimming and boating. But don't forget those passive moments collecting shells, picking berries, or bird-watching.

## TIME TO TAKE A VACATION

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When driving . . .

# Keep sunglasses handy

Getting there may be half the fun, but extended vacations to the Great Outdoors can mean a lot of tiring time in the driver's seat. A large part of your driving fatigue may be caused by eye-straining exposure to glare.

Your eyes need protection and good sunglasses can make an important difference in your holiday.

Although many windshields are tinted, they can provide at best only partial protection. They can't be overly dark because a car is driven at night as well as during the day. So keep a pair of sunglasses in your glove compartment for sunny days.

Keep them in their case to protect them from scratches and abrasions. And, don't leave them on the dashboard. The con-

centrated heat there may warp the plastic in the frames.

It's best for your eyes if the glasses block at least 70% of the sun's rays. Neutral gray and sage green lenses are recommended to avoid color distortion which could affect your perception of stop or caution lights.

Photochromic glasses — with those interesting lenses that change from light to dark and back again — are not best for driving. In a car, they darken very little, no matter how bright the light. This is because window glass partially blocks the ultraviolet rays which activate the darkening process.

An important reason to wear sunglasses by day is to drive more safely by

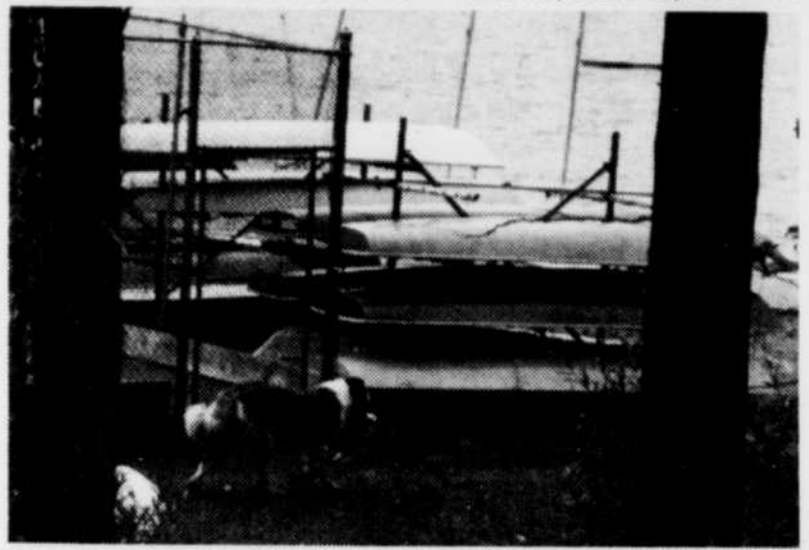
night. Exposure to intense sunlight slows the process of adaptation by your eyes so that normal night vision might not be reached for several hours.

On the other hand, don't make the reverse mistake of wearing sunglasses at dusk or after dark. Under these conditions you'll need all the available light to drive safely.

