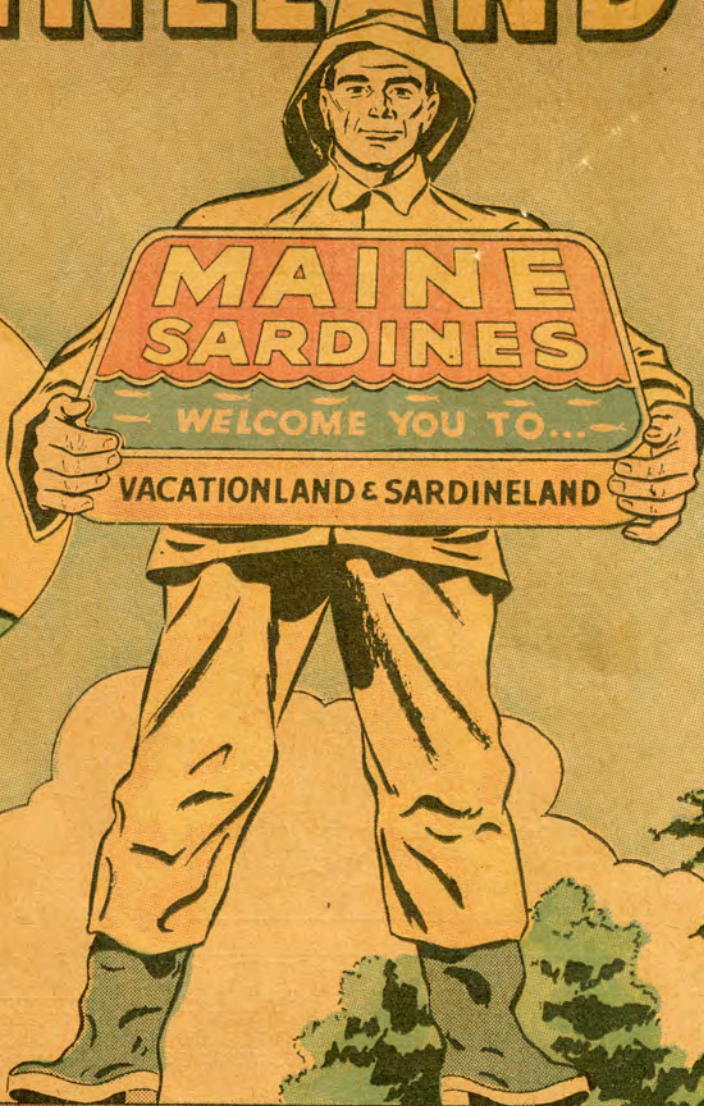


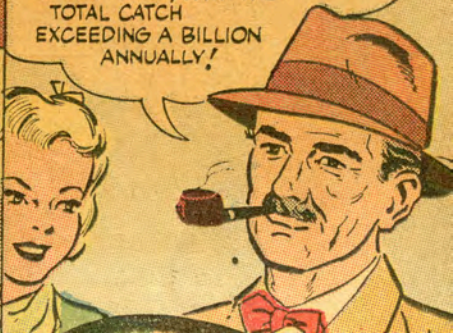
RICKY AND DEBBIE IN SARDINELAND



LOOK AT THAT!
I ALREADY KNEW
MAINE WAS FAMOUS FOR
VACATIONS... THAT'S WHERE
WE'VE COME TO SPEND
OURS RIGHT NOW...

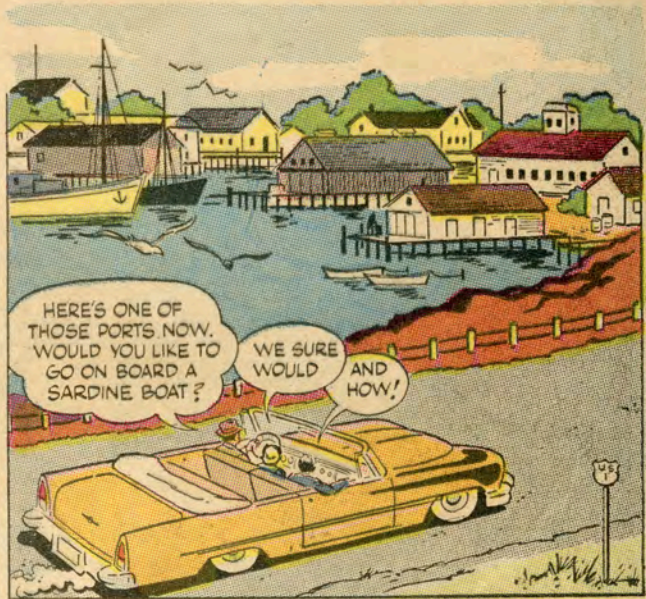
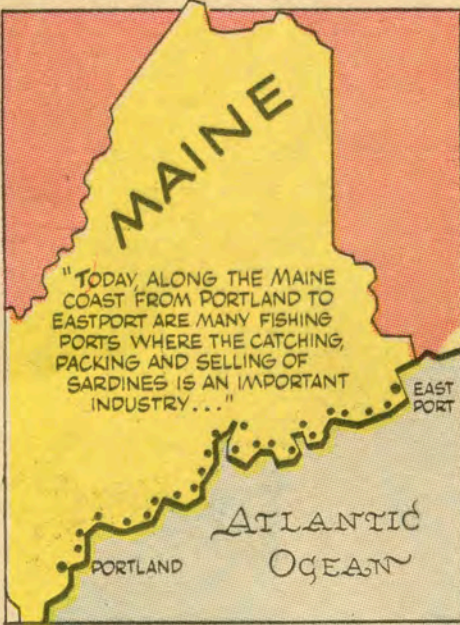
AND NOW YOU KNOW
THAT MAINE IS FAMOUS
FOR SARDINES, TOO!

THAT'S RIGHT, DEBBIE. MILLIONS
OF MAINE SARDINES ARE CAUGHT
EVERY YEAR, WITH THE
TOTAL CATCH
EXCEEDING A BILLION
ANNUALLY!

