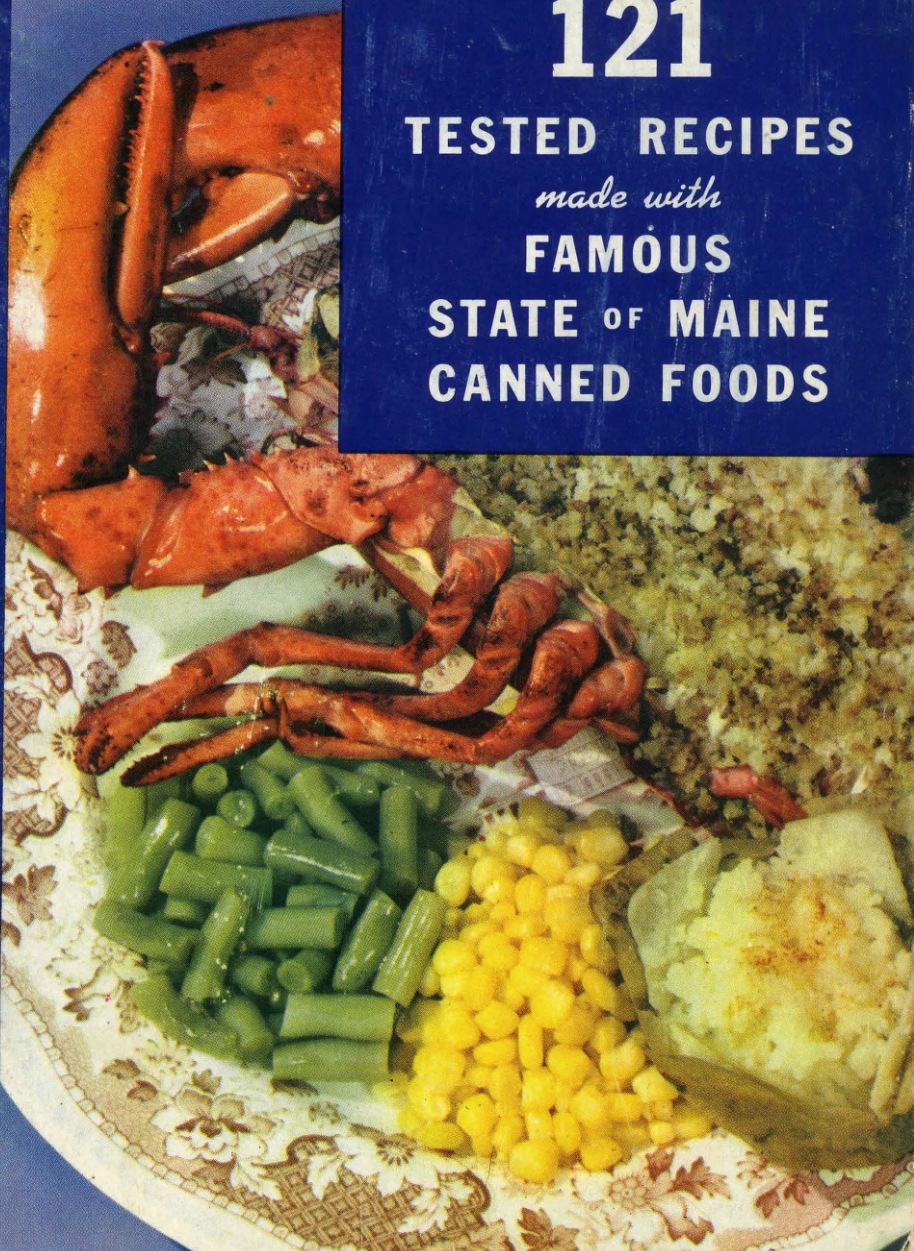


A large, cooked lobster is the centerpiece of a decorative plate. The lobster is split open, revealing its white meat. The plate is also filled with green beans, corn, and potatoes. The background is a solid blue color.

121

TESTED RECIPES

made with

FAMOUS

STATE OF MAINE

CANNED FOODS



DEDICATION

THE THOUSANDS of vacationists who come to enjoy Maine's famous recreational facilities each year take away with them also a long-lasting respect for our good Maine foods.

From their frequent inquiries, it is apparent that very few realize how many of these foods are available the year 'round in their own communities.

So we have prepared this combination recipe book and directory of Maine Canned Foods to make it easy for these good friends to distinguish, in their local markets, the many products packed in the State of Maine from foods grown here and from sea foods caught in Maine coastal waters.

Those, too, who have not yet enjoyed first-hand a real "Down East" meal, but who have a discerning taste for high quality and distinctive flavor in foods, will find it worthwhile to look for the labels of Maine canners when they buy canned sweet corn, beans, peas, blueberries, clams, sardines, crab meat and other sea foods.

State House
Augusta, Maine

GOVERNOR OF MAINE

121

TESTED RECIPES

made with

FAMOUS

STATE OF MAINE

CANNED FOODS

STATE OF MAINE

FANCY GRADE

CANNED FOODS

ISSUED BY

MAINE DEVELOPMENT COMMISSION

Everett F. Greaton, *Executive Secretary*

IN COOPERATION WITH

MAINE DEPARTMENT OF AGRICULTURE

Carl R. Smith, *Commissioner*

Charles M. White, *Chief, Division of Markets*

MAINE DEPARTMENT OF SEA AND SHORE FISHERIES

Arthur R. Greenleaf, *Commissioner*

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F. Webster Browne, *Secretary-Treasurer*

MAINE SARDINE PACKERS' ASSOCIATION

Alvin C. Ramsdell, *President*

James Abernethy, *Secretary*

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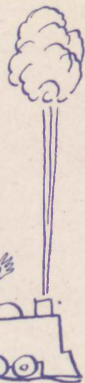
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THE CANNING INDUSTRY IN MAINE



THE State of Maine is not among the *largest* producers of canned foods. But the products of Maine canners have long been recognized by the food trade, by chefs and dietitians, and by discerning housewives, as of choicest quality—a reputation which is largely attributable to two facts.



First, the distinctive flavor and texture of the fresh vegetables and fruits that are *grown* in Maine and of the delicious sea foods found in the deep, cold waters off the Maine coast. One of the important reasons why Maine has become the nation's favorite vacationland, is

the superb quality of even the most simple foods as they are served to our many visitors.



Second, is the experience and the long heritage of our canners in the processing of these good foods. The fact is that America's great canning industry was founded in Maine over a century ago, when Isaac Winslow perfected the steam retort, which made possible the commercial canning of fresh foods. So, we confidently feel that you will always find Maine canned foods to be just a little bit better than other canned foods your market usually carries.