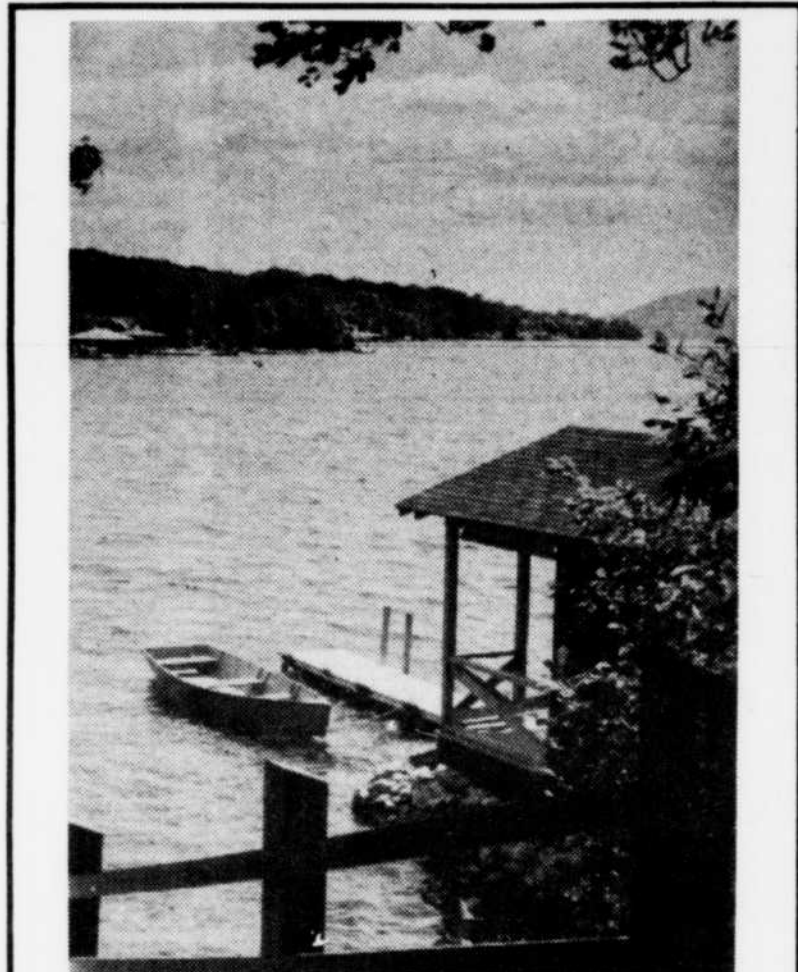
Driving, probably as much as any activity, places a burden on our eyes. So it makes sense to choose sunglasses with lenses that are optically correct — free of waves and distortions that disturb vision.

You can store-test sunglasses for optical quality with this simple test. Turn the glasses so that an overhead fluorescent fixture reflects on the inside of one of the lenses. Move the glass slightly so the reflection travels across the lens. If the reflection becomes distorted and shows wiggles or waves, it means a faulty lens and an inferior sunglass.

Behind the wheel of your car, your sunglasses are a plus for comfort — safety. Unprotected eyes that are constantly battling glare can tire you and make you less alert.



WAITING HULLS — Boats are stacked in anticipation at the Knowlton Boat Club. (Record photo John McCaghey)



LAKE'S BEAUTY — This view from North Hatley illustrates the attractiveness of one of the Eastern Township's most popular vacation areas, Lake Massawippi.

(Record photo)

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In addition, on Saturday you may dinner dance In our TAP ROOM and watch our chefs cut and Prepare choice steaks to your liking over the Huge Colonial fireplace. We do ask that gentlemen slip on a jacket after 6 p.m.

So give us a call at 842-2421 - reservations are appreciated.

# Magog matures as tourist and business center

Up to a few years ago, Magog knew a tranquil existence principally based on the industry of tourism and on a major textile enterprise.

Two important decisions were going to radically modify this situation. The construction of the Eastern Townships Autoroute, a fast and modern way from Montreal to Magog, and the construction of an autoroute from the United States to the latter, having Magog as meeting point.

The industrial and economic potential of the locality was at the same time given a new orientation towards new goals.

This benefit of being at the intersection of the two main highways of the eastern part of the province of Quebec adds itself to the legacy of a past which has made Magog an area that more and more the industrialist looks for.

An industrial fund has been created and a huge industrial park has been made available. New industries are being established here.

Magog, holiday resort, is

especially sought out, as much for the advantages that any urban center offers as for the charms of the Memphremagog Lake, the summer tourists' paradise. This interior sea, the length of which is 32 miles, continues itself past the American border.

The City of Magog offers an ideal way of living. It has the advantage of being situated near Metropolitan Montreal, without bearing the numerous inconveniences of the overpopulated centers.

One finds in Magog these warm and brotherly small town surroundings, where most people know each other. Its touristic character gives Magog a modern and festive aspect.

An airport located 25 miles from Magog connects the city with Montreal, Quebec, Boston, New York and other centres.

Numerous trucking companies in Magog and Sherbrooke provide excellent service between all centres in Canada, and the United

States.

Travelers are served by an excellent, regularly scheduled bus service on the Sherbrooke-Montreal line.

The Canadian Pacific Railway provides Magog with intercontinental rail, sea and air transport.