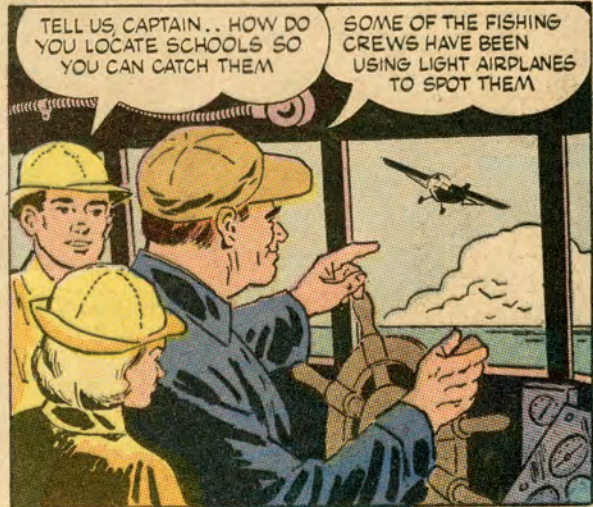


FOR CENTURIES, THE INDIANS USED CRUDE TRAPS OF BRUSHWOOD TO CATCH THE SCHOOLS OF TINY, TASTY FISH THAT SWAM INTO SHALLOW WATER

"THE EARLY SETTLERS IMPROVED THESE WEIRS AS SUCH TRAPS ARE CALLED..."



SO RICKY AND DEBBIE ARE OFF AND AWAY, BOUND ON A REAL CRUISE OUT FROM THE BAY...





WHILE OTHERS HAVE BEEN GETTING GOOD RESULTS WITH DEPTH RECORDERS AND SOUNDING DEVICES SUCH AS SONAR



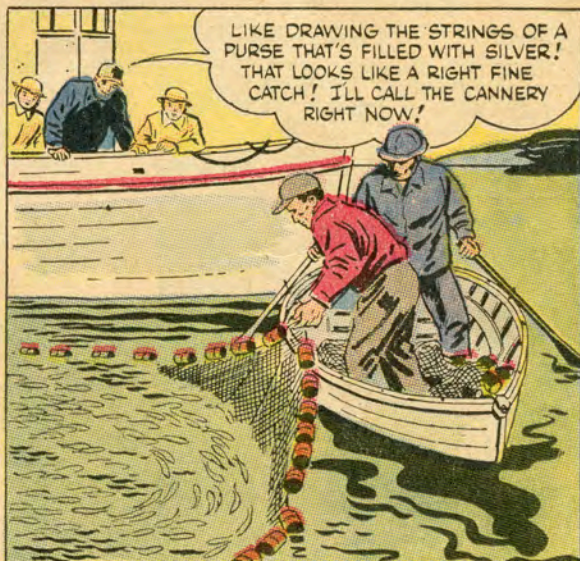
ON THIS BOAT WE USE A LOOKOUT ON THE MAST AND HE SEEMS TO DO RIGHT WELL



SCHOOL OF SARDINES OFF STARBOARD BOW!



THERE GOES OUR BOAT, CIRCLING A SEINE AROUND THE SCHOOL OF FISH. WHEN THAT'S DONE, THEY'LL PULL THE ROPES THAT CLOSE THE BOTTOM OF THE NET...



LIKE DRAWING THE STRINGS OF A PURSE THAT'S FILLED WITH SILVER! THAT LOOKS LIKE A RIGHT FINE CATCH! I'LL CALL THE CANNERY RIGHT NOW!

OVER THE SHORT WAVE, THE CAPTAIN MAKES A DEAL WITH THE CANNERY ON SHORE...



YOUR PRICE SOUNDS RIGHT! I'LL GIVE YOU OUR POSITION AND YOU CAN SEND YOUR CARRIER BOAT



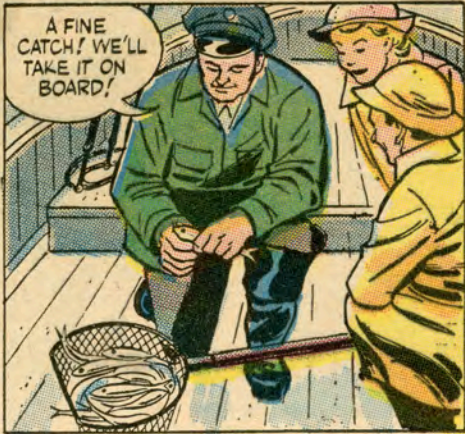
NOW WE LET THE FISH STAY RIGHT WHERE THEY ARE UNTIL TOMORROW SO THEY CAN'T FILL UP ON FOOD

BUT HOW WILL THE CARRIER TAKE ON THE SARDINES WHEN SHE GETS HERE? BY LIFTING THEM INTO THE HOLD WITH A SMALLER NET?

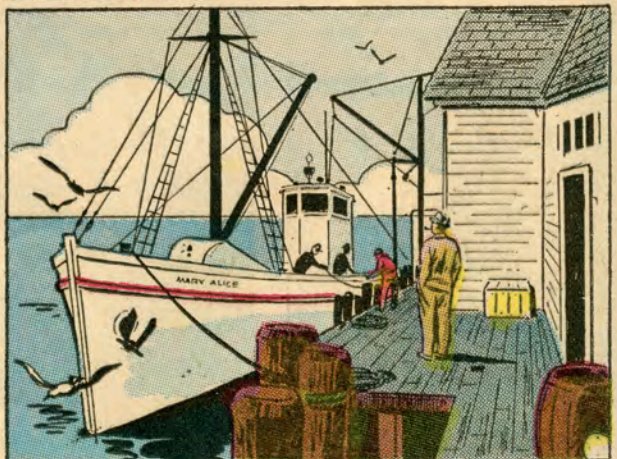
SOMETIMES THEY DO. ONCE THAT WAS THE ONLY WAY, BUT NOW AN IMPROVED SYSTEM DOES IT FASTER. I'LL PUT YOU ON BOARD THE CARRIER IN THE MORNING SO YOU CAN WATCH



AT DAWN, THE CARRIER BOAT ARRIVES. RICKY AND DEBBIE GO ON BOARD AND WATCH THE CARRIER'S SKIPPER INSPECT SAMPLES FROM THE CATCH...