Nature blessed our State with a combination of soil, climate and growing conditions that is just about perfect for the cultivation of small vegetable crops and hardier fruits.

Until quite recently Maine was a land of tall timber, from which most of our early wealth was derived. Our farms have been largely cleared from dense forest lands. For centuries they have been enriched, Nature's way, by the fallen leaves, forming a deep layer of unusually productive soil, rich also in minerals, on which our crops thrive and which gives them their distinctive flavor.



Our climate is ideal too. We have no droughts. Evenly spaced rain-falls and soft morning dews provide a daily supply of needed moisture for the growing plants. Our nights are cool, days pleasantly warm, so that season in, season out, the crops reach maturity at just the right speed to insure tender texture, high vitamin content and natural flavor.



Although we raise a wide variety of farm products, Maine is not known as an agricultural state in the sense that we think of our Mid-West and Pacific Coast areas, with their far reaches of farmlands.



This is another reason for the extra goodness of our foods. They are raised in relatively small fields, tended by the individual owner-farmer who takes a special pride in his crop. Quality is his goal rather than quantity — a practice

which is fostered by our canners, who pay the grower premiums for his best grades which more than compensate him for making quality his first objective.



But we don't leave everything to Nature either. In Maine the canning process actually starts long before a crop is ready to be harvested. Our



canners don't just buy what the market offers — for years they have seen to it that the market offers them the choicest in quality that can be grown. They have found from long research and experimentation those varieties most suitable for canning and the most desirable conditions under which they should be grown. Every aid is given to the farmer to enable him to raise a crop that meets the canner's exacting standards.

STATE OF MAINE

FANCY GRADE

CANNED FOODS



reaches its peak quality—not a day earlier—not a day later—it is approved for harvesting and packing.

Because our Maine canneries, or “corn shops,” as they are known here, are located in the heart of the growing districts, there are no long hauls from the fields, during which these fresh foods can dry or deteriorate. Within the span of a day at most—usually a few hours—a crop is cut, graded, processed and packed, with all of the natural flavors, juices and food values of the fresh product sealed into the can. As a matter of fact, Maine *canned* foods are apt to contain more of these natural values than the *fresh* product, which must usually travel for days to reach its market.



Furthermore, by the usual home cooking methods, the vitamin content of fresh foods is largely lost unless the cooking water is saved and used. Scientific research has shown conclusively that commercially canned fruits and vegetables retain these vitamin and other food values because they are cooked *after* they are sealed into the containers with all the nutritional factors thus retained in the can. Canned foods may even be substituted for fresh cooked foods in the child's diet.

In this book of 121 recipes for Maine canned foods, we intend to give you some new answers to the eternal question “What shall I serve for dinner?” and “How shall I prepare it?”. Our recipes have all been actually tested with Maine canned foods. They are wide in range, but have been prepared with a thought for the home-maker who takes pride in the extra-special goodness of her meals, simple though they may be and economical though they must be.



STATE OF MAINE

FANCY GRADE

CANNED FOODS

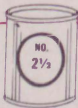
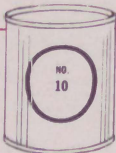
Maine canned foods are not more expensive than ordinary products. But we honestly believe that they do offer more to appreciative tastes.

To aid you in distinguishing them in your market, you will find in these pages color illustrations of 196 foods packed in Maine—and at the back of the book a complete directory of Maine canners and their products—all of them of “fancy” grade—packed from foods grown in Maine or from sea foods caught in Maine coastal waters.

Look for these products when you buy. If you don’t recall the brand when you are shopping, just ask your grocer what Maine canned foods he has in stock—then look for the packer’s name on the label to be sure he is located in Maine.

Your trouble will be more than repaid by the quality and distinctive flavor that you will get in any Maine canned food.

THIS GUIDE TO STANDARD CAN SIZES WILL AID YOU IN YOUR BUYING AND RECIPE PLANNING

SIZE OF CAN		AVERAGE WEIGHT OF CONTENTS	CUP MEASURE OF CONTENTS	PRINCIPAL PRODUCTS PACKED
SMALL FAMILY SIZE	 NO. 1	9½ oz. to 13 oz.	1⅓ CUPS	Fruits, Vegetables, Soups. Available largely in Metro- politan areas.
	NO. 300	13 oz. to 1 lb. 2 oz.	1¾ CUPS	Used principally for special products, as Pork and Beans, Brown Bread. Available everywhere.
	NO. 2	1 lb. 2 oz. to 1 lb. 8 oz.	2½ CUPS	The most generally used can for all types of products. Available everywhere.
	NO. 2½	1 lb. 10 oz. to 2 lb. 3 oz.	3½ CUPS	Preferred for whole Fruits, Beets, Pumpkin, Squash. Available everywhere.
	NO. 10	6 lbs. to 8 lbs.	13 CUPS	All Fruits and Vegetables. Packed for Hospitals— Hotels—Restaurants—In- stitutions.

VEGETABLES



CORN BISQUE	1 No. 2 can Maine Cream Style Corn	2 tablespoons Butter 2 tablespoons Flour
	4 cups Milk	$\frac{1}{2}$ teaspoon Salt
	1 medium Onion, sliced	$\frac{1}{8}$ teaspoon Pepper

Cook corn and 3 cups of the milk in top of double boiler for 20 minutes. Add onion; continue cooking 10 minutes longer. Mash thru sieve. Melt butter; add flour and seasonings; blend. Add remaining 1 cup milk; cook until mixture thickens, stirring constantly. Add milk-corn mixture; heat thoroughly. Garnish each serving with sprig of parsley. Serves 6.

CORN FRITTERS	2 Eggs	1 teaspoon Salt
	$\frac{3}{4}$ cup Milk	2 tablespoons
	2 $\frac{1}{2}$ cups Flour	melted Butter
	2 teaspoons Baking Powder	1 No. 2 can Maine Cream Style Corn

Beat eggs slightly. Add milk, sifted dry ingredients, butter and corn; beat until well mixed. Drop by spoonfuls into hot deep fat at 375° F. Fry 3-4 minutes until golden brown. Drain on absorbent paper. Serve with chicken, ham or bacon. Makes 18 large or 24 small fritters.

CORN SOUFFLÉ	2 tablespoons Butter	1 No. 2 can Maine Corn
	2 tablespoons Flour	(Cream Style)
	$\frac{1}{2}$ cup Milk	1 Pimiento, finely
	1 teaspoon Salt	chopped
	$\frac{1}{2}$ teaspoon Paprika	3 Eggs
	Pepper	

Melt butter in saucepan; add flour; blend well. Add milk; cook until very thick, stirring constantly. Add seasonings, corn, pimiento and beaten egg yolks. Beat egg whites until stiff; fold into corn mixture. Pour into buttered casserole; set in pan filled 1 inch with boiling water. Bake until firm in moderate oven at 375° F. about one hour. Serves 6-8.