Magog has endowed itself with numerous schools ranging from kindergarten to grade XII (Secondary V) available for the whole region. A co-educational complex has been added in 1973. All courses are personalized and students can select an individual program corresponding to their needs and tastes.

Sherbrooke and Bishop's Universities are but a few minutes from Magog. Montreal, McGill and Laval Universities are easily accessible.

Magog is the link between the American border and Montreal, Sherbrooke and Quebec. The Eastern Townships Autoroute, Autoroute 55 and Interstate 91 provide excellent highway communications between the United

States and the main Quebec Industrial Centers.

Magog has long been a highly regarded tourist centre. Golf, concerts, summer theatre, magnificent beaches, yachting, swimming, tennis, fishing, water

skiing, skiing, hiking, camping are favorite seasonal activities. Mount Orford and the surrounding lakes and mountains offer a most restful and picturesque background for modern living.



**BECKONING WATERS** — Lake Memphremagog attracts more than this young fella every vacation season. Lots of older folks have also come to recognize that you don't have to travel hundreds of miles for a

fine beach, a swim and a suntan with the Townships offering so many lovely lakes as Memphremagog and dozens of others. (Record photo)

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## Searching for family roots

Looking for your roots? You're not alone. Librarians and historical societies all over the country have reported astonishing numbers of people, of all ethnic backgrounds, seeking information about their family histories.

If you'd like to pursue this exciting quest yourself, don't begin your research at the library. Start by consulting your most important resource — your older relatives.

Ask them for names, dates, marriages, towns —

as many details as they can recall. They can give you priceless clues for your library research.

And in the process, your most important "resource" may turn into your oldest friend!

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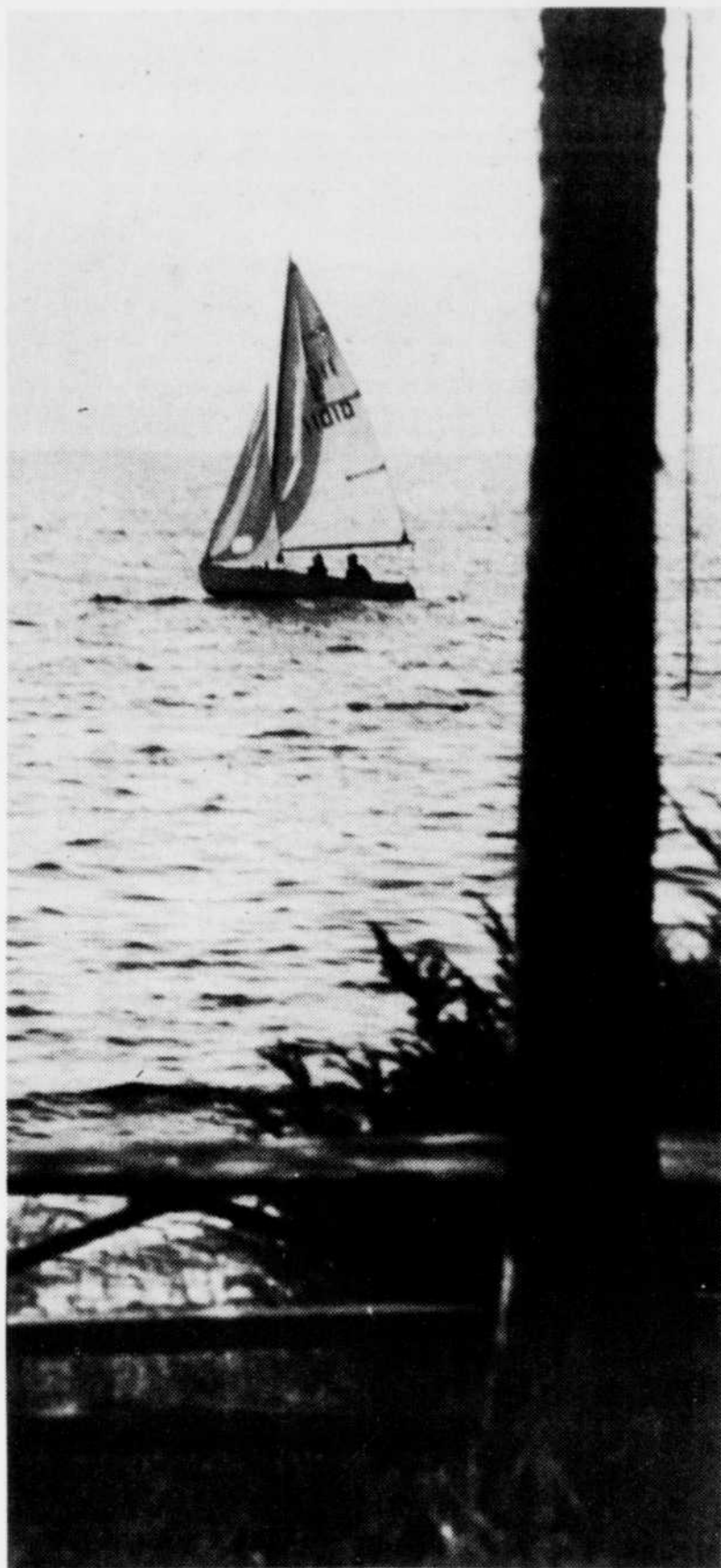
Exit no: 28 from interstate 91 to Newport on Route 5, Derby Rd. Derby, Vermont. Stop off at the Salt Box