AT THE CANNERY ALL IS IN READINESS WHEN THE CARRIER DOCKS...



"Story continued after four following fun pages"

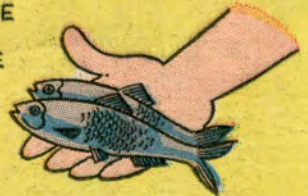
MAINE SARDINE QUIZ

1 ARE MAINE SARDINES CAUGHT NEAR SHORE?



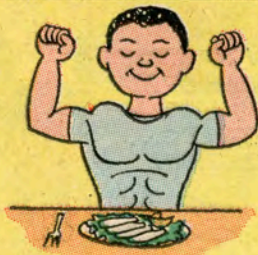
ANSWER _____

2 (ANSWERS ON PAGE 6) WHO WERE THE FIRST PEOPLE TO CATCH MAINE SARDINES?



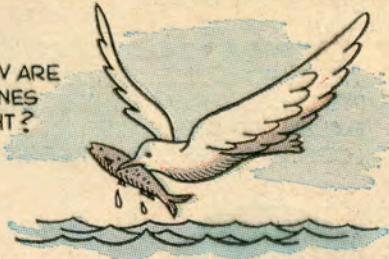
ANSWER _____

3 ARE SARDINES GOOD FOR YOU?



ANSWER _____

4 HOW ARE SARDINES CAUGHT?



ANSWER _____

5 WHAT ARE SARDINES PACKED IN?



ANSWER _____

6 WHAT KIND OF OIL ARE MAINE SARDINES PACKED IN?



ANSWER _____

7 HOW ARE SARDINES LOCATED?



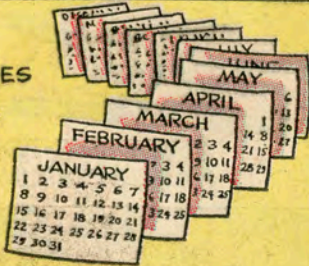
ANSWER _____

8 WHAT ARE GROUPS OF SARDINES CALLED?



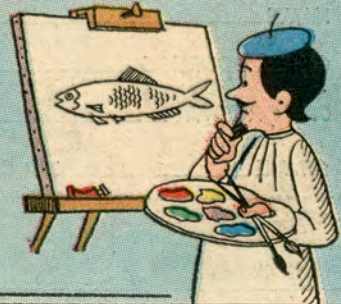
ANSWER _____

9 ARE SARDINES CAUGHT ALL YEAR ROUND?

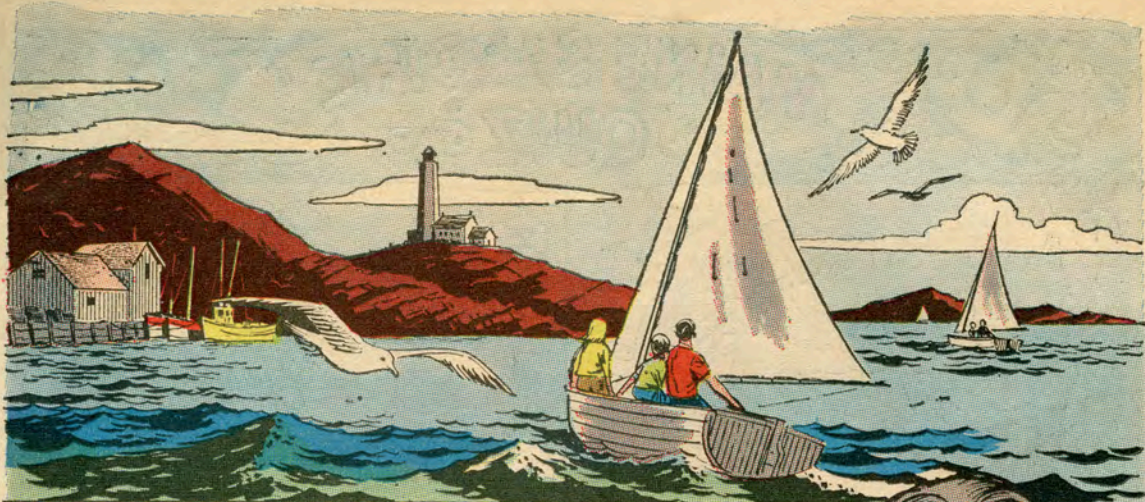


ANSWER _____

10 WHAT COLOR ARE SARDINES?



ANSWER _____



"WHenever I talk to young people I try to stress the importance of good nutrition. The state of Maine produces many of the foods essential to a well balanced diet... chickens... eggs... vegetables... lobsters, and of course, meaty Maine sardines."

MARGARET CHASE SMITH
SENATOR FROM MAINE



"Coming from Maine as I do, I grew up with a love of rivers and the sea. Today, one of my principal interests is in seeing that our natural heritage is not ruined. Conservation and protection of these great American resources is important to us and to our children and grandchildren."

EDMUND S. MUSKIE
SENATOR FROM MAINE



FREE! SARDINE RECIPE BOOK

MAINE SARDINE COUNCIL
15 GROVE STREET
AUGUSTA, MAINE 04330

MAIL
THIS
COUPON!

GENTLEMEN:
PLEASE SEND ME YOUR FREE BOOKLET
OF MAINE SARDINE RECIPES.