• • •

Canned vegetables lend themselves to all manner of intriguing recipes, such as you will find on these pages. But inasmuch as they are already cooked in the canning process they may be used, if desired, just as they come from the can, requiring only heating before serving.

BROILED CORN KERNELS	1 No. 2 can Maine	6 tablespoons
	Whole Kernel Corn	Evaporated Milk,
	1 teaspoon Salt	or Light Cream
	$\frac{1}{8}$ teaspoon Pepper	$\frac{1}{4}$ cup Grated Cheese Paprika

Drain corn and place in a buttered shallow baking dish; sprinkle with salt and pepper; add evaporated milk, or light cream; cover with grated cheese. Place under moderately hot broiler flame at 375° F. about 20 minutes until cheese melts and top is delicately browned. Sprinkle with paprika before serving. Serves 5.

INDIAN CORN	1 green Pepper	1 teaspoon Salt
	2 tablespoons Butter	$\frac{1}{8}$ teaspoon Pepper
	1 4 $\frac{1}{2}$ -oz. can Vienna	$\frac{1}{2}$ cup Milk
	Sausages	2 Eggs
	1 No. 2 can Maine Corn (Cream Style)	

Dice the green pepper; sauté in butter until brown. Cut sausages in slices; add to mixture; sauté five minutes longer. Add corn, salt, pepper and milk. Beat eggs slightly; add to mixture. Pour into buttered baking dish; bake in moderate oven at 350° F. about 30 minutes. Serves 6.

TOMATO SUCCOTASH	1 No. 2 can Maine	$\frac{1}{4}$ teaspoon Salt
	Succotash	1 slice Bread, cubed
	2 raw Tomatoes	2 tablespoons Butter

Empty succotash into baking dish. Peel and cut tomatoes into eighths; arrange over succotash. Sprinkle with salt. Melt butter; mix with bread cubes; place over mixture. Bake in moderate oven at 350° F. about 40 minutes. Serves 6.

BAKED CORN	1 No. 2 can Maine	$\frac{1}{8}$ teaspoon Pepper
	Corn (Cream Style)	1 teaspoon Butter or
	$\frac{1}{2}$ teaspoon Salt	Margarine
		$\frac{1}{3}$ cup light Cream

Empty corn into greased baking dish; sprinkle with salt and pepper; dot with butter. Pour milk over top. Bake in moderate oven at 375° F. about 40 minutes until delicately browned. Serve in individual dishes from baking dish. Serves 5-6.

CHICKEN**CORN SOUP**1 can Chicken and
Rice Soup1 No. 2 can Maine Corn
(Cream Style)

1 cup Milk

 $\frac{3}{4}$ teaspoon Salt $\frac{1}{8}$ teaspoon Pepper

Mix together soup and corn in saucepan. If condensed soup is used, add $\frac{1}{2}$ cup water. Heat to boiling. When ready to serve, add milk, salt and pepper. Garnish with small sprig of parsley. Serve with cheese crackers. Serves 6.

CORN STUFFING4 cups coarse dry
Bread Crumbs $\frac{1}{3}$ cup finely chopped
Onion $\frac{1}{2}$ cup finely chopped
Green Pepper1 No. 2 can Maine
Cream Style Corn

2 teaspoons Salt

 $\frac{1}{8}$ teaspoon Pepper $\frac{1}{4}$ cup Butter, melted

2 Eggs, beaten

Mix together all ingredients. Use as stuffing for 5-lb. roasting duck or chicken. Serves 4-5.

Note: Half of above stuffing may be used with 2 lbs. of veal for veal birds.

CORN WAFFLES

1 Egg, well beaten

 $1\frac{3}{4}$ cups Milk1 No. 2 can Maine
Cream Style Corn

2 cups prepared

Pancake Flour

 $\frac{1}{4}$ cup melted

Butter

Mix together egg, milk and corn; add to pancake flour; blend thoroughly. Add butter; blend. Bake in a hot waffle iron until well browned. Makes 6 Waffles.

CORN STICKS

1 cup Flour

2 teaspoons Baking
Powder

1 teaspoon Salt

2 tablespoons Sugar

1 cup Cornmeal

1 Egg

 $\frac{1}{2}$ cup Milk

1 cup canned Maine

Corn (Cream Style)

2 tablespoons melted

Shortening

Sift together flour, baking powder, salt and sugar; add cornmeal; mix well. Beat egg slightly; add milk and corn; add to dry mixture; add shortening. Mix together quickly. Bake in well greased hot corn stick pans 425° F. about 20 minutes. Makes 14 medium sized corn sticks.

Color illustration on opposite page.

STATE - MAINE

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CORN A LA KING WITH BACON	2 tablespoons Butter	1/2 teaspoon Salt
	2 tablespoons Flour	Few grains Cayenne
	1 cup Milk	1 12-oz. can
	1 canned Pimiento, chopped	Vacuum Packed Whole Kernel
	1 teaspoon minced Onion	Maine Corn
	1/4 teaspoon Celery Salt	8 strips Bacon
		4 pieces Toast

Melt butter in saucepan; add flour; blend well. Add milk; cook until mixture thickens, stirring constantly. Add pimiento, onion, celery salt, salt, cayenne and corn. Serve on toast with 2 strips of crisp bacon and garnish with parsley if desired. Serves 4.

SAVORY BAKED CORN	2 tablespoons Butter	1 cup Milk
	1 medium-sized Onion, chopped	1 teaspoon Salt
	3 canned Pimientos chopped	1/2 teaspoon Paprika
	1 tablespoon Flour	1 No. 2 can Maine Cream Style Corn
		Buttered Bread Crumbs

Melt butter; sauté onion and pimiento for about 8 minutes. Add flour; blend. Add milk and seasonings; cook until mixture thickens, stirring constantly. Add corn; pour into baking dish; cover with crumbs. Bake in a moderate oven at 375° F. for 20 minutes until bread crumbs are browned. Serves 4-6.

CASSEROLE OF TUNA FISH AND CORN	1/2 12-oz. can Whole Kernel Maine Corn (3/4 cup)	1 teaspoon minced Onion
	1 cup soft Bread Crumbs	4 tablespoons melted Butter
	1 teaspoon Salt	1 1/4 cups Milk
	1/16 teaspoon Pepper	2 tablespoons Flour
	1/8 teaspoon Thyme	1 13-oz. can Tuna Fish

Drain corn. Toss together bread crumbs, 1/2 teaspoon salt, pepper, thyme, onion, 2 tablespoons melted butter and 1/4 cup milk. Blend flour and remaining 1/2 teaspoon salt with remaining butter in saucepan. Add 1 cup milk. Cook until mixture thickens, stirring constantly. Drain oil from tuna fish; flake; add to cream sauce; pour into casserole. Top with corn mixture. Bake in a moderate oven at 400° F. for 30 minutes. Serves 4-5.

