

Flavor
of
Maine

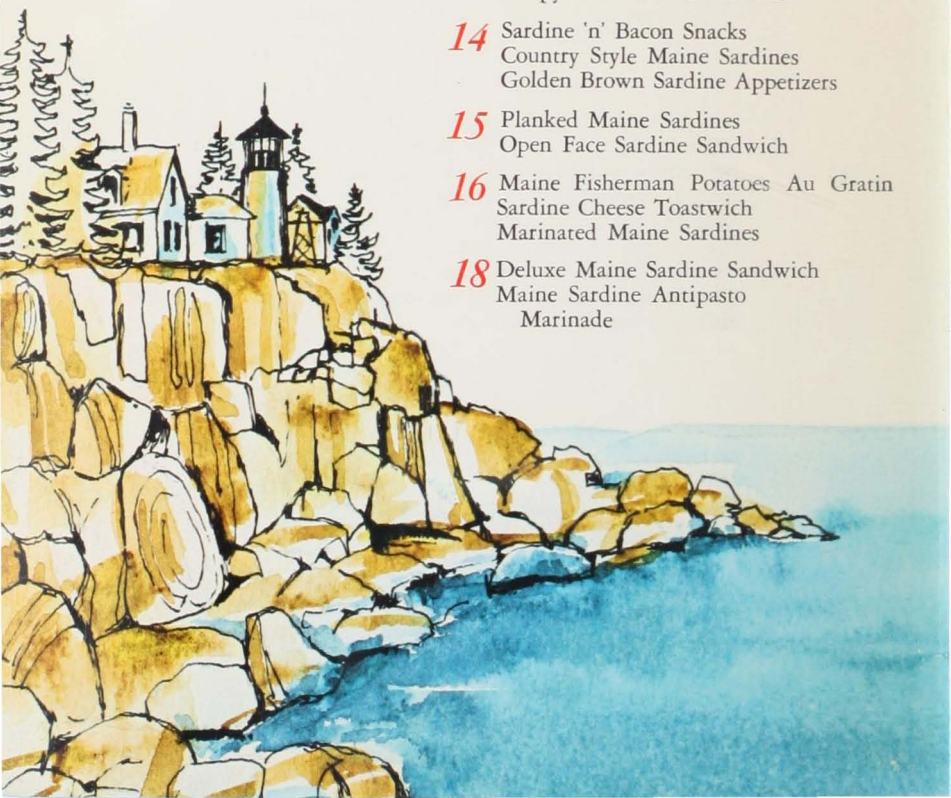


SARDINE SECRETS

Flavor of Maine

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SARDINE FISHING AND CANNING

THE MAINE COAST. Early dawn. Waters lie calm in the lull between night and day. The slowly rising sun reflects on the shore, drying the rocks and sand, and chasing the morning mist up wooded hillsides.

The first gulls leave their rocky roosts and fly in search of breakfast. Their cries hang softly in the air—welcome music to a crew of sardine fishermen returning from the night's catch.

These men work hard at night. It is then that the sardines rise from deeper water to feed near the surface; phosphorescence reveals them by the millions. The fishermen waste no time as they set their nets, for the little fish are constantly on the move.

Soon the school will be swimming about, entrapped in the nets, where they will remain until picked up by a boat from the cannery.

Sardine crews fish the Atlantic coast from New England to Labrador for the small, immature herring; but it is only in Maine and its Canadian neighbor, New Brunswick, that they are canned as sardines.

Although records of sardine fishing in Europe date back as far as 495 A.D., there is no way of knowing when the harvesting of this delectable little fish started in America. Early colonists found that Indian tribes along the North Atlantic coast had been harvesting herring for a long time in brush weirs or traps. They sometimes used torches to lure the fish into nets. Sardines were a staple part of their diet.

Today the little fish with the big flavor is recognized by nutrition experts as an excellent source of high-quality protein, minerals, vitamins, and other nutrients.

Sardines are one of the most abundant and important food fishes in the North Atlantic and especially the Gulf of Maine. In Maine alone, fishermen produce billions of the fish which go into about 200 million cans annually and are valued at more than \$20 million. The first commercial United States canning operation was at Eastport, Maine, in 1871.