NAME _____

STREET ADDRESS _____

CITY OR TOWN _____

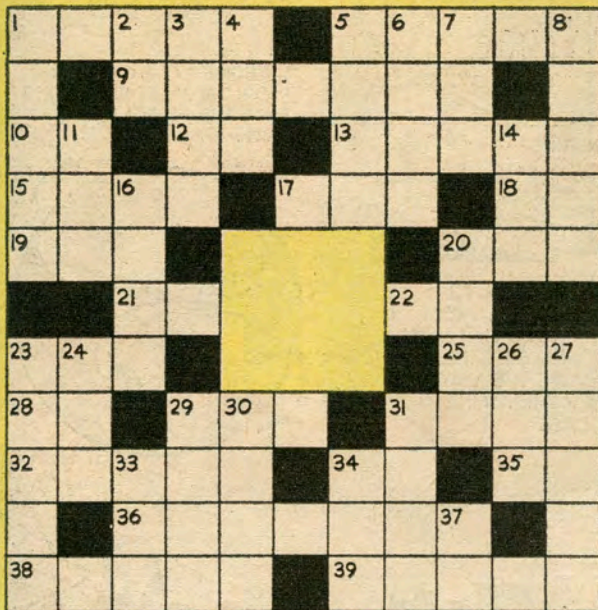
STATE _____ ZIP CODE _____



NEW TASTE-TEMPING WAYS
TO SERVE MAINE SARDINES!

ANSWERS TO QUESTIONS ON PAGE 5: 1. YES 2. INDIANS 3. VERY 4. IN NETS OR WEIRS 5. FLAT CANS
6. PURE VEGETABLE OIL 7. RADAR, SONAR, SEAPLANES AND MEN ON WATCH 8. SCHOOLS
9. YES, BUT MOSTLY IN THE SUMMER 10. SILVER AND BLACK

MAINE-LY FOR FUN!

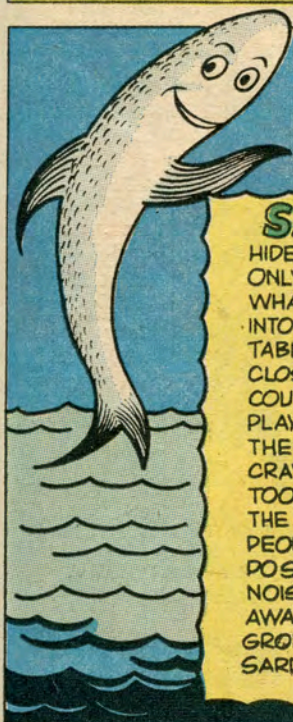


ACROSS

- | | |
|---------------------------------------|-------------------------------------|
| 1 Home of the sardine. | 21 Toward. |
| 5 What Maine Sardines are good in. | 22 Do, re, —, —. |
| 9 What Maine is famous for. | 23 Possesses. |
| 10 Negative. | 25 Fix in position. |
| 12 Dad. | 28 Upon. |
| 13 Jumps. | 29 Watch secretly. |
| 15 What Maine Sardines are packed in. | 31 Melt. |
| 17 At present. | 32 What you climb. |
| 18 Toward. | 34 Thus. |
| 19 Before. | 35 Note of the scale. |
| 20 Insect. | 38 What Maine Sardines are rich in. |
| | 38 Hurry. |
| | 39 Watchful. |

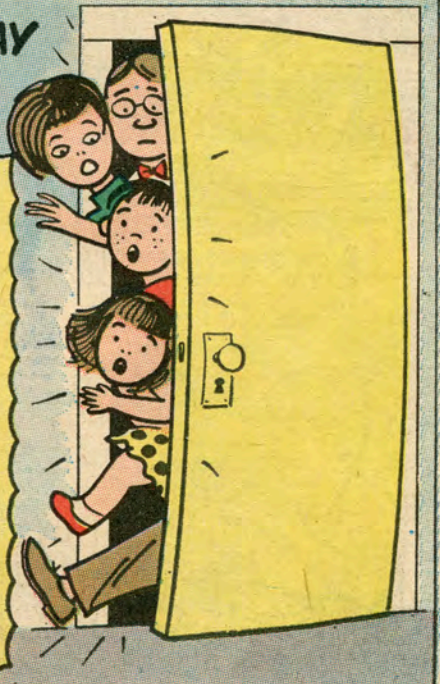
DOWN

- | | | | | |
|-------------------|------------------------------------|---------------------------------------|----------------------------------|-------------------------------|
| 1 Favorite pie. | 7 Meadow. | 16 What Maine Sardines are caught in. | 24 Hard-working insect. | 30 Goad or thrust. |
| 2 Exists. | 8 What an uncleaned house becomes. | 20 The Maine Sardine is a tasty one. | 26 Maine Sardines are good to —. | 31 Work. |
| 3 Sleeps. | 11 Part of a rowboat. | 23 What gardens are watered with. | 27 Popular dance. | 33 Monkey. |
| 4 Period of time. | 14 Chum. | | 29 Father. | 34 Where Maine Sardines swim. |
| 5 Part of a barn. | | | | 37 Northeast: abbr. |
| 6 Once again. | | | | |

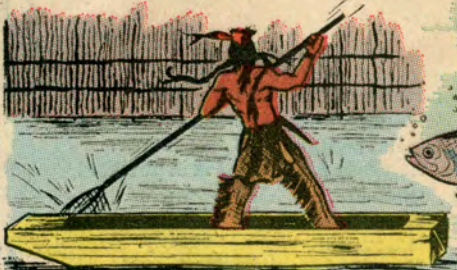


DID YOU EVER PLAY SARDINE?

SARDINE IS A GREAT GAME... HIDE-AND-GO-SEEK IN REVERSE. ONLY ONE PERSON HIDES. HERE'S WHAT YOU DO. THE HIDER GOES INTO A SMALL PLACE. UNDER A TABLE, PERHAPS, OR IN A SMALL CLOSET. WHILE THE OTHER PLAYERS COUNT TO FIFTY. THEN THE OTHER PLAYERS START HUNTING. WHEN THE FIRST PERSON FINDS HIM, HE CRAWLS INTO THE HIDING PLACE, TOO. SO DOES THE NEXT FINDER. THE OBJECT IS TO GET AS MANY PEOPLE INTO A SMALL SPACE AS POSSIBLE WITHOUT MAKING ANY NOISE TO GIVE THE HIDING PLACE AWAY. LAST PERSON TO FIND THE GROUP ALL PACKED LIKE MAINE SARDINES IN A CAN, HIDES NEXT TIME!