**SAUTÉED CORN
AND RICE**

1 No. 2 can Maine
Whole Kernel
Corn
2 tablespoons Butter

$\frac{1}{3}$ cup chopped Green
Pepper
2 cups cooked Rice
1 teaspoon Salt

Drain corn. Melt 1 tablespoon butter in skillet; sauté green pepper. Add 1 tablespoon butter, corn, rice and salt; continue to sauté for 10 minutes, stirring frequently with a fork. Serves 8.

**SCALLOPED
CORN AND
MUSHROOMS**

1 4-oz. can sliced
Mushrooms
2 tablespoons Butter
2 tablespoons Flour
 $\frac{2}{3}$ cup Milk
 $\frac{1}{4}$ teaspoon Celery
Salt

1 12-oz. can Maine
Whole Kernel
Corn
3 tablespoons finely
crushed Bread
Crumbs
3 tablespoons grated
American Cheese

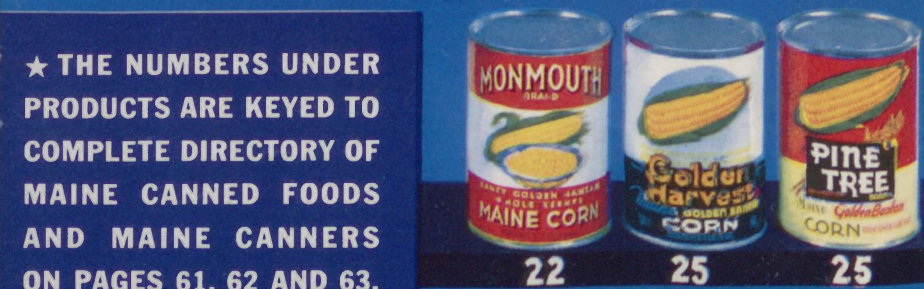
Drain mushrooms; reserve liquor. Melt butter; add flour; blend. Add mushroom liquor and milk; cook until mixture thickens, stirring constantly. Add celery salt and corn. Pour into casserole dish; sprinkle with bread crumbs and cheese. Bake in a moderate oven at 375° F. for 30 minutes until bread crumbs become brown. Serves 4.

**BAKED CORN
AND CHICKEN**

1 $\frac{1}{2}$ tablespoons Butter
1 small Onion,
chopped
1 tablespoon chopped
Green Pepper
1 cup or 6-oz. can
Chicken, cut in
small pieces

1 cup Maine Whole
Kernel Corn
 $\frac{1}{2}$ teaspoon Salt
 $\frac{1}{8}$ teaspoon Pepper
 $\frac{1}{4}$ cup Milk
1 Egg
1 tablespoon finely
crushed Bread
Crumbs

Sauté onion and green pepper in one tablespoon butter until onion is slightly brown. Add chicken, corn, salt and pepper. Beat milk and egg together; add to chicken and corn mixture. Pour into a small casserole dish. Sprinkle with bread crumbs and dot with remaining $\frac{1}{2}$ tablespoon butter. Bake in a moderate oven at 375° F. for about 40 minutes. Serves 3-4.



★ THE NUMBERS UNDER PRODUCTS ARE KEYED TO COMPLETE DIRECTORY OF MAINE CANNED FOODS AND MAINE CANNERS ON PAGES 61, 62 AND 63.



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**FRIED CORN
AND ONIONS**

1 12-oz. can Vacuum Packed Maine Whole Kernel Corn	3 tablespoons chopped Green Pepper
2 tablespoons Butter	1 teaspoon Salt
3 medium Onions, sliced	1/16 teaspoon Pepper

Drain corn. Melt butter; sauté onion and green pepper until onions are slightly browned. Add salt, pepper and corn. Heat thoroughly. Serves 4.

**BUTTERED CORN
AND PEAS**

1 No. 2 can Whole Kernel Maine Corn (Golden Bantam)	2 tablespoons Butter 1/2 teaspoon Salt 1/8 teaspoon Pepper
1 cup canned drained Maine Peas	

Heat corn to boiling in saucepan. Add peas, butter, salt and pepper and heat thoroughly. Serves 4-6.

**SUCCOTASH
CHOWDER**

2 slices Bacon	1 cup diced boiled Maine Potatoes
1 medium Onion, minced	2 cups Milk
1 No. 2 can Maine Succotash	1 teaspoon Salt 1/2 teaspoon Pepper

Fry bacon; break in small pieces. Sauté minced onion in bacon fat. Combine with succotash, potatoes, milk, salt and pepper. Heat thoroughly. Garnish with parsley, if desired, and serve with crackers. Serves 4-6.

**SCALLOPED
CORN AND
TOMATOES**

1 No. 2 can Maine Whole Kernel Corn	2 teaspoons finely chopped Onion
1 No. 2 can Tomatoes	1 tablespoon Butter or Margarine
1 teaspoon Sugar	2 tablespoons fine Bread Crumbs
1/2 teaspoon Salt	
1/8 teaspoon Pepper	

Drain corn from brine. Mix together corn, tomatoes, sugar, salt, pepper and onion. Pour into baking dish; sprinkle with bread crumbs; dot with butter or margarine. Bake in moderate oven at 375° F. for 20-30 minutes. Serves 6-8.

**CORN
PUFFS**

1 No. 2 can Maine	2 teaspoons Baking Powder
Whole Kernel Corn	$\frac{1}{2}$ teaspoon Salt
$\frac{3}{4}$ cup Flour	3 Eggs, slightly beaten

Drain corn. Sift together dry ingredients; add to eggs; blend thoroughly. Add corn; mix well. Drop quickly from spoon into deep hot fat 375° F. Fry for about 3 minutes, turning frequently, until golden brown. Drain on absorbent paper. Makes 16 puffs.

**CORN AND
GREEN PEPPER
CASSEROLE**

1 No. 2 can Maine	1 $\frac{1}{2}$ cups Milk
Whole Kernel Corn	1 teaspoon grated
$\frac{1}{2}$ medium-sized Green	Onion
Pepper	$\frac{1}{2}$ teaspoon Salt
4 tablespoons Butter	$\frac{1}{4}$ teaspoon Worcestershire Sauce
3 tablespoons Flour	

Drain corn; spread in shallow casserole. Remove seeds and membrane from pepper; cut in thin strips. Melt 3 tablespoons of the butter in saucepan; add pepper strips; sauté for 3 minutes. Add flour; blend well. Add milk; cook until mixture thickens, stirring constantly. Add onion, salt and Worcestershire Sauce; pour over corn. Dot with remaining tablespoon of butter or cover with buttered bread crumbs. Bake in moderately hot oven at 425° F. about 15-20 minutes. Serves 6.

