

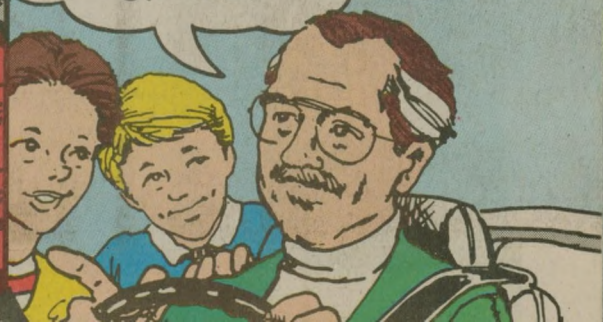
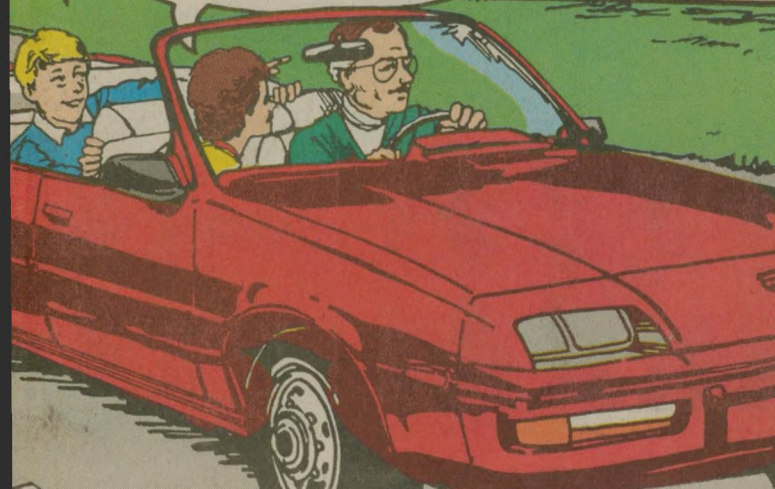
RICKY AND DEBBIE IN SARDINELAND

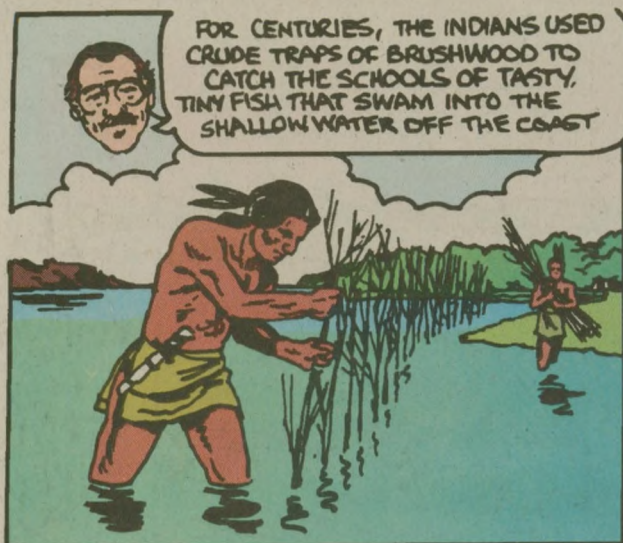


LOOK AT THAT, UNCLE
EFF! I ALREADY KNEW
MAINE WAS FAMOUS FOR
VACATIONS... THAT'S WHERE
WE'VE COME TO SPEND
OURS RIGHT NOW...