SAGA OF THE MAINE SARDINE

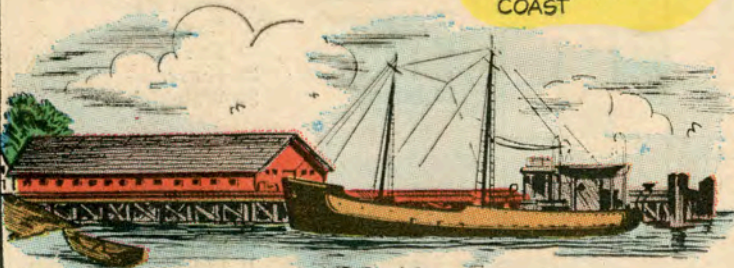


LONG BEFORE THE COMING OF THE WHITE MAN, INDIANS TRAPPED THE SILVER SARDINE IN PRIMITIVE NETS



FROM APRIL TO DECEMBER, GREAT SCHOOLS OF LIVELY YOUNG SARDINES INVADE THE WATERS OFF THE MAINE COAST

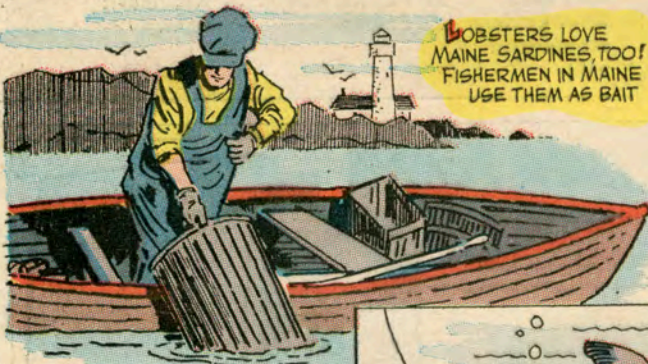
SARDINES, ONE OF THE WORLD'S MOST NUTRITIOUS FISH, ARE FOUND IN ALL PARTS OF THE GLOBE.



IN 1873 THE FIRST COMMERCIAL CANNERY OPENED IN EASTPORT. TODAY THERE ARE 47 MODERN PACKING PLANTS IN MAINE

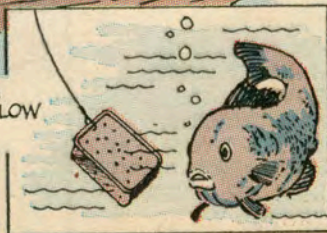


THE COUNTRIES OF NORTHERN EUROPE WERE SO AWARE OF THE IMPORTANCE OF THE FOOD VALUE IN THE SARDINE HERRING THAT WARS WERE FOUGHT FOR THE CONTROL OF THE FISHING GROUNDS

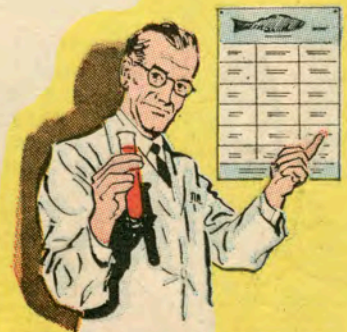


LOBSTERS LOVE MAINE SARDINES, TOO! FISHERMEN IN MAINE USE THEM AS BAIT

A CAN OF SARDINES WITH A COUPLE OF HOLES IN IT TO ALLOW THE OIL TO ESCAPE IS AN EXCELLENT FISH LURE



VIRTUALLY ALL OF THE TRULY AMERICAN SARDINES ARE CAUGHT AND CANNED IN MAINE. THE SMALL FLAT CANS OF FISH ARE POPULAR WITH OLD AND YOUNG ALIKE. THEY ARE DELICIOUS, NUTRITIOUS, AND NATIVE TO OUR SHORES



DOCTORS OFTEN RECOMMEND THAT DIETS CONTAIN FISH THREE OR MORE TIMES A WEEK.

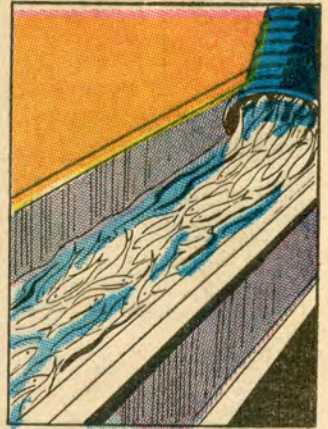
YOU'RE BACK JUST IN TIME FOR A TOUR THROUGH THE CANNERY



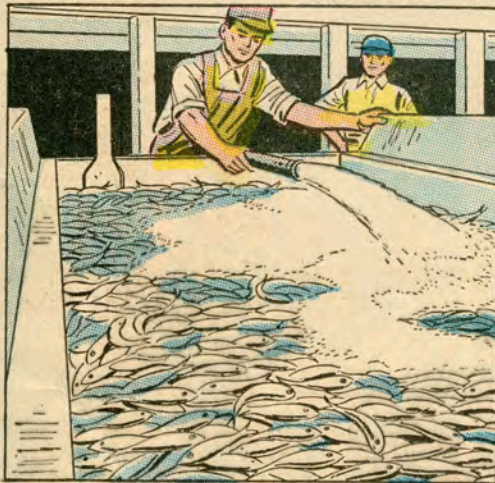
"AS SOON AS THE FISH HAVE BEEN EXAMINED AND APPROVED BY A STATE OF MAINE INSPECTOR..."



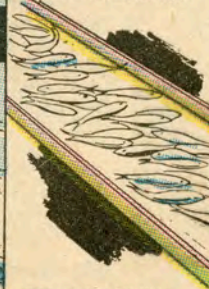
THEY ARE PUMPED FROM THE CARRIER BOAT THROUGH SLUICES FILLED WITH COOL CLEAR WATER "



"THE FISH ARRIVE IN TANKS WHERE THEY STAY IN SALT BRINE FOR SEVERAL HOURS. THIS KEEPS THEM FIRM AND ADDS TO THEIR FLAVOR."