**INDIAN TOMATO
BISQUE**

2 cans Tomato	1 12-oz. can Maine
Soup	Whole Kernel Corn
$\frac{1}{8}$ teaspoon	3 tablespoons Butter
Onion Salt	or Margarine

Combine soup, onion salt and corn. (If condensed soup is used, add equal amount milk, using soup can as measure.) Heat thoroughly; do not boil. Add butter or margarine. Serves 6.

**CORN KERNELS
IN CREAM**

1 No. 2 can Maine	1 tablespoon Butter
Whole Kernel Corn	$\frac{1}{2}$ teaspoon Salt
$\frac{1}{2}$ cup light Cream	$\frac{1}{16}$ teaspoon Pepper

Empty corn into saucepan; heat thoroughly. Heat cream slowly for about 3 minutes. Drain corn; add butter, salt, pepper and cream. Serve hot. Serves 4.

STATE OF MAINE

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**CORN AND
TUNA FISH
STUFFED
PEPPERS**

3 well shaped Green
Peppers
1 12-oz. can Maine
Whole Kernel Corn
2 tablespoons Butter
2 tablespoons Flour
1 teaspoon Salt

$\frac{1}{8}$ teaspoon Thyme
Dash of Pepper
1 cup Milk
1 teaspoon minced Onion
1 6-oz. can Tuna Fish
1 cup soft Bread Crumbs
Buttered Bread Crumbs

Cut pepper in half lengthwise; remove seeds and white fiber; wash. Parboil for 10 minutes in boiling salted water. Drain and fill with Corn Stuffing.

CORN STUFFING: Drain corn. Melt butter; add flour, salt, thyme and pepper; blend. Add milk, cook until mixture thickens, stirring constantly. Add onion, tuna fish, soft bread crumbs and corn; mix well. Fill peppers; sprinkle with buttered bread crumbs. Bake in a hot oven at 400° F. about 15 minutes. Serves 6.

**SPANISH
CORN**

1 No. 2 can Maine
Whole Kernel Corn
2 tablespoons Olive
or other Salad Oil
 $\frac{1}{4}$ cup chopped
Green Pepper
1 tablespoon Butter

$\frac{1}{2}$ cup Catsup
2 teaspoons Worcester-
shire Sauce
 $\frac{1}{16}$ teaspoon Salt
 $\frac{1}{16}$ teaspoon Pepper
 $\frac{1}{2}$ teaspoon Paprika

Drain corn. Heat oil; add corn and green pepper; sauté for 3 minutes. Remove from heat; add other ingredients and cook in double boiler for 20 minutes. Serves 6.

**SOUTHERN
CORN PUDDING**

1 No. 2 can Maine
Corn (Cream Style)
2 Eggs
1 tablespoon Sugar

2 tablespoons melted
Butter
1 cup Milk
1 teaspoon Salt
 $\frac{1}{8}$ teaspoon Pepper

Beat eggs slightly; add corn, sugar, butter, milk, salt and pepper; mix well. Pour into buttered baking dish; set in pan of hot water and bake in moderate oven 350° F. about one hour. Serves 6.

Color illustration on opposite page.

STATE OF MAINE

FANCY GRADE

CANNED FOODS



**PEA,
MUSHROOM
AND NOODLE
CASSEROLE**

1½ cups Noodles	1 teaspoon minced Onion
1 No. 2 can Maine Peas	
1 4-oz. can sliced button Mushrooms	¾ teaspoon Salt
1 cup Evaporated Milk	⅛ teaspoon Pepper
2 tablespoons Butter	½ cup grated American Cheese
3 tablespoons Flour	

Cook noodles in boiling salted water until tender. Drain peas and mushrooms; measure 1 cup mushroom and pea liquor to dilute evaporated milk. Melt butter in saucepan; add flour; blend well. Add diluted evaporated milk, or 2 cups fresh milk, cook until mixture thickens, stirring constantly. Add salt, pepper, onion, drained peas, mushrooms and noodles. Pour into buttered shallow baking dish; sprinkle with grated cheese. Bake in moderately hot oven at 375° F. 15-20 minutes until delicately browned. Sprinkle lightly with paprika. Serves 6-8.

**PEAS
WITH CELERY**

1 No. 2 can Maine Peas	⅛ teaspoon Salt
⅓ cup sliced Celery	¾ teaspoon Sugar
	½ tablespoon Butter

Drain peas; use liquor to cook celery until soft. When ready to serve, add peas, salt, sugar and butter. Heat thoroughly. Serves 4-6.

PEAS AND ONIONS

2 medium-sized Onions, Sliced	1 No. 2 can Maine Peas
	1 teaspoon Salt

Parboil sliced onions for 10 minutes in liquor drained from peas. When ready to serve, add peas and salt. Heat thoroughly. Serves 5-6.

PEAS AND RICE

1 No. 2 can Maine Peas	¾ cup cooked Rice
1 Onion, minced	3 tablespoons grated Cheese
1 tablespoon minced Parsley	1 teaspoon Salt
2 tablespoons Olive or Salad Oil	⅛ teaspoon Pepper

Drain peas; measure ½ cup liquor. Sauté onion and parsley in oil; add peas, rice, cheese, seasonings and liquor from peas. Heat thoroughly, stirring as little as possible, and serve immediately. Serves 4-6.

**PEAS WITH
CREAM**

1 No. 2 can Maine Peas	1/2 teaspoon Salt
1/3 cup Cream	1/16 teaspoon Pepper
1 tablespoon Butter	Paprika

Cook peas in their liquor about 10 minutes, until thoroughly heated. Heat cream slowly for several minutes. Drain peas; add butter, salt and pepper. Add cream; continue heating for about 3 minutes. Pour into serving dish or individual dishes; sprinkle with paprika. Serves 4-5.

BAKED PEAS

1 No. 2 can Maine Peas	1/16 teaspoon Pepper
3 slices Bacon	1/4 cup Milk
1/2 teaspoon Salt	1/2 cup buttered Bread Cubes

Drain peas. Cut bacon in small pieces; fry. Discard about half of the fat. Add peas, salt and pepper; toss together carefully. Pour into casserole dish; add milk; sprinkle with buttered bread cubes. Bake in a hot oven at 400°F. for 15-20 minutes, until bread cubes are nicely browned. Serves 4.

