

THE FISH THAT HAS MADE HISTORY

Right through the centuries Britain has appreciated her harvest of herrings as the records of the fishery prove. It is probable that fishing for herring started at Yarmouth soon after the landing of Cedric the Saxon in A.D. 495, but the first written mention of it is in a precious document dated A.D. 709, found in the chronicles of the Monastery of Evesham. In 1108 we find Great Yarmouth being made a burgh, in return for which honour "ten milliiards of herrings" had to be delivered each year to King Henry I.

Further proof that the herring was regarded as a royal dish is given by a clause in the charter of the same burgh dated 1286, whereby twenty-four herring pasties, containing 100 herrings apiece, had to be supplied each year for the king's table. Again, the exchequer accounts of Edward III show a surprisingly large amount spent upon herrings.

Nor was the importance of the fishery to the nation underestimated by our forefathers. The long struggle between England and Holland which lasted throughout the reigns of the Stuarts and the years of the Commonwealth was in reality a struggle for the control of the herring fisheries of the North Sea. Out of this conflict can be traced the rise of our mercantile marine and ultimately, through Cromwell's navigation laws, the British Navy itself! Small wonder that the herring has been called "the fish that has made history."

For a number of years herrings figured in the King's Bounty, distributed on Maundy Thursday. Each person was given a large wooden platter, heaped with loaves and fish, the fish being twelve red and twelve white herrings.

Thanks to modern transport, we can now have herrings fresh as fresh can be. We don't have to depend upon them being pickled or salted as our forefathers did unless they lived near the port of landing. So let us make full use of these delicious fish.

You can serve them for every meal in the day, for breakfast, lunch, high tea or supper. While enjoying their tastiness you will have the added satisfaction of knowing that you are helping some of the finest, bravest and hardest working of men, "the first to offer service to their country, the last to seek its aid", the herring fishermen of the British Isles:

ARE "BARGAINS"

When herrings are at their best they are at their cheapest. That is not so surprising when you consider that herrings are only landed in big quantities when they are in prime condition. So a plentiful supply of fine fat herrings means a plentiful supply of *cheap* herrings—that's why they are such splendid value for money—such bargains.