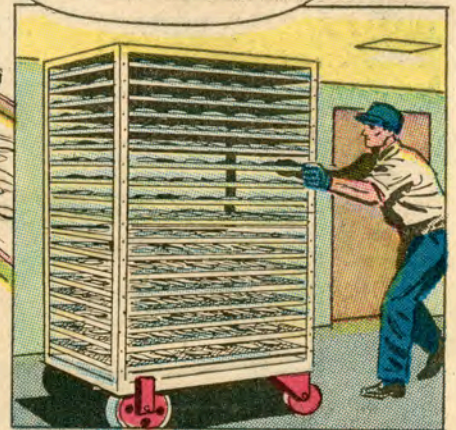


FROM THE BRINING TANKS, THE FISH ARE TAKEN ON A CONVEYOR...

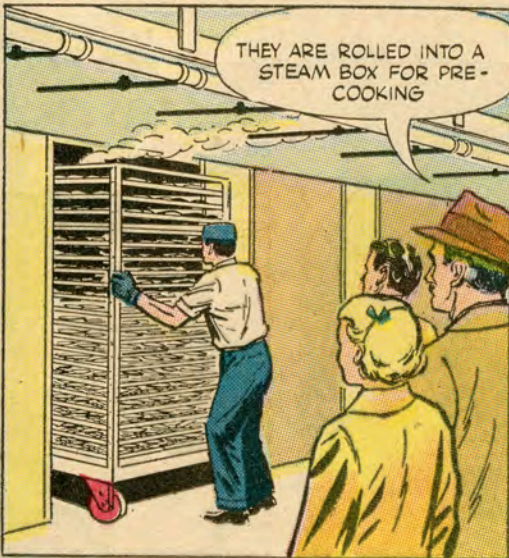


TO THE PACKING ROOM WHERE THEY ARE PROCESSED BEFORE BEING PACKED"

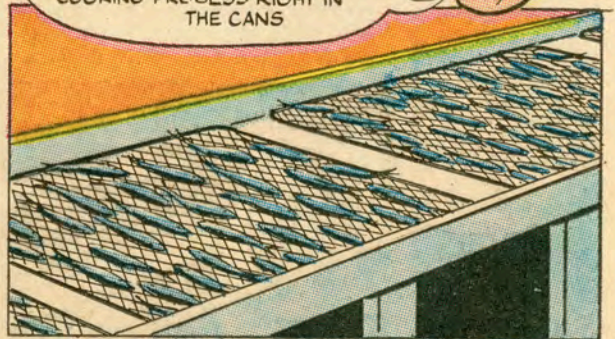
THE USUAL METHOD IS TO PLACE THE SARDINES ON THOSE WIRE RACKS.. WHICH ARE STACKED ON SPECIAL TRUCKS...



THEY ARE ROLLED INTO A STEAM BOX FOR PRE-COOKING

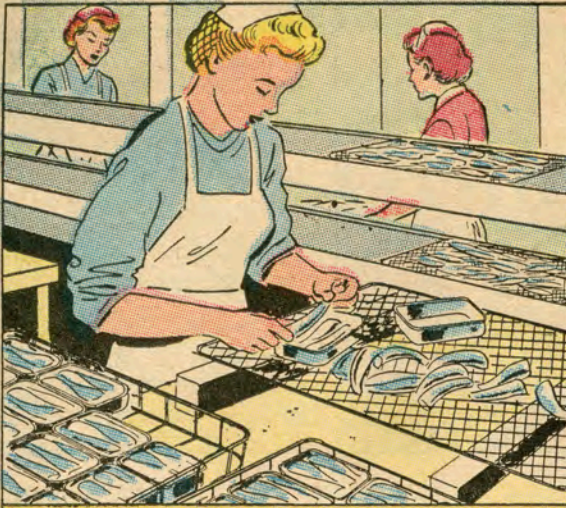


SOME CANNERS PRE-COOK THE FISH IN HOT STEAM, OTHERS BAKE THEM OR FRY THEM IN OIL WHILE STILL OTHERS PUT THEM INTO THE CANS RAW AND DO THE ENTIRE COOKING PROCESS RIGHT IN THE CANS



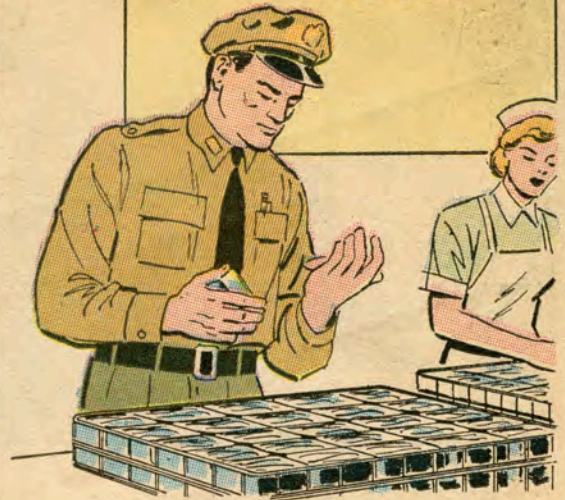
"ALL OF THESE METHODS RESULT IN A TASTY PRODUCT! AND WHICHEVER WAY IS USED, THE SARDINES GO ON MOVING CONVEYER BELTS TO THE PACKING TABLES"

"HERE HUNDREDS OF TRAINED WOMEN WORKERS PREPARE THE FISH AND PACK THEM NEATLY IN TIN CANS"

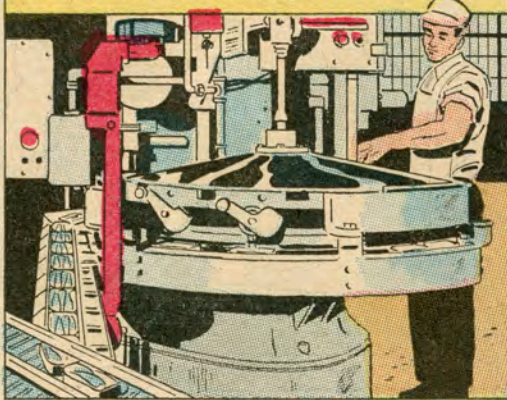


ALTHOUGH OTHER CATCHING AND CANNING OPERATIONS ARE MECHANICAL, NO MACHINE HAS YET BEEN INVENTED WHICH CAN PACK THE TENDER FISH AS CAREFULLY AS THESE SKILLED HANDS"