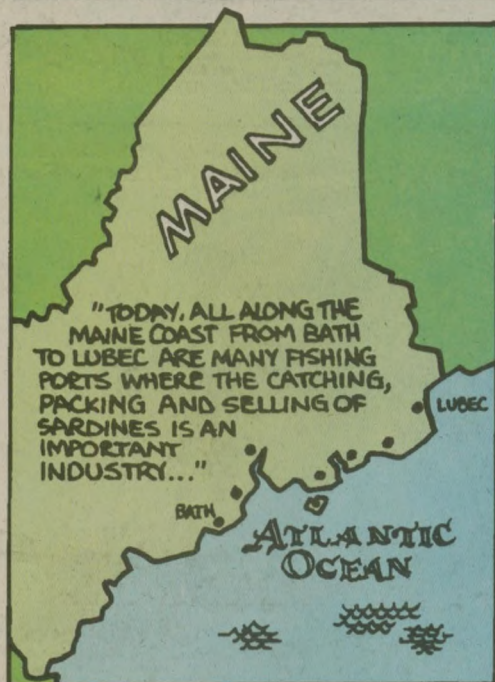
AND NOW YOU
KNOW THAT MAINE
IS FAMOUS FOR
SARDINES, TOO!

THAT'S RIGHT DEBBIE,
MILLIONS OF MAINE SARDINES
ARE CAUGHT EACH YEAR
AND SHIPPED TO STORES
AND RESTAURANTS
EVERYWHERE IN THE UNITED
STATES.



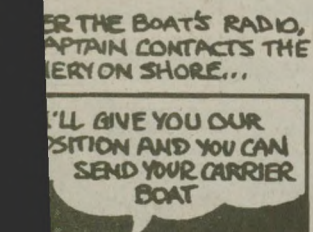
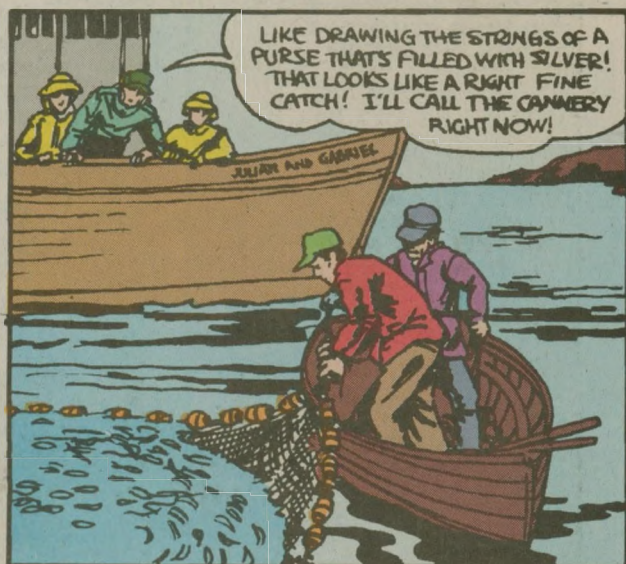
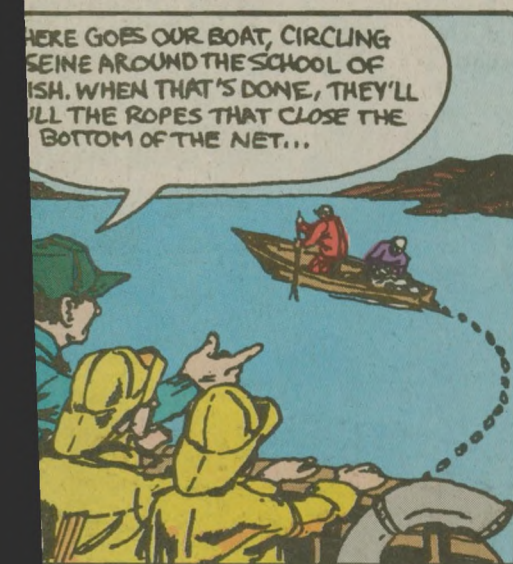
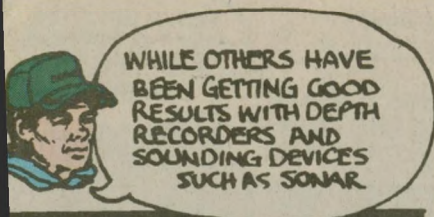


"THE EARLY SETTLERS IMPROVED THESE 'WEIRS' AS SUCH TRAPS ARE CALLED, AND THEY ARE STILL IN USE TODAY."