**PEAS AND
POTATOES
O'BRIEN**

1 No. 2 can Maine Peas	1 tablespoon chopped Onion
2 cups cooked Maine Potatoes, Cubed	1 teaspoon Salt
	1 tablespoon chopped Pimiento

Drain peas. Pan fry potatoes and onion until potatoes are golden brown. Add peas, salt and pimiento and toss together carefully; heat thoroughly. Serves 6.

CURRIED PEAS

1 No. 2 can Maine Peas	1 teaspoon Curry Powder
2 tablespoons Butter	1/2 teaspoon Salt
1 small Onion, chopped	Few Grains Pepper
2 tablespoons Flour	

Drain peas; reserve liquor. Melt butter in saucepan; add curry powder and onion; cook for 3 minutes. Add flour; blend thoroughly. Add liquor from peas and water to measure 1 cup; cook until mixture thickens, stirring constantly. Add salt and peas. Serve hot. Serves 4-6.

For SCALLOPED FINNAN HADDIE AND PEAS Recipe see page 59.

**PEAS
AU GRATIN**

1 No. 2 can	6 tablespoons Evaporated
Maine Peas	Milk, or Light Cream
$\frac{3}{4}$ teaspoon Salt	$\frac{1}{2}$ cup grated Cheese
$\frac{1}{8}$ teaspoon Pepper	Paprika

Drain peas; pour into shallow buttered baking dish; sprinkle with salt and pepper; add evaporated milk or light cream; then cover with grated cheese. Place under moderately hot broiler flame until cheese melts and top is delicately browned. Sprinkle with paprika. Serves 5.

Color illustration on opposite page.

**BUTTERED
CANNED PEAS**

1 No. 2 can Maine Peas	$\frac{1}{2}$ teaspoon Salt
2 tablespoons Butter	$\frac{1}{16}$ teaspoon Pepper

Drain liquor from peas into saucepan; let simmer to about half original quantity. Add peas; heat thoroughly. Pour into serving dish; sprinkle with salt and pepper; dot with butter. Serves 4.

**SCALLOPED PEAS
AND CELERY**

1 No. 2 can Maine Peas	$\frac{1}{16}$ teaspoon Pepper
4 tablespoons Butter	1 cup Milk
$\frac{1}{3}$ cup diced Celery	3-4 tablespoons
3 tablespoons Flour	finely crushed
1 teaspoon Salt	Bread Crumbs

Drain peas; reserve $\frac{1}{2}$ cup liquor. Melt 3 tablespoons butter; add celery, cook for 5 minutes. Add flour, salt and pepper, blend. Add milk and pea liquor; cook until mixture thickens, stirring constantly. Arrange peas in baking dish; cover with celery sauce. Melt remaining butter; add bread crumbs; sprinkle over baking dish. Bake in a moderate oven at 375° F. for 20-30 minutes. Serves 4-5.

**SHELL
BEAN
SALAD**

1 No. 2 can Maine	2 tablespoons chopped
Shell Beans	Sweet Pickle
1 cup chopped Celery	1 teaspoon minced Onion
2 hard-cooked Eggs,	1 teaspoon Salt
chopped	3-4 tablespoons French Dressing

Drain beans. Toss together with a fork all of the above ingredients. Serve on lettuce leaf or in salad bowl lined with lettuce. Garnish with parsley or watercress. Serves 6.

STATE - MAINE

FANCY GRADE

CANNED FOODS



**WAX BEAN AND
SHRIMP CURRY**

1 No. 2 can Maine	1 tablespoon Flour
Cut Wax Beans	1 teaspoon Curry
1 5 ³ / ₄ -oz. can Shrimp	Powder
1 tablespoon Butter	¹ / ₂ teaspoon Salt
1 small Onion, minced	¹ / ₂ teaspoon Pepper

Drain beans, reserving liquor. Clean shrimp. Melt butter in saucepan; add onion; cook slowly until browned. Take from fire; add flour; stir until well blended; add curry powder, salt and pepper; add bean liquor; cook until slightly thickened, stirring constantly. Add beans; mix well. Cook for 3 minutes. When ready to serve add shrimp. Garnish with hard-cooked eggs, if desired. Serves 6.

**CREAMED
ONIONS AND
STRING BEANS**

6-8 small White Onions	2 tablespoons Flour
1 No. 2 can Maine Cut	1 cup Milk
Green Stringless	1 teaspoon Salt
Beans	¹ / ₈ teaspoon Pepper
2 tablespoons Butter	

Boil peeled onions in 3 cups boiling salted water about 20 minutes until tender; drain. Drain beans; measure ¹/₂ cup liquor. Melt butter in saucepan; add flour; stir until well blended. Add bean liquor and milk; cook until mixture begins to thicken, stirring constantly. Add salt and pepper. Mix together beans and onions; add to cream sauce; heat thoroughly and serve. Serves 4-6.

**GREEN BEAN
AND SALMON
CASSEROLE**

1 No. 2 can Maine Cut	¹ / ₂ teaspoon Salt
Green Stringless	Dash Pepper
Beans	³ / ₄ cup Milk
1 1-lb. can Salmon	2 tablespoons but-
2 tablespoons Butter	tered Cracker
2 tablespoons Flour	Crumbs

Drain beans and salmon; reserve salmon liquor. Melt butter; add flour and seasonings; blend. Add milk to salmon liquor to make 1 cup. Cook until mixture thickens, stirring constantly. Empty beans into casserole dish. Arrange pieces of salmon over beans; cover with white sauce; sprinkle with cracker crumbs. Bake in a moderate oven at 375° F. for 20-25 minutes. Serves 5.

BUTTERED BEANS AND CELERY	1 cup sliced Celery 1 No. 2 can Maine Cut Green Stringless Beans	$\frac{1}{2}$ teaspoon Salt Dash Pepper 3 tablespoons Butter, melted
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Cover celery with boiling water and cook for about 15 minutes, until celery is tender. Drain bean liquor into saucepan. Boil for 10 minutes, or until liquor measures about $\frac{1}{2}$ cup. Add beans and celery; heat thoroughly. When ready to serve add seasonings. Serves 4.

GREEN BEAN AND ONION SALAD	1 No. 2 can Maine Shoestring Green Beans, chilled	1 Bermuda Onion, very thinly sliced French Dressing
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Drain beans; arrange with 2 or 3 slices of onion on crisp lettuce leaves. Serve with French Dressing. Serves 5.

STRING BEANS A LA PROVENCALE	1 No. 2 can Maine Cut Green Stringless Beans 1 tablespoon Butter or Margarine 2 slices Onion	1 teaspoon minced Parsley $\frac{1}{8}$ teaspoon Thyme 1 Bay Leaf 2 tablespoons Vinegar
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Drain beans; reserve liquor. Melt butter or margarine in saucepan; add onion; sauté for 3 minutes. Add parsley, thyme, bay leaf, vinegar and bean liquor; let boil for 10 minutes. Remove bay leaf; add beans; serve hot. Serves 6.