Maine fishermen are concerned with more than the history of their industry. They strive to produce an economical, high-quality catch that enables the State's 23 modern canneries to supply well over 50 percent of the sardines consumed in the United States. They use ingenious methods to achieve this goal, such as spotting the schools in the daytime from airplanes and using depth recorders, sounding devices, and electronic scanners that sweep the ocean for miles around. New types of boats and gear are constantly being developed for either daytime or nighttime fishing.

The traditional methods of harvesting—stop seines which close off herring in a cove or harbor, purse seines that circle a school in open water, and weirs or traps which guide the fish into captivity—are still in use. Recently, larger than usual purse seine boats are being used.

In certain areas where conditions are favorable, an air-bubble method developed by the Department of the Interior's Bureau of Commercial Fisheries is often used. A curtain of bubbles formed by compressed air flowing through holes punched in a hose stretched along the ocean bottom serves as a barrier to schools and enables the fishermen to direct them to their nets.

Once caught, the sardines are pumped aboard a cannery carrier boat and rushed ashore for processing. The scales are automatically removed during the pumping operation and used to make artificial pearls, cosmetics, lacquers, and other products. As the fish go into the hold of the carrier, they are salted, thus beginning the processing during the run to the cannery.

MAINE SARDINE PIZZA

(OPPOSITE PAGE)

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | 1 package (4 ounces) shredded
Mozzarella cheese |
| 2 packages (14 to 15¾ ounces
each) cheese pizza | |

Drain sardines. Prepare pizza crust according to package directions. Cover crust with sauce. Top with sardines. Sprinkle cheeses over pizza. Bake in a hot oven, 425° F., for 20 to 25 minutes or until crust browns and cheese melts. Makes 6 servings.

MAINE TOMATO SURPRISE

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| 2 cans (3¾ or 4 ounces each)
Maine sardines | 2 teaspoons lemon juice |
| ¾ cup sliced celery | 1 teaspoon prepared mustard |
| 2 hard-cooked eggs, chopped | ½ teaspoon salt |
| ¼ cup mayonnaise or
salad dressing | Dash pepper |
| 2 tablespoons chopped ripe
olives | 6 medium tomatoes |
| | Salad greens |

Drain sardines and cut into large pieces. Combine celery, eggs, mayonnaise, olives, lemon juice, mustard, salt, and pepper. Add sardines and toss lightly. Chill. Cut each tomato into 5 or 6 sections almost to stem end and spread apart slightly. Fill each tomato with sardine salad. Serve on salad greens. Makes 6 servings.

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FRENCH TOASTED SARDINE SANDWICH

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| 2 cans (3¾ or 4 ounces each)
Maine sardines | 2 teaspoons lemon juice |
| ½ cup finely chopped celery | ¼ teaspoon salt |
| 2 tablespoons finely chopped
onion | Dash pepper |
| 2 tablespoons chopped sweet
pickle | 12 slices buttered cheese bread |
| 2 tablespoons mayonnaise or
salad dressing | ½ cup milk |
| | 2 eggs, beaten |
| | 1 cup crushed potato chips |
| | Fat for frying |

Drain sardines and flake. Combine celery, onion, pickle, mayonnaise, lemon juice, salt, pepper, and sardines. Spread 6 slices of bread with sardine mixture. Cover with remaining 6 slices of bread. Combine milk and egg in a pie plate. Dip each sandwich in egg mixture and then in potato chips. Fry in hot fat at moderate heat for 4 to 5 minutes or until brown. Turn carefully. Fry 4 to 5 minutes longer or until brown. Makes 6 servings.



SARDINES ON A ROLL

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| 2 cans (3¾ or 4 ounces each) | ¼ teaspoon garlic powder |
| Maine sardines | 6 hamburger rolls |
| 1 cup catsup | 2 tablespoons butter or |
| 2 tablespoons finely chopped | margarine, softened |
| onion | 1½ cups shredded cheese |
| 1½ teaspoons oregano | |

Drain sardines and cut into large pieces. Combine catsup, onion, oregano, and garlic powder. Mix thoroughly. Cut rolls in half and spread with butter. Place rolls on a cookie sheet, 15 x 12 inches. Toast rolls. Place sardines on rolls and cover with catsup mixture. Sprinkle with cheese. Bake in a moderate oven, 350° F., for 10 to 15 minutes or until cheese melts. Makes 6 servings.



