

REGULATIONS

For Salting Scotch Psck Herring

One barrel salt to five barrels herring—Extra Large Fulls. One barrel salt to five and a half barrels herring—Large Fulls. One barrel salt to six barrels herring—Medium Fulls. One barrel salt to six and a half barrels herring—Mattie Fulls. One barrel salt to seven barrels herring—Matties.

(This class has no milt or roe)

This amount of salt for dredging and laying on rows only. It does not take into account that put on the herring before gibbing.

All salt falling off herring in rousing tubs is put on rows as you pack, unless very dirty or scaley; in that case, you have to make good the same amount, or otherwise you could not have any fixed rule for salting.

Matties.....10½ inches long. Empty fish
Matties Full.....10½ inches long..Milt or roe
Medium Fulls.....11½ inches long..Milt or roe
Large Fulls.....12½ inches long..Milt or roe
Extra Large Fulls..13½ inches long..Milt or roe

No drowned, stale, or scaleless herring can be used for Scotch Pack, nor herring in half frozen state.

The root cause of light salting is to come as near as possible to the pleasing of the palate of the consumer; and if we bear in mind that over three-fourths of all Scotch Pack Herring are consumed as a tonic before the mid-day meal, just as they come out of the barrel, without any fire cooking, we can see the reason at a glance for the light salting. The herring is dressed by the head and the tail being cut off, the main bone taken out. It is then cut into squares of about one inch, and is served with vinegar and other condiments. This gives power to the stomach to digest the following meal and keeps the consumer in the best of health.

People with bad stomachs please note that the art of cooking and eating right is just as essential as the art of curing; and based on the best medical direction, and with the chemical analysis of the constituent parts of herring as a food ever kept before the consumer, we need not be surprised that the people who eat most herring are the most healthy and efficient.