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WIND AND SAIL — Sailors' dreams are realized sailing a sloop over the waters of Lake Memphremagog, the 32-mile-long glacial lake that stretches from Magog to Newport, Vt.

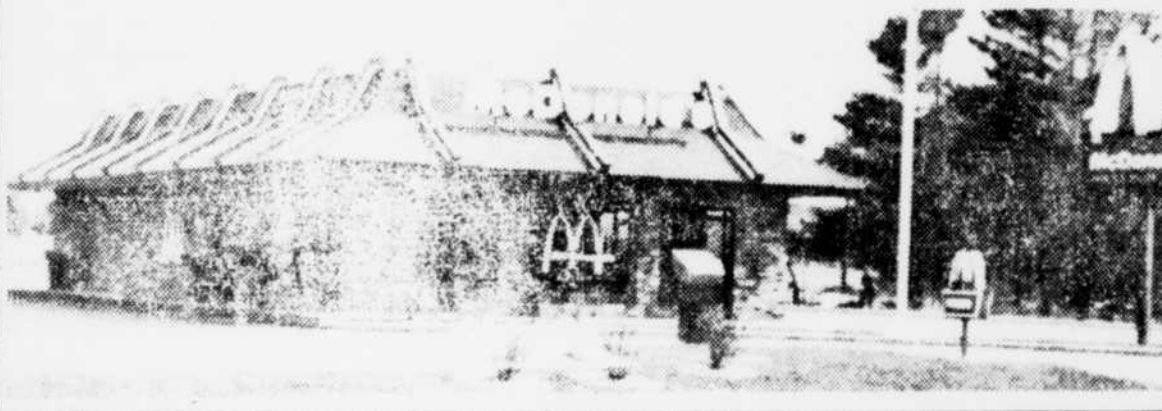
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# Northern Vermont, Northeast Kingdom

Don't miss the Northeast Kingdom. This is a label which Senator George D. Aiken applied to the three Vermont counties of Essex, Orleans, and Caledonia, in the northeast corner of the state in 1949, and the name has been used habitually as a geographic designation ever since. By entering from Canada at Beecher Falls, or Norton or Derby Line, or at North Troy, or by boat down Lake Memphremagog, which lies astride the international border, you are immediately in Vermont's Northeast Kingdom.

This is a land of rugged beauty, sparsely settled by people but well endowed with ponds and streams among hills which rise abruptly. The woods seem thicker here than elsewhere in Vermont. Stream and lake fishing is excellent. A furniture factory at Beecher Falls, operated by the Ethan Allen Company and open for visitors to tour, suggests how intensely this part of Vermont is dependent on the logging industry.