"EVERY STEP IN THE PRODUCTION OF MAINE SARDINES IS WATCHED BY OFFICIAL STATE INSPECTORS"



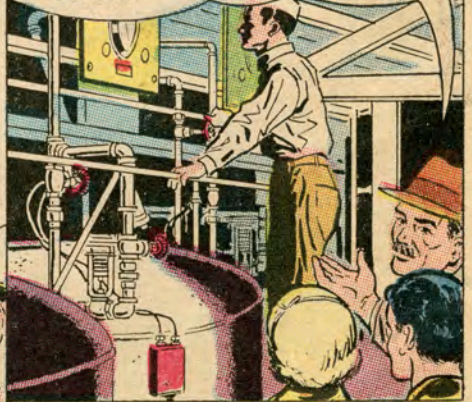
THE CANS GO TO A SEALING MACHINE WHERE OILS OR SAUCES ARE ADDED AND THE COVERS SEALED ON AUTOMATICALLY..."



MOST MAINE SARDINES ARE PACKED IN SOY-BEAN OIL, BUT SOME ARE PUT UP IN OLIVE OIL, PEANUT OIL, MUSTARD OR TOMATO SAUCE



THE CANS NOW GO INTO A RETORT-OR PRESSURE COOKER -WHERE THEY STAY FOR AS LONG AS AN HOUR TO STERILIZE THE CONTENTS AND COMPLETE THE COOKING



"THE CANS ARE COOLED IN WATER, PUT IN BIG BINS AND LATER PACKED IN CASES..."

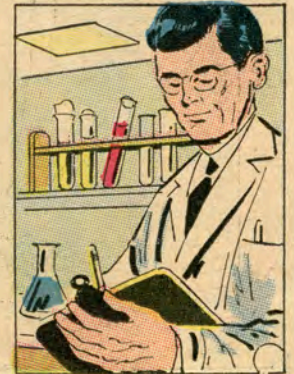
BEFORE THESE SARDINES CAN BE SOLD, SAMPLES ARE RUSHED TO THE STATE OPERATED QUALITY CONTROL LABORATORY AT BANGOR

"BECAUSE ONLY IN THAT WAY CAN THE SARDINES BE GRADED JUST AS THEY ARE FOUND IN GROCERIES. THE ENTIRE CANNING PROCESS IS CHECKED.. FIRMNESS OF THE FISH, HOW WELL THEY WERE PACKED IN THE CANS, THE AMOUNT OF OILS ...

IN FACT MORE THAN 25 INDIVIDUAL TESTS ARE GIVEN EVERY SAMPLE CAN OF SARDINES

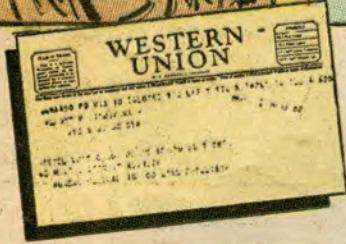
AND THEY MUST SCORE HIGH ON **ALL POINTS** OF TEXTURE, TASTE, ODOR AND PACKING BEFORE THEY CAN BE SOLD AS **MAINE SARDINES.**"

BUT WHY CHECK AFTER THEY'RE CANNED?



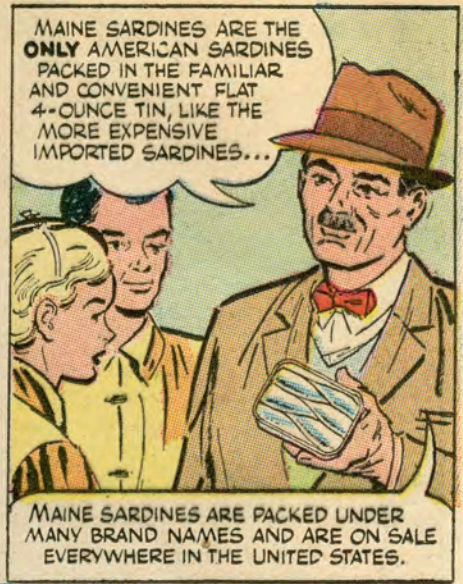


THE PACKER RECEIVES A TELEGRAM STATING THAT HIS PACK MEASURES UP TO THE HIGH STANDARDS SET FOR MAINE SARDINES



"UNTIL THEN THE LOT CANNOT BE SHIPPED

IF A LOT DOESN'T RATE AS MAINE QUALITY NO CANS MAY BE SOLD UNLESS SO LABELED!"



MAINE SARDINES ARE THE ONLY AMERICAN SARDINES PACKED IN THE FAMILIAR AND CONVENIENT FLAT 4-OUNCE TIN, LIKE THE MORE EXPENSIVE IMPORTED SARDINES...

MAINE SARDINES ARE PACKED UNDER MANY BRAND NAMES AND ARE ON SALE EVERYWHERE IN THE UNITED STATES.



MORE THAN 2500 FREIGHT CARS OF MAINE SARDINES ARE SHIPPED EACH YEAR

WHAT A LOT OF SARDINES!

WHO EATS THEM ALL?

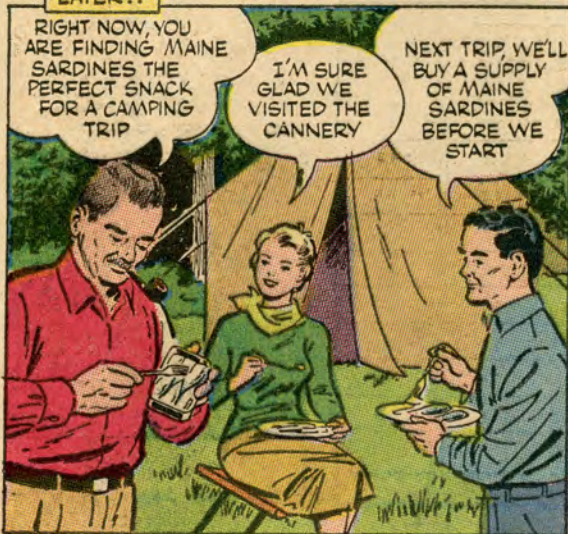


"WORKERS PRIZE THEM IN LUNCH BOXES

SCHOOL CHILDREN LOVE THEM IN SANDWICHES

CAFETERIAS SERVE TASTY SARDINE SALAD PLATES"

LATER...