MAINE SARDINE OLIVE SANDWICH

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| 3 cans (3¾ or 4 ounces each) | 1 tablespoon horseradish |
| Maine sardines | Dash pepper |
| ¾ cup sliced stuffed olives | 12 slices buttered cracked wheat |
| 3 hard-cooked eggs, chopped | bread |
| ¼ cup mayonnaise or | 6 lettuce leaves |
| salad dressing | |

Drain sardines and split in half lengthwise. Combine olives, eggs, mayonnaise, horseradish, and pepper. Spread 6 slices bread with olive mixture. Place sardines on top. Cover with lettuce and remaining 6 slices bread. Makes 6 servings.

SARDINE SKYSCRAPER SANDWICH

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| 2 cans (3¾ or 4 ounces each) | ¼ teaspoon salt |
| Maine sardines | Dash pepper |
| 12 slices bacon | ¾ cup Thousand Island dressing |
| 4 hard-cooked eggs, chopped | 18 slices toast |
| 2 tablespoons mayonnaise or | 3 dill pickles, sliced lengthwise |
| salad dressing | 6 lettuce leaves |
| 1 teaspoon prepared mustard | |

Drain sardines and split in half lengthwise. Fry bacon until crisp. Drain on absorbent paper. Combine eggs, mayonnaise, mustard, salt, and pepper. Spread toast with Thousand Island dressing. Place sardines on 6 slices of toast. Top with pickle slices and the second slice of toast. Spread second slice of toast with egg mixture. Top with bacon, lettuce, and remaining 6 slices of toast. Secure sandwiches with toothpicks. Makes 6 servings.



MAINE SARDINE SUBMARINE SANDWICH

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | 6 lettuce leaves |
| 1 onion, thinly sliced | 2 tomatoes, thinly sliced |
| 2 tablespoons butter or
margarine, softened | Salt |
| 1½ teaspoons prepared mustard | 6 slices cheese |
| 3 submarine rolls, 12 inches
each | Mustard Sauce |
| | ⅓ cup mayonnaise or
salad dressing |

Drain sardines. Separate onion slices into rings. Combine butter and mustard. Cut rolls in half lengthwise. Spread bottom half with mustard-butter. Cover with lettuce, tomato slices, and onion rings. Sprinkle with salt. Cover with cheese and sardines. Pour Mustard Sauce over sardines. Spread top half of rolls with mayonnaise. Cover sandwiches and secure with toothpicks. Makes 6 servings.

Mustard Sauce

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| ½ cup mayonnaise or
salad dressing | 2 teaspoons pickle juice |
| 2 tablespoons prepared mustard | Dash liquid hot pepper sauce |

Combine all ingredients. Makes approximately ⅔ cup sauce.

BOHEMIAN SALAD

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | ¼ cup chopped onion |
| 1 package (10 ounces) frozen
peas and carrots | ¼ cup chopped green pepper |
| 1 can (1 pound) cut green
beans, drained | 1 tablespoon chopped pimiento |
| 1 cup sliced celery | Marinade |
| | 6 lettuce cups |
| | Pimiento strips |

Drain sardines and cut into large pieces. Cook peas and carrots according to directions on package. Drain and cool. Combine all ingredients except lettuce and pimiento strips. Cover and chill. Drain. Arrange in lettuce cups and garnish with pimiento strips. Makes 6 servings.

Marinade

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| ½ cup cider vinegar | ¼ teaspoon salt |
| ¼ cup salad oil | Dash pepper |
| 1 tablespoon sugar | |

Combine all ingredients and mix thoroughly. Makes approximately ¾ cup marinade.



MAINE SARDINE COLE SLAW

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | 2 hard-cooked eggs, chopped |
| 4 cups shredded cabbage | Cole Slaw Dressing |
| ¼ cup chopped onion | Salad greens |
| ¼ cup chopped parsley | Paprika |

Drain sardines and cut into large pieces. Combine cabbage, onion, parsley, eggs, and dressing. Arrange on salad greens. Top with sardines and sprinkle with paprika. Makes 6 servings.

Cole Slaw Dressing

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| ½ cup salad oil | 1 tablespoon chopped sweet
pickle |
| 3 tablespoons vinegar | 1 teaspoon salt |
| 1 tablespoon chopped green
pepper | ¼ teaspoon paprika |
| 1 tablespoon chopped pimiento | Dash cayenne pepper |

Combine all ingredients and mix thoroughly. Makes approximately ¾ cup dressing.