Driving westward on Route 114, which hugs the Canadian border for the part of the distance to Norton and then skirts Great Averill Lake, you may see a moose and other rare forms of wildlife. The town of Averill has a year-round population of only 10 persons, and Norton, four miles westward, is like an outpost in a region of unorganized and unpopulated towns and gores. In its years of early settlement Norton was accessible only by a road leading to and from Canada.

But Derby Line is an active border town and last Interstate link before Canada. Newport at the end of lake Memphremagog, with its commercial district spreading directly from the waterfront, is bustling with business conducted jointly

in the shops in French as well as English. Canadian coins and American coins are used interchangeably in the Vermont-Quebec border country, and crossing from one nation to another becomes a simple and casual happening. In Derby a single Rotary Club serves that community and merchants across the line in Rock Island, Quebec, and the boundary itself passes right through the Derby Library and the Opera House, putting the stage in one country and the audience in the other.

Canadians often cross at North Troy to ski at Jay Peak in the neighboring town of Jay, where a modern sports area has a devoted band of enthusiasts. A new hotel offers fine accommodations and an aerial tramway can carry 60 passengers to the top in a quick and easy journey. On a clear day from the summit the views include Canada spreading to the north, Lake Champlain gleaming below the Adirondacks to the west, and New Hampshire's White Mountains to the east.

South of the border towns are some of the most beautiful lakes in Vermont — Seymour Lake, largest within the state, on Route 111 between Morgan and Morgan Center, for example, and Echo Lake at East Charleston. Both are popular summer retreats and fishing excels. At Island Pond, located in a section of Brighton with the same name, a state park with an excellent swimming beach is maintained on the southern shore. Another favorite swimming spot is the state park at Crystal Lake in Barton. Lake Willoughby, in nearby Westmore, has sheer cliffs rising from its eastern shore, and westerners feel at home in this dramatic environment because the scenery is reminiscent of

parts of the Sierra range.

Brunswick Springs and Bloomfield once were popular resort towns because the mineral waters were refreshing to visitors a century ago who valued the medicinal virtues attributed to them. Maidstone has wilderness vacation homes on Maidstone Lake, a handsome body of water. A state park on its western shore provides a visitor with a chance to linger and see first-hand why this is a popular recreational spot.

Franklin County, which lies to the west, offers more placid vistas to the visitor entering Vermont from the border towns. Franklin County is dairy country. large herds, big red barns and open pastures tell you that cows are plentiful and productive in this bucolic countryside. At Enosburg Falls, not far below the border, the Vermont Dairy Festival is held each year on the first weekend in June and thousands gather for the parade, the livestock judging, horse-pulling contests, huge barbecues and similar activities. Lake Carmi, nearby, offers fine swimming at a state park, and at Richford, a major port of entry from Canada, the Sweat-Comings Company continues as one of the oldest makes of maple furniture in the United States and opens its showrooms to visitors.

The major point of entry is at Highgate Springs where Interstate highway 89 begins at the Canadian border, the main route connecting Montreal with Burlington. Just a few miles below the border the highway crosses the 45th parallel, and to the excitement of recently passing from one nation to another is the sudden realization that you are equi-distant between the North Pole and the Equator. Highgate, itself is still a favorite resort town, and Swanton, eight miles below the border, is where many of the Abenaki descendants from the Indians who

were the original inhabitants of Vermont now make their homes. The handsome town green has a pond in its center where majestic white swans, a gift from the Queen of England, are in permanent residence. On the Green each year during the last week in July the annual Swanton Festival holds forth.

On the road to West Swanton the Missisquoi national Wildlife Refuge offers bird watchers a chance to see rare species. By continuing to the Islands, North Hero and South Hero, named for

(Continued on Pg. 17)

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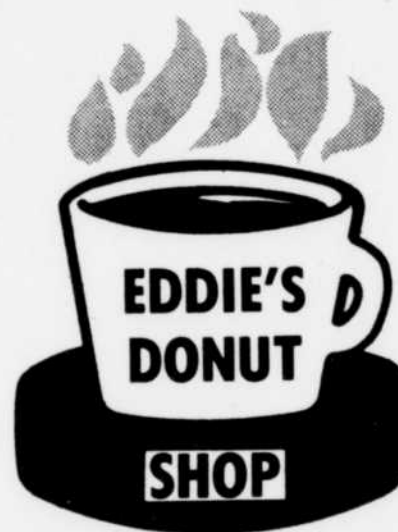
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# Rugged beauty, ponds, streams, hills

