

layer of meat. Salt and pepper. Top with a layer of cattail roots and layer of onions. Repeat until all the ingredients are used. Pour a small amount of water over the layers and cover. Cook in a slow over (325°F.) for about 2 hours, or until the meat is tender. Serve hot. Serves 6 to 10.

Sunshine Pancakes<sup>1</sup>

Sift together 1 cup cattail pollen, 1 cup wheat flour, 2 teaspoons baking powder, ½ teaspoon salt, and 2 tablespoons sugar.

Beat 2 eggs and stir in 1½ cups of milk and 2 tablespoons melted butter. Stir in the dry ingredients. Fry the batter in a skillet with melted butter as you would for pancakes. Serves 3 to 4.

Sweet Corn

Boil the green spikes (flowerheads) in a pot of salted water, for approximately 10 minutes. Serve with salt and pepper and lots of butter. May be eaten on the cob or off.

1. Knutsen, Karl Wild Plants You Can Eat pgs., 26, 27, Dougleday & Company, Inc., New York 1975

Heather Abriel  
Halifax Field-Naturalists  
Newsletter  
May/June, 1979

Parting Words

Newsletter No. 40 brings to a close my term as editor of the Natural History Society newsletter. In January 1974, I vigorously encouraged the society to begin producing a newsletter or bulletin which would report local events. I promptly learned one of life's more profound lessons, namely that if you want something done, you must do it yourself. The first newsletter appeared in March 1974. It was a painstaking and time consuming production; conceived, written, typed and proofread by me. Diane Griffin arranged to have it duplicated at the expense of the Provincial Department of Environment and Tourism.

Since the spring of 1974, we have published eight newsletters per year during the winter months. My editorial policy has been to print local, topical and seasonal information. The newsletter has effectively served two functions. It was to entertain and educate our members about Island natural history. Secondly, the newsletter has served as a medium for recording seasonal trends or unusual occurrences of species visiting or living on Prince Edward Island. Initially, there was a struggle to obtain articles. In several issues, I was the only author! However, we have evolved to the enviable position to receiving unsolicited articles.

Over the past six years, membership in our society has sharply increased and readership of the newsletter approaches four hundred. Approximately one hundred copies are distributed to Island schools.

I have greatly enjoyed my tenure as editor of the Natural History Society Newsletter. Under my direction, the newsletter developed into a useful bulletin of local nature happenings, but after this length of time, I feel the newsletter has reached a plateau in quality and content. In these times of change, it is time to change! I extend my best wishes to the new editor.

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