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





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...



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



"AS SOON AS THE FISH HAVE BEEN EXAMINED..."



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



"AS THE FISH ARRIVE IN TANKS... THEY WILL STAY AND BE CHILLED FOR SEVERAL HOURS."



FROM THE TANKS THE FISH ARE QUICKLY TAKEN ON A CONVEYOR TO THE PACKING ROOM."



"HERE, SKILLED WORKERS PREPARE THE FISH AND PACK THEM NEATLY IN CANS."

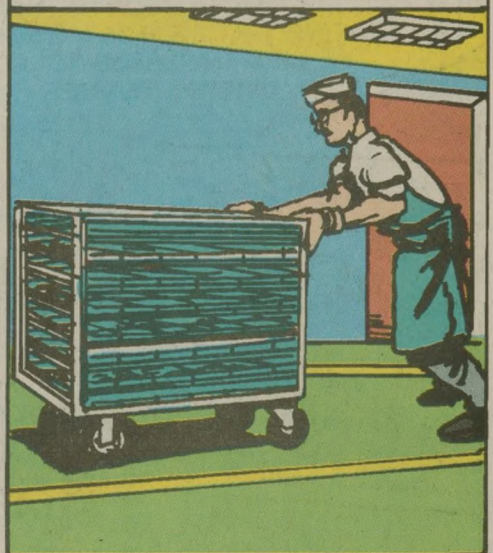


"ALTHOUGH OTHER CATCHING AND CANNING OPERATIONS ARE MECHANICAL, NO MACHINE HAS YET BEEN INVENTED WHICH CAN PACK THE TENDER FISH AS CAREFULLY AS THESE SKILLED HANDS"

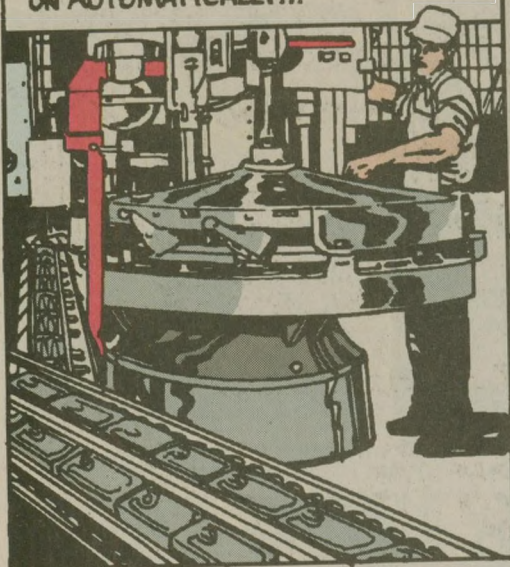
"EVERY STEP IN THE PRODUCTION OF MAINE SARDINES IS WATCHED BY OFFICIAL STATE INSPECTORS."



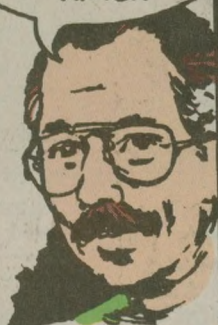
THE CANS, IN WIRE RACKS, ARE STACKED ON SPECIAL TRUCKS AND THEN ROLLED INTO STEAM BOXES FOR COOKING."



"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 MUSTARD, TOMATO, LOUISIANA HOT SAUCE OR WATER



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 BREWER

BUT WHY CHECK AFTER THEY'RE CANNED?