(From Pg 16)  
the Allen Brothers and other Revolutionary War heroes, a traveler can cross a causeway onto Isle La Motte. Here is believed to have been where Champlain first stepped ashore when he entered

the lake from Canada in 1609.  
The road around the island has a haunting beauty about it which seems distinctive to this brooding and wind-swept community. Isle La Motte in 1666 was the site of

the first European settlement in Vermont, and here at the St. Anne Shrine was said the first Mass offered in Vermont. A large granite monument, which was the central exhibit at the Vermont pavillion during Expo 67 in Montreal ten years ago, is on the lakeshore by the bathing beach and shows Champlain and one of his Indian companions.

Isle La Motte has what geologists believe is the oldest coral reef in the world. Marble was quarried here decades ago, and the black and white squares which form the tessellated design of the first floor of the Vermont Statehouse in Montpelier were taken from Isle La Motte marble. Look closely at those squares when you visit Montpelier and you will see traces of prehistoric fossils imprisoned in those stones. Geologic time as well as the passage of human time is evident in the Vermont landscape.

The major town in Franklin County is St. Albans, which began as a bayside community when commerce on the lake was dominant. It later moved inland about three miles to become a railroad center and an important shipping point for dairy products. St. Albans is famous in history as the site of the northernmost action during the American Civil War. In October, 1864, a band of 22 Confederate soldiers quietly infiltrated the town from nearby Canada, then shouting revenge for the havoc General Sherman had done in marching through Georgia, held up the banks and hurried for Canada. They burned a covered bridge in Sheldon while riding desperately for the border. Vermonters were fearful the action would occur again, but the "St. Albans Raid" was a solitary event.

The Franklin County Museum, located in the refurbished Church Street School, tells the history of this corner of Vermont. Excitement along the border seems improbable now, when passage by Americans and Canadians is a routine matter, but

none of the boundaries of Vermont were established without disputes and turmoil. Mountain ranges are often the boundaries between states and nations, but in Vermont they form the backbone of the state.

**AREA ATTRACTIONS**  
Jay Peak Tramway, Jay National Wildlife Refuge, West Swanton St. Anne Shrine, Isle La Motte Champlain Statue, Isle La

Motte Franklin County Museum, St. Albans Covered Bridges, Montgomery Cold Hollow Gallery, Montgomery Center President Chester Arthur Birthplace, N. Fairfield Burton Island State Park, St. Albans Bay Stream and Lake Fishing Hyde Log Cabin, Grand Isle Grand Isle Ferry, Grand Isle.

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**TRAILERS** — Auto safety during the vacation also extends to the trailer. Is it in good condition? How are the brakes and lights? Is it properly licenced? And,

finally, is the connection with the car secure?

(Record photo)

## Start your trip by checking your car

With the advent of beautiful driving conditions and vacation travel, motorists begin to think about getting the most for their gasoline dollars.

"Plan Ahead" is no longer a cliché. The 55-mile-per-hour speed limit was designed for safety and economy, but it will take

you a little longer to reach your destination. Allow plenty of time.

And allow time for rest breaks. Starting a vacation on edge because of too much steady driving is not calculated to make for a happy beginning.

If you are traveling with children or pets, remem-

ber that they need more frequent stops.

Start your planning with a trip to your service station for a tune-up and a complete check. You'll save money in the long run with a better operating engine and less likelihood of having a malfunction in strange territory.

And when you're on the road, remember these tips for fuel economy and easier driving:

- **OBSERVE** the 55 MPH speed limit.
- **KEEP** a steady foot on the accelerator.
- **AVOID** "jack rabbit" starts and sudden stops.
- **DON'T** stand in traffic idling the engine.
- **INFLATE** your tires to the proper level.
- **RIDE** "on top of the tank."