SHELL BEAN CASSEROLE	2 slices Bacon $1\frac{1}{2}$ tablespoons chopped Onion $1\frac{1}{2}$ tablespoons chopped Green Pepper 1 No. 2 can Maine Shell Beans	1 teaspoon chopped Pimiento $\frac{1}{2}$ teaspoon Salt $\frac{1}{2}$ teaspoon Paprika $\frac{1}{4}$ teaspoon Dry Mustard 2 tablespoons Molasses
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Fry bacon; sauté onion and green pepper in 2 tablespoons of the bacon fat. Break bacon in small pieces. Mix together all ingredients. Pour into casserole dish. Bake in a moderate oven at 375°F. for 30 minutes. Serves 4-6.





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SAVORY BAKED BEANS	1 1-lb. 12-oz. can or 2 1-lb. cans Maine Baked Beans	1 medium-sized White Onion, chopped $\frac{1}{2}$ teaspoon Mustard 2 slices Bacon
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Empty half of the beans into bean pot or baking dish; sprinkle with half of mustard and onion. Cut bacon slices in half; place 2 slices over beans. Cover with remainder of beans; repeat with remaining mustard, onion and bacon. Bake in moderate oven at 350° F. about one hour until bacon is crisp. Serves 6.

TOMATO BEAN SOUP	1 1-lb. can Maine Baked Beans $1\frac{1}{2}$ cups Water 4 slices Onion $\frac{1}{2}$ teaspoon Celery Salt	1 No. 2 can Tomatoes 1 teaspoon Salt 1 teaspoon Sugar 1 tablespoon Vinegar
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Empty beans into saucepan; add water, onion and celery salt; boil 10 minutes. Add tomatoes, salt, sugar and vinegar. Boil 5 minutes longer. Mash through sieve. Heat again until thoroughly hot. Serve with crackers or croutons. Serves 6-8.

BAKED BEANS AND PORK TENDERLOIN	$1\frac{1}{2}$ lb. smoked Pork Tenderloin 3 1-lb. or 2 1-lb. 12-oz. cans Maine Baked Beans	6 tablespoons Molasses 6 tablespoons Water $\frac{1}{2}$ teaspoon Dry Mustard
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Place tenderloin in boiling water and boil for $\frac{3}{4}$ hour. Drain; place in large casserole. Surround tenderloin with baked beans. Blend together molasses, water and mustard; pour over the tenderloin and beans. Bake in a moderate oven at 350° F. for one hour. Slice tenderloin and serve with beans. Serves 6-8.

BAKED BEAN SANDWICHES	3 strips Bacon 1 1-lb. can Maine Baked Beans	2 tablespoons Catsup $\frac{1}{4}$ teaspoon minced Onion
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Fry bacon; drain on absorbent paper; break into small pieces. Mix with remaining ingredients. Makes filling for 6-8 double sandwiches.

STATE OF MAINE

FANCY GRADE

CANNED FOODS

**WAX BEANS
O'BRIEN**

1 No. 2 can Maine
Cut Wax Beans
2 tablespoons
Butter

4 tablespoons
chopped Pimiento
4 tablespoons
chopped Onion

Drain beans; measure $\frac{1}{2}$ cup liquor. Melt butter in frying pan; add pimiento and onion; sauté 2-3 minutes. Add beans; sauté 5 minutes longer, stirring frequently. Add bean liquor and heat thoroughly. Serves 4-6.

**WAX BEAN
SUPREME**

2 tablespoons Butter
2 teaspoons minced
Onion
2 teaspoons chopped
Capers
2 tablespoons Vinegar
 $\frac{1}{2}$ teaspoon Sugar

1 tablespoon Flour
1 No. 2 can Maine
Cut Wax Beans
2 tablespoons
Chili Sauce
 $\frac{1}{2}$ teaspoon Salt
 $\frac{1}{4}$ teaspoon Pepper

Melt butter; add onion, capers, vinegar and sugar; simmer for 5 minutes. Add flour; blend thoroughly. Empty can of beans into mixture; add chili sauce, salt and pepper. Heat thoroughly. Serves 6.

**MOLDED
BEET SALAD**

1 No. 2 can Maine
Diced Beets

1 $3\frac{1}{4}$ -oz. package
Lemon-flavored
Gelatin Dessert

Drain beets, reserving liquor. Dissolve gelatin dessert in 1-cup boiling or hot water, according to directions on package. Add water, if necessary, to beet liquor to measure 1 cup; add to dissolved gelatin; chill. When mixture begins to thicken fold in drained beets. Pour into small individual molds; chill until firm. Unmold and serve on lettuce leaf with French Dressing.

SPICED BEETS

1 No. 2 can Maine Whole
or Diced Beets
1 small Onion, sliced
 $\frac{1}{3}$ cup Vinegar

$1\frac{1}{2}$ tablespoons Sugar
8 Whole Cloves
1 2" stick of
Cinnamon

Drain beets; add onion. Mix together in saucepan beet juice, vinegar, sugar, cloves and cinnamon; boil slowly for 10 minutes; pour over beets and onions. Serve hot or thoroughly chilled. Serves 4-6.

**SEASONED
BEETS**

1 No. 2 can Maine Sliced or Diced Beets	$\frac{1}{8}$ teaspoon Pepper $\frac{1}{4}$ teaspoon Brown Sugar
2 tablespoons Currants or Seedless Raisins	$\frac{1}{3}$ cup Juice drained from the pickles
2 tablespoons Butter	$\frac{1}{4}$ cup thinly sliced Sweet Pickles
1 tablespoon Flour	$\frac{1}{4}$ teaspoon grated Orange Rind
$\frac{1}{4}$ teaspoon Salt	

Drain beets, reserving juice. Soak currants or raisins in hot water to cover for 10 minutes. Melt butter; add flour, salt, pepper and sugar. Add $\frac{1}{2}$ cup beet juice then pickle juice; cook until mixture thickens, stirring constantly. Add beets, pickles, orange rind and drained currants or raisins. Heat thoroughly. Serves 4-6.

**BAKED BEET
CASSEROLE**

1 No. 2 can Maine Whole or Sliced Beets	1 teaspoon Salt
2 tablespoons Butter	$1\frac{1}{2}$ tablespoons Horse-radish
2 tablespoons Flour	$\frac{1}{2}$ cup buttered Bread Crumbs
2 tablespoons Brown Sugar	

Drain beets; measure 1 cup beet liquid. Melt butter in saucepan; add flour; stir until well blended; add beet juice; cook until mixture begins to thicken; stirring constantly. Add sugar, salt and horseradish; add drained beets. Pour into medium-sized buttered baking dish; cover with buttered bread crumbs. Bake in moderate oven at 375° F. about 20 minutes until crumbs are browned. Serves 4-6.