MAINE SARDINE CAESAR SALAD

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | 8 cups salad greens |
| 1 clove garlic, peeled and
quartered | ½ teaspoon salt |
| ½ cup salad oil | Dash pepper |
| 1½ cups croutons | 1 egg, cooked 1 minute |
| 1 small onion, thinly sliced | 2 tablespoons lemon juice |
| | ½ cup grated Parmesan cheese |
| | 2 tomatoes, cut in wedges |

Drain sardines and cut into large pieces. Add garlic to oil and let stand at least 1 hour. Remove garlic from oil. Gradually pour ¼ cup of garlic oil over croutons, mixing lightly until all of the oil is absorbed. Separate onion slices into rings. Combine onion rings, salad greens, salt, and pepper. Pour remaining ¼ cup of garlic oil over salad greens. Toss lightly. Break egg into salad. Add lemon juice and mix thoroughly. Add cheese, croutons, and sardines. Toss lightly. Garnish with tomato wedges. Makes 6 servings.

MAINE SARDINE SALAD BOWL

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| 2 cans (3¾ or 4 ounces each)
Maine sardines | 6 cups salad greens |
| 4 ounces cheese | 3 hard-cooked eggs, sliced |
| 4 ounces ham | Russian dressing |

Drain sardines and cut into large pieces. Cut cheese and ham into julienne strips. Combine salad greens, cheese, ham, and sardines. Garnish with egg slices. Serve with dressing. Makes 6 servings.





MAINE SARDINE RAREBIT

(OPPOSITE PAGE)

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | 1 can (10½ ounces) condensed
tomato soup |
| 4 slices bacon, chopped | 1 cup shredded cheese |
| ½ cup chopped green pepper | ¼ cup half and half cream |
| ½ cup chopped onion | ½ teaspoon prepared mustard |
| | 6 slices toast |

Drain sardines. Place on an 18-inch square of aluminum foil. Seal edges by making double folds in the foil. Heat in a moderate oven, 350° F., for 15 minutes. Fry bacon until crisp. Add green pepper and onion and cook until tender. Add remaining ingredients except toast. Heat until cheese melts, stirring constantly. Place sardines on toast and cover with sauce. Makes 6 servings.

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MAINE SARDINE DIP

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| 1 can (3¾ or 4 ounces)
Maine sardines | 2 teaspoons grated onion |
| 1 package (8 ounces) cream
cheese, softened | 1 teaspoon steak sauce |
| 1 tablespoon milk | 1 teaspoon Worcestershire sauce |
| 2 tablespoons chopped parsley | ¼ teaspoon liquid hot pepper sauce |
| 1½ tablespoons lemon juice | Chopped parsley |
| | Assorted chips, crackers, or
raw vegetables |

Drain sardines and flake. Cream the cheese and milk. Add remaining ingredients except parsley and chips. Add sardines and mix thoroughly. Chill. Sprinkle with parsley. Serve with chips, crackers, or vegetables. Makes approximately 2 cups of dip.

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MAINE SARDINE CANAPES

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | 2 tablespoons prepared mustard |
| ½ cup butter or margarine,
softened | 10 slices sandwich bread |
| | Pimiento strips |