And one last rule of the road: don't throw trash out of your car. Keep a litter bag handy and dump it in a roadside trash can.



## Maple sugar in July?

**ST. JOHNSBURY, Vt.** — The maple sugarin' season in Vermont traditionally is carried on in late winter and early spring but Maple Grove on Route 2, just east of the city's business district, gives summertime visitors a chance to see what they missed when the snow was on the ground. Maple Grove includes the world's largest maple candy factory as well as a log cabin museum which thumbnails the sugarin' process in a 16-minute film, from tapping a tree to wrapping a maple sugar nugget for someone's sweet tooth in some distant city or

town. "We have about 85,000 visitors from June through the end of the foliage season," says Bruce Drown, executive vice president. "People who missed out on the sugarin' season a couple of months ago are amazed at how things are done. And when they try the free samples, we get another friend for maple products. We aren't a high-powered tourist trap, just a low-key try to introduce more people to maple products."

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# Fishermen find N.H.'s streams, lakes a delight

By HOMER CIRCLE  
Angling Editor,  
Sports Afield

Not everyone can afford to blow several thousand clams on a boat, motor and a flock of electronic gadgets just to outsmart a passel o' fish. Not everyone needs to, especially if you're a wader.

Fishing afoot, in a comfortable pair of waders or hippers, has a number of advantages over fishing from a boat, as a matter of fact.

Like: You can enjoy the vigor of early morning fishing forays along streams too small for boats.

Also, because of a low profile, you can approach bigger fish afoot by using stealth and watching for movements of feeding whoppers. It's mighty difficult to approach an old mossback in a boat and not give out some kind of telltale vibrations.

And it's versatile! While wading, I fly-rod for bluegills and trout; bait cast for bass, walleyes, pike, crappies, white bass and catfish; also spin fish for inshore saltwater species as well as lake trout, salmon and muskies in some of the faraway places I go for my articles.

You can learn to compact your tackle for easy toting. Telescoping rods now have excellent actions and can be carried easily through brush. Lures can be put in plastic boxes and carried in a rucksack. Ditto tools, insecticides, sunburn lotion, etc.

Obviously, if you're going to try fishing afoot for the first time, one of your first purchases will be a pair of hip boots or waders, and I have a suggestion about that. Invest in some good waders instead of hip boots, because you can easily step into deep holes and you're suddenly very wet and miserable.

Look for Thermo-Ply insulated waders, so you can fish comfortably in the icy waters of early spring and late fall.

Over the years, I've learned the wisdom of buying good equipment that lasts and lasts. You see, the more you wade and fish, the better fisherman you become and the more you'll want to go fishing afoot.



OLD TRADITIONS run strong still in New Hampshire, one of the six New England states, where citizens recall colonial ways and manners at local celebrations held throughout the summer.

(Record photo)

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# Once you've caught it, what to do next?

There's a heap of happenings between the catch and the eating and the more attention paid to those happenings will make the eating a lot better.

Improper care of freshly caught fish can mean no fish at all, and the fishermen at Zebco have a suggestion or two on how to

care for your catch, from lake or stream to table.

If at all possible it's best to keep your catch alive, but if this isn't possible, make sure those fish are on ice or refrigerated to prevent spoilage. It won't hurt to throw freshly caught fish out on the ice in the winter time, but summer's a different story.

If the fish are put on ice, make sure they're either in or on the ice and not in the ice water. Drowning dead fish in water can have a soggy ending.

If fish are to be transported a long distance or if the ice is short, removing the entrails and gills is a good second step in

preventing spoilage. But if the time between catching and kitchen care isn't too long, it makes sense to do the whole thing at home under better conditions.

Although many fish such as trout and bluegill make excellent table fare with just the entrails, gills and scales removed, when

it comes to the larger bass and crappie, the Zebco fishermen have a better solution: fillet them. And that's another story, because if done incorrectly there's a lot of needless waste.

So let's look at a step-by-step fillet job and see just how really easy it is if done correctly.



