

half Indian meal. Have about two inches deep of boiling fat in the frying-pan (drippings if you have them; if not lard); into this drop the smelts, and fry brown. Do not put so many in that they will be crowded; if you do, they will not be crisp and brown.

SARDINES

These fish are caught in enormous quantities in weirs in Charlotte and St. John Counties, New Brunswick. The greater quantity is sold at the weirs to buyers from United States' sardine canneries; but there is a rapidly growing canning industry in Canada. About 100,000 cases are now being canned annually in Charlotte County.

They are ready to serve as they come from the can.

WHITEFISH

From our inland waters there are taken annually nearly 7,000 tons of an excellent food fish known as whitefish. This fish may be cooked by frying in the usual manner, or by baking according to the recipe for baked stuffed haddock given on page 35.

FRESH-WATER HERRING

This variety of whitefish, generally known as herring, is a delicious fish. It is taken in considerable quantities from the great lakes bordering the province of Ontario.

The average annual catch amounts to nearly 5,000 tons. It may be cooked in the manner prescribed for whitefish.

LAKE TROUT may be baked, broiled or fried. The meat is very white and particularly sweet.

PICKEREL may be baked, broiled or fried.

PERCH are best when fried.