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



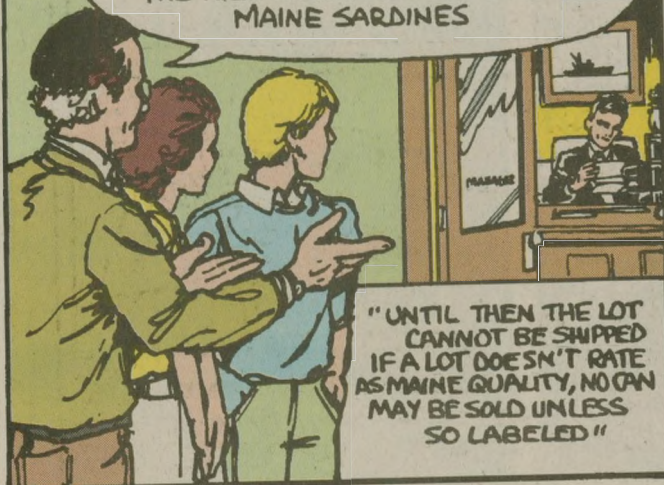
IN FACT, MORE THAN 21 INDIVIDUAL TESTS ARE GIVEN EVERY SAMPLE CAN OF SARDINES



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



THE PACKER RECEIVES NOTICE 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 CAN MAY BE SOLD UNLESS SO LABELED"