## Step by step illustrated instructions on how to clean a fish

1. Catch a fish.

2. Kill the fish before starting the fillet job. Use a sharp rap on the head with a paddle or some heavy instrument.

3. (picture A) Lay the fish on a flat surface. Use a good sharp fillet knife which has a somewhat flexible blade. An electric carving knife works even better and there are some models on the market which can be used on 12 volt DC current from the boat or car battery. Lift the fin just behind the head of the fish and make a cut to the spine bone. Do not cut into the entrails of the fish.

4. (picture B) With the knife held at a slight angle toward the spine, cut along the top dorsal fin. Since the rib cage enters the picture at this point here are a couple of variations. You can either cut through the rib cage and trim it out later, or you can slide the knife over the rib cage as you are cutting. It's a matter of preference and experience.

5. (picture C) Continue cutting along the spine until you reach the tail. Stop. Do not cut this fillet completely off.

6. (picture D) Pick up the fillet at the front and

flop it over toward the tail.

7. (picture E) Make a cut into the fillet at the tail and run the knife at a slight angle toward the skin. Not too much of an angle because you'll cut through the skin. Hold the fillet piece in your hand and "slide" the

knife the entire length of the fillet.

8. (picture F) A finished fillet. This one with the rib cage intact. To trim out, simply trim along the top of the cage. You'll notice you have not gilled the fish, scaled the fish or skinned the fish. There has been one operation and the result

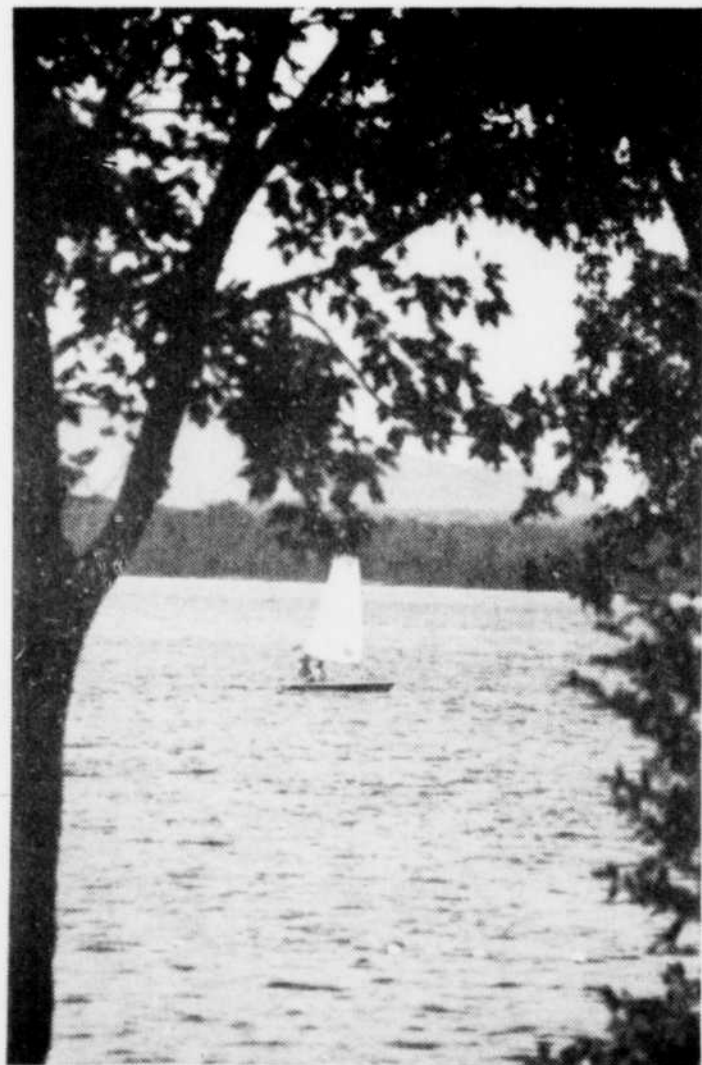


is a finished, almost-ready-for-the-table fillet. And you haven't wasted any "meat."

9. Turn fish over and repeat the steps for the other fillet.

After you have cleaned the fillets, check them for any small bones, wash them thoroughly, soak in salt water a couple of hours and either cook them or freeze in water. Mighty good, boneless eating!

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