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## CANADIAN FOOD FISHES—NEGLECTED SPECIES.

Large quantities of preserved fish commonly called Sardines are sent to this Dominion from Europe. The Canadian consumption of this article must be enormous, while the purchasers are ignorant of what they are buying, and we may as well tell them that in many cases they are not eating the genuine Sardine, but the posterior portion of herring (*Clupea*.) Years back there was a possibility of obtaining the true Sardine, but to-day few fish of the kind are packed for our market. We have to take an inferior article—a fish densely covered with large scales and with only a remote flavour of the Sardine. We know of a better fish in the Gulf of St. Lawrence, occurring abundantly during the months of May, June and July, as far up the river as Baie Mille Vaches and Bic. The *habitants* take them in large quantities, which they generally salt in tinnets for the Quebec market, but unfortunately this Canadian Sardine is extremely delicate and the primitive mode of preserving make the fish too salt; they are therefore not generally relished. If, however, the Sardine of the St. Lawrence, could be put up in oil in fair-sized tins, there is reason to think it would be equal, possibly superior to the supposed Italian fish sent to us by the name of *Sardines a la huile*. We have an advantage also of claiming this fish as local to our marine fauna—that is to say, they occur in great schools in the Lower St. Lawrence, while they are scarcely ever seen in the salt waters bordering the United States. This is an advantage. Doubtless the presence of this delicate fish in the Gulf, is to a great extent the cause for the appearance of numbers of whales and seals in these waters during summer. Here, then, is plenty of material to open a new industry, which in our opinion would be remunerative,

if a few energetic men take it in hand. We are astonished that this pretty, delicate fish has been so long neglected, and the subject is now brought before the Canadian public for the first time, to show that there are disregarded though available industries in the Dominion.

There is another little fish, also extremely prolific in the same waters—i.e., the Caplin. When this fish is properly cured—and of late, the Gulf fishermen have paid some attention in curing them—it forms a healthy, fattening food. The demand at present is principally from English restaurant keepers, especially in the City of London. The present mode of curing is simple, that of allowing the fish to remain in salt for a short time and then laid out in the sun to dry. It may be said that Caplin preserved in this way are sun cooked. We can vouch for this, as they formed a delicious morsel with a biscuit and coffee at breakfast daily for three weeks on our second trip to Labrador. One puifal purchased for 25 cents, served to give a relish to the morning meal during the latter time. In these times, when all kinds of human food is dear, it is necessary that some attention should be directed to neglected material which could be converted into good, strengthening, easily digested food for mankind. Now that we have made important remarks regarding the above species of marine food fishes, we wish to bring before our readers two species of fresh-water fishes, which, by some persons, are considered excellent human food, when properly cooked. The common Cat-fish and the large Channel Cat-fish are found throughout the Provinces of Ontario and Quebec; the former common throughout Ontario, and the latter uncommon in Quebec. It seems that delicate and refined people have a prejudice against eating these fishes, but we can dispel such notions from the fact that some scientists have classed them near the Genus *Salmonidae*. The Cat-fish being forms occurring on this continent, approaching the latter by having the lateral and posterior portions of their bodies resembling Salmon. They have the adipose fin; the tail portion certainly resembles some species of *Salmonidae*. With regard to our own experience, we have cooked