MAINE SARDINES ARE PACKED IN THE FAMILIAR AND CONVENIENT FLAT CAN LIKE THE MORE EXPENSIVE IMPORTED SARDINES

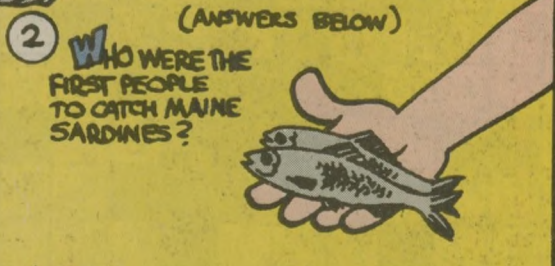


MAINE SARDINES ARE PACKED UNDER MANY BRAND NAMES AND ARE SOLD EVERYWHERE IN THE UNITED STATES

MAINE SARDINE QUIZ



ANSWER _____



ANSWER _____



ANSWER _____



ANSWER _____



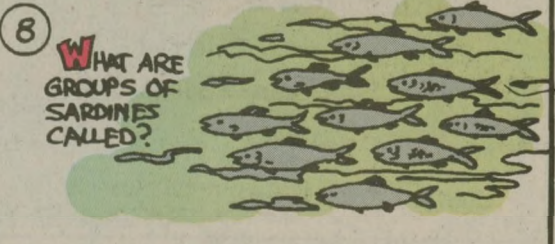
ANSWER _____



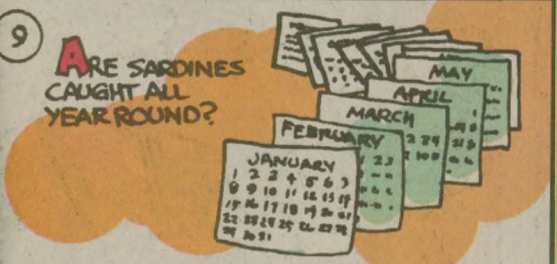
ANSWER _____



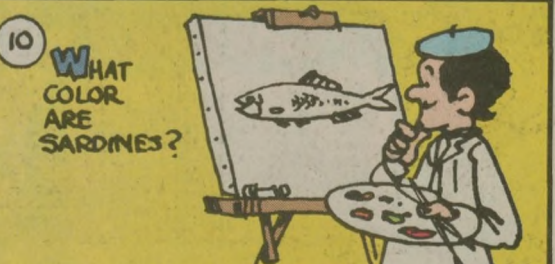
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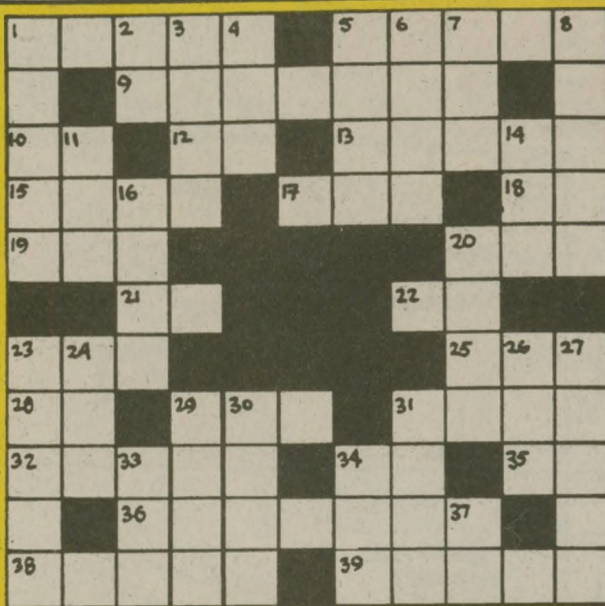
ANSWER _____



ANSWER _____

ANSWERS: 1. YES 2. INDIANS 3. VERY GOOD 4. IN NETS OR WEIRS 5. FLAT EASY OPENING CANS 6. SOYBEAN OIL 7. SONAR, AIRPLANES & MEN ON WATER 8. SCHOOLS 9. YES, BUT MOSTLY IN SUMMER MONTHS 10. SILVER AND BLACK.

Maine-ly Just



ACROSS

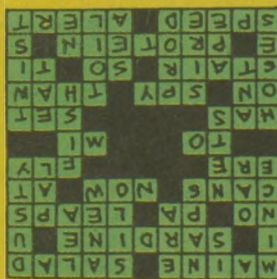
- 1 Home of the sardine.
- 5 What Maine Sardines are good in.
- 9 What Maine is famous for.
- 10 Negative.
- 12 Dad.
- 13 Jumps.
- 15 What Maine Sardines are packed in.
- 17 At present.
- 18 Toward.
- 19 Before.
- 20 Insect.
- 21 Toward.
- 22 Do, re, —.
- 23 Possesses.
- 25 Fix in position.
- 28 Upon.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

- 35 Note of the scale.
- 36 What Maine Sardines are rich in.
- 38 Hurry.
- 39 Watchful.
- 24 Hard-working insect.
- 26 Maine Sardines are good to —.
- 27 Turn (Unscrew)
- 29 Father.
- 30 Goad or thrust.
- 31 Work.
- 33 Monkey.
- 34 Where Maine Sardines swim.
- 37 Northeast: abbr.

DOWN

- 1 Favorite pie.
- 2 Exists.
- 3 Sleeps.
- 4 Period of time
- 5 Part of a barn
- 6 Once again.
- 7 Meadow.
- 8 What an uncleaned house becomes.
- 11 Part of a rowboat.
- 14 Chum
- 20 The Maine Sardine is a tasty one.
- 23 What gardens are watered with.

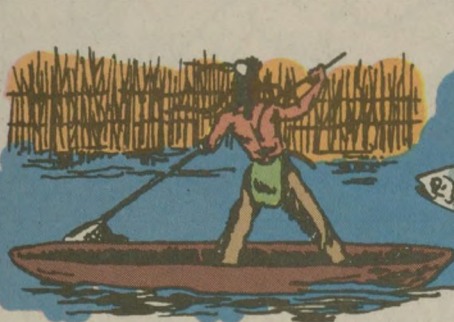
SOLUTION TO CROSSWORD PUZZLE



For Kids Sake 'n For Fun



SAGA OF THE MAINE SARDINE

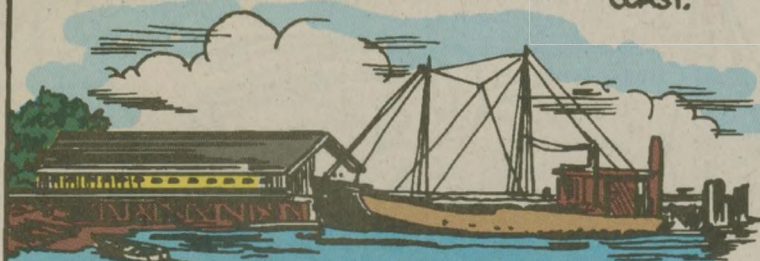


LONG BEFORE THE COMING OF THE WHITE MAN, INDIANS TRAPPED THE SILVER SARDINE IN PRIMITIVE NETS.



