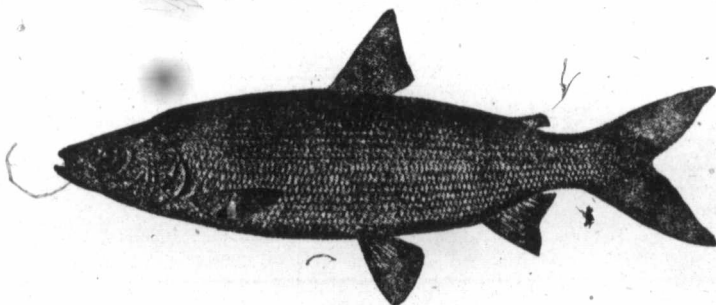


HERRING.

Herring are caught on the Atlantic from April to November. They are in best condition from July to October. On the Pacific coast they are most plentiful from November to February.



LAKE HERRING.

FRIED FRESH HERRING.—Clean and scale the herring and wipe them well. Remove the heads. Roll in flour. Dust over with a little pepper and salt, and fry in a hot frying-pan. They need very little fat as they contain a great deal of oil.

BAKED HERRING.—Clean as for frying. Place in a baker on a rack enough herring to cover the rack. Put in one teacup of water, one-third of a teacup of vinegar, a bayleaf and one-half a teaspoon each of pepper and salt. Cover and cook one-half hour. Serve in the dish in which they are cooked.

KIPPERED HERRING.—Place the herring between a greased gridiron and cook over a bright fire for ten minutes. Spread a little butter over the top and serve.

FRESH, BOILED HERRINGS.—Wash, scale, and gut them, sprinkle with a little salt, and dip them once in vinegar; skewer them securely with their tails in their mouths, put them into boiling water, simmer very gently until done, 12 min., and take out immediately.

SPICED HERRINGS.—Clean 4 fresh herrings. Lay them in a dish with sufficient vinegar to cover them, add 4 cloves, 2 allspice, 1 tarragon leaf, pepper and salt as desired, and a pinch of cayenne. Bake slowly for 2 hours, place on a dish, garnish with sliced lemon, and serve cold.

TONGUES AND SOUNDS.

The thick tongue of the cod and the sound—a glutinous substance which lies along the backbone of the fish—is put up in salt and pickle in barrels and pails. Fried or boiled, they are a particularly delicious and tasty food. The sounds of hake are largely dried and used for making isinglass and glue.

The swordfish is a remarkable fish native to the Atlantic Ocean. It has been recognized as a valuable food only of late years and is now regarded as one of the most palatable of salt water fishes. The flesh is white, free from bones, and with a taste not unlike veal. It is in season during the summer months.