RIGHT NOW YOU ARE FINDING MAINE SARDINES THE PERFECT SNACK FOR A CAMPING TRIP

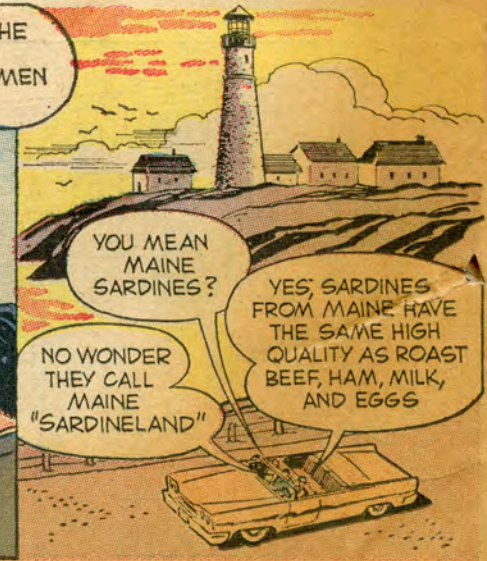
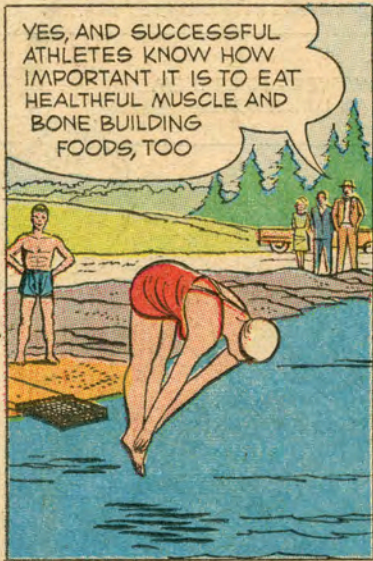
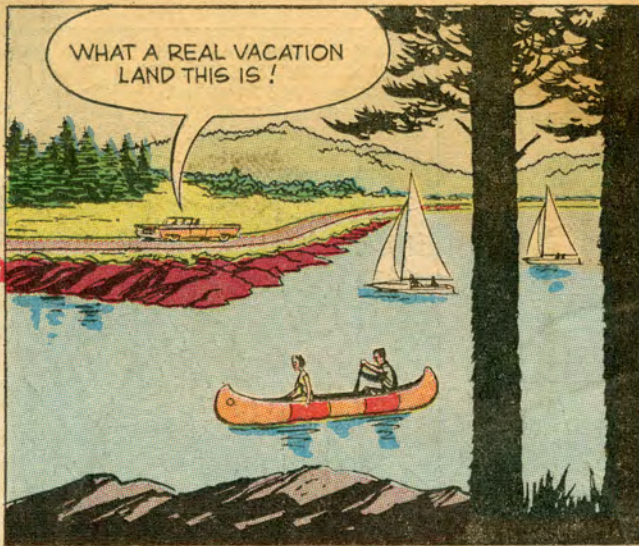
I'M SURE GLAD WE VISITED THE CANNERY

NEXT TRIP, WE'LL BUY A SUPPLY OF MAINE SARDINES BEFORE WE START



AND HUNTERS FIND THEM HANDY, TOO

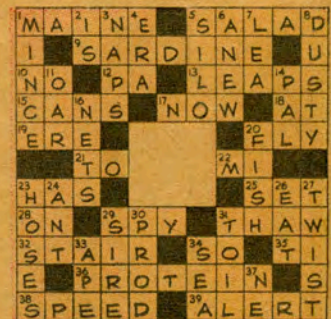
YOU BET! MAINE SARDINES ARE JUST AS EASY TO CARRY AS EXTRA AMMO... AND YOU CAN GET THEM IN EITHER KEY OPENING CANS OR CANS WITHOUT KEYS



Muscle and Bone Building Index

Nutritive Value of Snack Foods per 1 kilogram SOURCE: UNITED STATES DEPARTMENT OF AGRICULTURE, HANDBOOK #8	Proteins (mg)	Food Energy (calories)	Carbohydrate (grams)	Vitamins T.U.	MUSCLE BUILDING			BONE BUILDING			Muscle-Bone Building Index
					Protein (grams)	Fat (grams)	Muscle building index (grams to fat ratio)	Calcium (mg)	Iron (mg)	Bone building index (Calcium to iron ratio to minimum daily requirements)	
Maine Sardines **	5860	2140	12	220	257	110	2.3	3860	27	3.8	6.1
Tuna**	3510	1980	0	800	290	82	3.5	80	14	.8	4.3
Pink Salmon ***	2860	1430	0	700	205	62	3.3	1870	8	1.5	4.8
Luncheon Meat ***	1610	2890	15	0	149	243	0.6	90	22	1.2	1.8
Frankfurters	490	2480	20	0	140	200	0.7	60	12	.9	1.6
Hamburger	1580	3640	0	0	220	300	0.7	90	28	1.5	2.2
Bologna	1120	2210	360	0	148	159	0.9	90	22	1.2	2.1
Peanut Butter	3930	5760	210	0	261	478	0.5	740	19	1.4	1.9
Boiled Ham	920	3020	0	0	228	227	1.0	90	27	1.4	2.4
Min. Daily Requirements*		3200		5000	70			800	10		

SOLUTION TO CROSSWORD PUZZLE



* 25 Year old male, normally active (Cornell Extension Bulletin 670) ** Solids, drained *** Canned