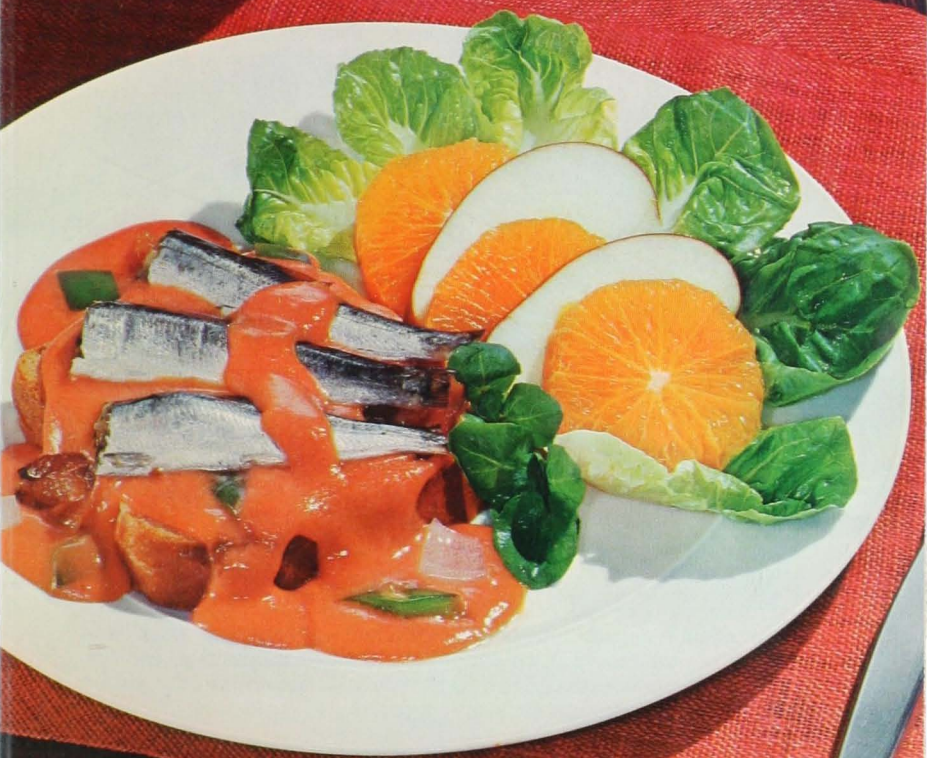
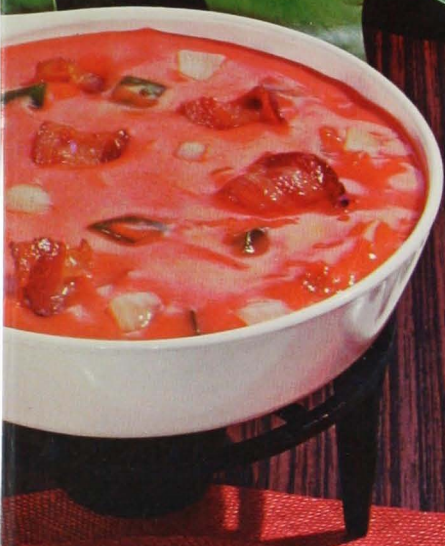
Drain sardines and split in half lengthwise. Combine butter and mustard. Spread bread with mustard-butter. Remove crusts. Cut each slice of bread into thirds. Place a sardine half on each piece of bread. Garnish with pimiento strips. Makes 30 canapes.

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CRISPY FRIED MAINE SARDINES

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| 4 cans (3¾ or 4 ounces each)
Maine sardines in tomato sauce | ½ cup grated Parmesan cheese |
| 1 can (8 ounces) tomato sauce | ½ cup flour |
| 1 cup dry bread crumbs | Cocktail sauce |

Drain sardines and reserve the sauce. Combine tomato sauce and sardine sauce. Combine crumbs and cheese. Roll sardines in flour, dip in tomato sauce, and roll in crumb mixture. Place in a single layer in a fry basket. Fry in deep fat, 350° F., for approximately 1 minute or until brown. Drain on absorbent paper. Serve with cocktail sauce. Makes approximately 24 hors d'oeuvres.



SARDINE 'N' BACON SNACKS

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| 3 cans (3¾ or 4 ounces each)
Maine sardines in mustard
sauce | 1 teaspoon grated onion
½ teaspoon Worcestershire sauce
Dash cayenne pepper |
| 1 tablespoon mayonnaise or
salad dressing | 20 slices bacon, cut in thirds |

Mash sardines in sauce. Combine all ingredients except bacon. Place approximately 1 teaspoonful of sardine mixture on each piece of bacon. Roll and fasten with a toothpick. Place snacks on a broiler pan. Broil about 4 inches from source of heat for 10 to 15 minutes or until bacon is crisp. Turn carefully. Broil 4 to 5 minutes longer or until bacon is crisp. Makes approximately 60 snacks.

COUNTRY STYLE MAINE SARDINES

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| 2 cans (3¾ or 4 ounces each)
Maine sardines | 2 tomatoes, thinly sliced
Salt |
| 2 tablespoons chopped parsley | Pepper |
| 3 cups seasoned mashed potatoes | 1 cup shredded cheese |

Drain sardines. Add parsley to potatoes and mix thoroughly. Spread potatoes in the bottom of a well-greased baking dish, 8 x 8 x 2 inches. Arrange sardines over potatoes. Cover with tomato slices. Sprinkle with salt and pepper. Top with cheese. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until heated and cheese melts. Makes 6 servings.



