

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) Contin-

ue 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!

Babes in the woods are a joy



When youngsters explore on their own, a virtually unbreakable Roughnecks school lunch bottle by Thermos is ideal for beverages.

A babe in the woods can be a sheer joy to parents. Whatever the child's age, there's every reason to take him or her along on a camping trip.

Infants benefit from the clean air and tranquility of the scene. Older children get a first hand look at nature and learn to appreciate the environment.

Vacation ways shouldn't differ significantly from homelife. Give older children as much freedom and responsibility as they are accustomed to accepting. Solo explorations can be a

break for them as well as for you.

When they're ready to venture away from the campsite, fill their school lunch bottles with a refreshing drink. Urethane insulated lunch bottles, such as The Roughnecks by Thermos, are recommended because they contain no glass and are virtually unbreakable. A whistle around the child's neck, to call for attention in the event he wanders too far, is another useful item.

For information On Arkansas

Outdoor enthusiasts will find no difficulty deciding where to channel their energies when they go to Arkansas.

Whether you want to hunt, fish, swim, boat, camp, water ski, hike or just sit and enjoy, it's all there in "The Natural Destination."

Or you may prefer to prospect for diamonds, sample Ozark Mountain festivals, stroll through museums, try the mineral springs, or cheer the thoroughbreds.

For information on what to do, where to go, and how to reach a headquarters spot for you and your family, write to the Arkansas Dept. of Parks & Tourism, 149 State Capitol, Little Rock, Ark. 72201.

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