

forefinger of the left hand; and this is a good plan for any novice to follow to lessen the risk of accidents.

In gutting, take hold of the herring about the middle with the left hand, the thumb being over one side and the rest of the fingers over the other, and the throat of the fish exposed. Insert the knife through the gills, with the edge towards the operator; give the knife a sharp turn upwards, and draw the right hand outwards over the herring's head. If the operation has been entirely successful, the gills and stomach, etc., will have been completely removed; if it has not, a second movement will be necessary. Gentle pressure with the left hand assists the operation. In drawing out the intestines, however, care should be taken to draw the right hand *outwards* rather than *upwards*, as the latter movement is apt to tear the fish if they are tender. If the gutting is neatly and properly done, very little of the fish will have been removed—only the pectoral fins and upwards to the gills.

"*Rousing*" and *Packing*.—The most important process in the curing of herrings is known as "rousing." This is best done by hand in a large tub. A few platefuls of salt are first thrown over the gutted herrings, after which the packer turns them up thoroughly from the bottom of the tub, until every herring has come freely into contact with the salt. They are now ready for packing. A tight barrel or kit, damp inside, is placed beside the rousing-tub, and the packer lifts a couple of handfuls of the roused herrings, shaking the salt freely from them, and drops them gently into the barrel. Salt should not be spread in the bottom of the barrel before the herrings are put in. The packer commences by placing one herring on its back, against the side of the barrel; two others are placed against it, their heads to the sides of the barrel, and their tails meeting or overlapping; a middle herring is placed in front of the tails of the last two, followed by two more with their heads to the sides of the barrel, and so on until the tier is complete. The herrings should be set well up on their backs, and the tier should be tight. Salting is an important matter. The exact amount of salt to be used on each tier should depend on the size and strength of the fish, the strength of the salt, the market the herrings are destined for, and the length of time they are likely to be kept in stock. Large-sized herrings require more salt to each tier than small, and full herrings more than spent, but in no case should the herrings be buried in salt. As a general rule, one barrel of salt will be required to cure three barrels of herrings.

Upon the heads of the herrings of the first tier two herrings (known as "head herrings") are laid at each side, and above these the second tier is laid, the herrings crossing the first tier at right angles. Salt is again sprinkled over the tier, head herrings laid, and third tier crossed over the second, and so on until the barrel is full. Usually the herrings are packed above the level of the barrel, as they sink rapidly in the salt. On the following or second morning the herrings should be filled up level, the ends put in and "tightened," and the barrels laid on their sides. Before the filling-up it is usually advisable to lift off the top tier of the original, and wash the herrings in pickle, to remove any discoloration resulting from exposure to