GOLDEN BROWN SARDINE APPETIZERS

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | ¼ cup mayonnaise or
salad dressing |
| 1 bouillon cube | ¼ cup finely chopped onion |
| ⅔ cup boiling water | 2 tablespoons chopped parsley |
| 1 cup dry bread crumbs | 1 tablespoon prepared mustard |
| 1 egg, beaten | ½ teaspoon poultry seasoning |
| | ¾ cup cereal crumbs |

Drain sardines and flake. Dissolve bouillon cube in boiling water. Combine all ingredients except cereal crumbs. Shape into small balls and roll in crumbs. Place on a well-greased cookie sheet, 15 x 12 inches. Bake in a very hot oven, 450° F., for 10 to 12 minutes or until golden brown. Makes approximately 45 appetizers.



PLANKED MAINE SARDINES

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| 4 cans (3¾ or 4 ounces each)
Maine sardines | 1 can (1 pound) whole carrots,
drained |
| 1 can (4 ounces) sliced
mushrooms, drained | 1 can (1 pound) whole onions,
drained |
| 2 tablespoons butter or
margarine, melted | ¼ cup butter or margarine,
melted |
| 3 cups seasoned mashed potatoes | ¼ cup chopped parsley |

Drain sardines. Place in the center of a well-greased bake and serve platter, 16 x 10 inches. Combine mushrooms and butter. Spread over sardines. Arrange a border of mashed potatoes around sardines. Combine carrots, onions, butter, and parsley. Arrange carrots and onions around sardines. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until heated. Makes 6 servings.

OPEN FACE SARDINE SANDWICH

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | 3 tomatoes, thinly sliced |
| 1 medium onion, thinly sliced | 6 large slices buttered rye bread |
| | ¾ cup Thousand Island dressing |

Drain sardines and split in half lengthwise. Separate onion slices into rings. Place sardines on bread. Cover with tomato slices and onion rings. Top each sandwich with dressing. Makes 6 servings.

MAINE FISHERMAN POTATOES AU GRATIN

(OPPOSITE PAGE)

2 cans (3¾ or 4 ounces each) Maine sardines	1 cup shredded cheese
2 tablespoons chopped onion	2 teaspoons Worcestershire sauce
2 tablespoons melted fat or oil	5 cups sliced cooked potatoes
2 tablespoons flour	¾ cup soft bread cubes
1 teaspoon salt	2 tablespoons butter or margarine, melted
Dash pepper	Paprika
2 cups milk	

Drain sardines. Cook onion in fat until tender. Blend in flour and seasonings. Add milk gradually and cook until thickened, stirring constantly. Add cheese and Worcestershire sauce. Stir until cheese melts. Arrange half the potatoes in a well-greased, 1½ quart casserole. Cover with sardines and remaining potatoes. Pour sauce over potatoes. Toss bread cubes with butter and sprinkle over top of casserole. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until lightly browned. Makes 6 servings.

SARDINE CHEESE TOASTWICH

2 cans (3¾ or 4 ounces each) Maine sardines in mustard sauce	6 slices bread 6 slices cheese Paprika
2 tablespoons butter or margarine, softened	

Drain sardines and reserve sauce. Split sardines in half lengthwise. Combine butter and 1 teaspoon sardine mustard sauce. Spread bread with mustard-butter. Place sardines on bread and cover with cheese. Sprinkle with paprika. Place sandwiches on a cookie sheet, 15 x 12 inches. Bake in a very hot oven, 450° F., for 8 to 10 minutes or until cheese melts. Makes 6 servings.

MARINATED MAINE SARDINES

3 cans (3¾ or 4 ounces each) Maine sardines	1 clove garlic, crushed
¾ cup sour cream	½ teaspoon horseradish
¼ cup half and half cream	½ teaspoon salt
¼ cup tarragon vinegar	½ cup thinly sliced onion
2 tablespoons lemon juice	1 cup thinly sliced peeled cucumber
2 tablespoons dry white wine, optional	6 lettuce cups Paprika

Drain sardines and arrange in a single layer in a shallow baking dish. Combine creams, vinegar, lemon juice, wine, garlic, horseradish, and salt. Separate onion slices into rings. Add onion and cucumber. Mix thoroughly. Spread over sardines. Chill overnight. Arrange in lettuce cups and sprinkle with paprika. Makes 6 servings.