FROM APRIL TO DECEMBER, GREAT SCHOOLS OF LIVELY YOUNG SARDINES INVADE THE WATERS OF 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 MANY MODERN PACKING PLANTS ALONG THE COAST OF MAINE.

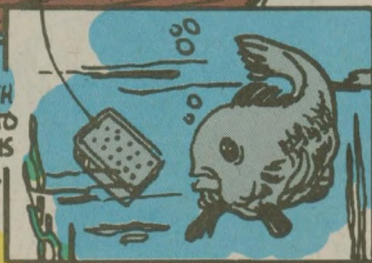


LOBSTERS LOVE MAINE SARDINES TOO! FISHERMEN IN MAINE USE THEM AS BAIT.



THE COUNTRIES OF NORTH-ERN EUROPE WERE SO AWARE OF THE FOOD VALUE IN THE SARDINE HERRING THAT WARS WERE FOUGHT FOR THE CONTROL OF THE FISHING GROUNDS.

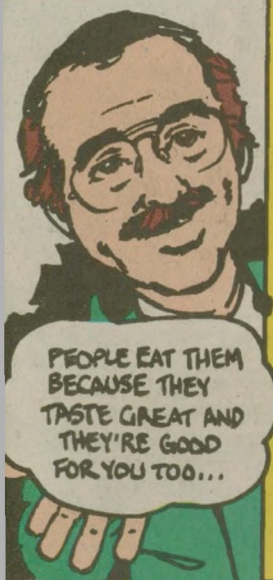
A CAN OF SARDINES WITH A COUPLE OF HOLES IN IT TO ALLOW THE OIL TO ESCAPE IS AN EXCELLENT FISH LURE.



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



DOCTORS OFTEN RECOMMEND THAT DIETS CONTAIN FISH THREE OR MORE TIMES A WEEK. MAINE SARDINES ARE PARTICULARLY GOOD FOR YOUR HEART.



MAINE SARDINES ARE NATURALLY PACKED WITH NUTRITION

A SINGLE 3 $\frac{3}{4}$ OUNCE CAN OF MAINE SARDINES (106 grams) PROVIDES A SUPER STOREHOUSE OF HIGHLY CONCENTRATED NUTRITION:

—	50% OF RECOMMENDED DAILY PROTEIN.
—	10% OF DAILY IRON NEED - AN ESPECIALLY IMPORTANT NUTRIENT FOR WOMEN.
—	40% OF THE RECOMMENDED DAILY ALLOWANCE OF CALCIUM - VITAL TO BONE DEVELOPMENT THROUGHOUT OUR LIVES.
—	20% OF VITAMIN D - ONE OF THE FEW 'NATURAL' SOURCES ESSENTIAL FOR THE UPTAKE OF CALCIUM BY OUR BODIES.

100 GRAMS OF MAINE SARDINES IN SOYBEAN OIL, DRAINED CONTAINS:

CALORIES	235
PROTEIN, GRAMS	22
CARBOHYDRATE, GRAMS	0
FAT, GRAMS	12

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S.D.A.)

PROTEIN	50
VITAMIN A	5
VITAMIN C	0
THIAMIN	4
RIBOFLAVIN	20
NIACIN	25
CALCIUM	40
IRON	10
VITAMIN D	20
VITAMIN B $_{12}$	6
VITAMIN B $_{12}$	150
PHOSPHOROUS	45
MAGNESIUM	15
ZINC	15

LATER....