DELUXE MAINE SARDINE SANDWICH

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | 6 frankfurter rolls
2 tablespoons prepared mustard |
| 3 cups thinly sliced onions | 6 slices Swiss cheese |
| 2 tablespoons butter or
margarine, melted | |

Drain sardines and split in half lengthwise. Cook onion in butter until tender. Cut rolls almost in half lengthwise. Place opened rolls on a cookie sheet, 15 x 12 inches. Spread both halves of rolls with mustard and top with sardines. Spread onions over sardines. Place cheese on top. Bake in a hot oven, 425° F., for 12 to 15 minutes or until cheese melts. Makes 6 servings.



MAINE SARDINE ANTIPASTO

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| 3 cans (3¾ or 4 ounces each)
Maine sardines | Celery sticks
Cucumber slices |
| 2 cans (4 ounces each) button
mushrooms, drained | Green pepper rings
Olives |
| Marinade | Radish roses |
| Lettuce | Tomato wedges |

Drain sardines. Place sardines and mushrooms in a shallow baking dish. Pour marinade over sardines and mushrooms and chill for at least 30 minutes. Remove sardines and mushrooms from marinade, reserving marinade. Cover a large platter or tray with lettuce. Arrange all ingredients, except marinade, on lettuce. Serve with Marinade. Makes 6 servings.

Marinade

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| ½ cup Italian dressing | 1 clove garlic, crushed |
| ¼ cup soy sauce | Dash powdered ginger |
| 2 tablespoons water | Dash pepper |
| 2 tablespoons wine vinegar | |

Combine all ingredients and mix thoroughly. Makes approximately 1 cup marinade.



Sardine Fishing and Canning

Before the fish are unloaded, a State inspector has to approve their quality and condition. Once the sardines pass this rigid test, they are pumped into the cannery holding tanks to await their turn on the production line—seldom more than an hour or two.

From the tanks, the fish are taken by conveyors for washing and precooking. The next step is the packing line, where skilled women workers remove the heads and tails and pack the fish in cans. The rapid, accurate, and careful manipulation of hands and fingers is a picture of dexterity.

Next, the cans of firmly packed fish go by conveyor belt to high-speed machines that add oil or sauces. Covers are then applied, and the cans firmly sealed. The filled cans next go into retorts for final cooking and sterilization.

The canned sardines are removed from the retorts and put into huge bins, where they are inspected for defects and then placed in unsealed shipping cases. Labels may be applied before the cans are cased. Before the sardines are sent to market, a representative sample of each lot is sent to a State of Maine laboratory for a final inspection of quality, appearance, and flavor. Constant State inspection is also maintained during each step of the processing operation.

The final step in flavorful eating is all yours. Try a can of Maine sardines—pull tab, key, or regular cover style. You will never regret putting a little bit of Maine, the FLAVOR OF MAINE, on your table.

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A 14-minute, sound, color, 16mm motion picture, "Flavor of Maine" may be borrowed free of charge by writing to Audio-Visual Services, Bureau of Commercial Fisheries, U. S. Department of the Interior, Washington, D. C. 20240. The motion pictures "It's the Maine Sardine", running 20 minutes and "Sardines From Maine Down East Style", running 14 minutes, both in sound and color, are also available on loan, free of charge, by writing to the same address.



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Created in 1849, the Department of the Interior—a Department of Conservation—is concerned with the management, conservation, and development of the Nation's water, fish, wildlife, mineral, forest, and park and recreational resources. It also has major responsibilities for Indian and Territorial affairs.

As the Nation's principal conservation agency, the Department works to assure that nonrenewable resources are developed and used wisely, that park and recreational resources are conserved for the future, and that renewable resources make their full contribution to the progress, prosperity, and security of the United States—now and in the future.

ISSUED BY THE BUREAU OF COMMERCIAL FISHERIES
AND THE MAINE SARDINE COUNCIL AS PART OF A
CONTINUING CONSUMER EDUCATIONAL PROGRAM IN
COOPERATION WITH THE COMMERCIAL FISHING INDUSTRY.

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