MINTED CARROTS

1 No. 2 can Maine Diced Carrots	1 tablespoon shredded fresh Mint Leaves
2 tablespoons Butter	1 teaspoon Lemon Juice
1 teaspoon Cornstarch	$\frac{1}{2}$ teaspoon grated Lemon Rind
1 tablespoon Sugar	
$\frac{1}{2}$ cup Water	

Drain $\frac{1}{3}$ cup carrot liquor from can of carrots; empty remaining contents in saucepan; heat. Melt butter; add cornstarch and sugar; blend. Add water and $\frac{1}{3}$ cup carrot liquor. Cook over low heat until mixture thickens, stirring constantly. Add remaining ingredients. Serve over hot carrots. Serves 4-6.



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GLAZED CARROTS 1 No. 2 can Maine 3 tablespoons
 Whole Carrots Light Brown Sugar
 2 tablespoons Butter

Drain carrots; measure $\frac{1}{2}$ cup liquor. Add butter and sugar to carrot liquor. Cook until liquid is reduced to about $\frac{1}{4}$ cup. Arrange carrots in shallow baking dish. Cover with sugar mixture and bake in a moderate oven at 375° F. for about 20 minutes. Baste carrots several times during the baking. Serves 3.

CARROT PICKLE 1 No. 2 can Maine $\frac{1}{2}$ cup Sugar
 Diced Carrots $\frac{1}{2}$ tablespoon Whole
 1 cup Vinegar Pickling Spice

Drain carrots; pack in quart jar. Boil carrot liquor in saucepan for 5 minutes; add vinegar, sugar and spices; continue boiling 10 minutes longer. Pour over carrots; cover; let stand at least one to two weeks before using. Serve as relish.

CARROTS WITH BREAD SAUCE 2 tablespoons Butter 1 No. 2 can Maine
 or Margarine Diced Carrots
 1 tablespoon 1 cup Evaporated or
 Minced Onion Fresh Milk
 1 tablespoon $\frac{1}{2}$ cup soft Bread Crumbs
 chopped Parsley $\frac{1}{2}$ teaspoon Salt

Melt fat in saucepan; add onion and parsley; cook for 3 minutes. Empty carrots into mixture; add evaporated milk, bread and salt. Heat thoroughly. Serves 6-8. If fresh milk is used drain liquor from carrots.

LEMON GLAZED CARROTS 1 No. 2 can Maine $\frac{1}{2}$ teaspoon Paprika
 Diced Carrots 1 tablespoon Lemon Juice
 2 tablespoons Butter 1 tablespoon chopped
 1 tablespoon Sugar Parsley

Drain carrots. Melt butter; add sugar, paprika and lemon juice; blend. Add carrots and heat thoroughly, turning carrots frequently. Fold in parsley when ready to serve. Serves 4.

For CLAM AND CARROT PIE Recipe see page 48.

**PUMPKIN
BANANA
PUDDING**

$\frac{3}{4}$ cup Sugar	1 cup Evaporated Milk
$\frac{1}{2}$ teaspoon Salt	
1 teaspoon Ginger	$\frac{1}{2}$ cup soft Bread Cubes
1 teaspoon Cinnamon	2 large fully-ripened Bananas
$2\frac{1}{4}$ cups Maine canned Pumpkin	$\frac{1}{4}$ cup Brown Sugar
2 Eggs, well beaten	1 tablespoon Flour

Mix sugar, salt, ginger and $\frac{1}{2}$ teaspoon cinnamon with pumpkin. Add eggs and milk; mix well. Chop or slice very thinly $1\frac{1}{2}$ bananas; fold into pumpkin. Spread bread cubes in bottom of buttered casserole; fill with pumpkin mixture. Mix together brown sugar, remaining $\frac{1}{2}$ teaspoon cinnamon and flour; sprinkle over top. Bake in moderate oven at 325°F. for 30-40 minutes. Serve warm. When ready to serve, sprinkle confectioner's sugar over top and garnish with sliced remaining $\frac{1}{2}$ banana. Serves 8.

**PUMPKIN OR
SQUASH PIE**

1 No. 2 can Maine Seasoned Pumpkin or Squash	1 cup Milk
2 Eggs	1 9-inch unbaked Pastry Shell

Combine eggs and milk; add to squash, stirring until smooth. Pour into pastry shell. Bake in a hot oven at 450°F. for 10 minutes, then reduce heat to 325°F. and continue baking for 50 minutes until knife inserted into pumpkin mixture comes out clean.

**SPICED
PUMPKIN OR
SQUASH PIE**

$1\frac{3}{4}$ cups Maine Pumpkin or Squash	$\frac{1}{2}$ teaspoon Allspice
$\frac{2}{3}$ cup Sugar	$\frac{3}{4}$ teaspoon Salt
1 teaspoon Cinnamon	1 Egg
$\frac{1}{2}$ teaspoon Ginger	1 cup Milk

Line 8-inch pie plate with pastry. Mix together pumpkin, sugar, spices, salt and slightly beaten egg. Add milk slowly to keep mixture smooth. Pour into pastry shell. Bake in hot oven at 475°F. for 10 minutes; reduce heat to 375°F. and continue baking about 40 minutes longer until filling is firm.

1 No. 300 can Maine Pumpkin, or Squash, will make one pie.

1 No. $2\frac{1}{2}$ can Maine Pumpkin, or Squash, will make 2 pies.

STATE OF MAINE

FANCY GRADE

CANNED FOODS

**GREENS AND
PORK SAUSAGES**

1 No. 2 can Maine
Dandelions or
Mustard Greens
 $\frac{1}{2}$ teaspoon Salt

$\frac{1}{16}$ teaspoon Pepper
1 8-oz. can small
Pork Sausages

Drain greens and chop slightly. Place in a shallow baking dish; sprinkle with salt and pepper. Empty sausages, using entire contents of can, over greens. Bake in a hot oven at 425° F. for 30 minutes. Serves 4.

**SPAGHETTI CASSEROLE
WITH VIENNA SAUSAGES**

2 1-lb. cans Maine Spaghetti
1 9-oz. can Vienna Sausages

Spread spaghetti into shallow baking dish. Arrange sausages over top. Bake in moderately hot oven at 375° F. about 20 minutes. Serves 6-8.

**SPAGHETTI
SPECIAL**

1 4-oz. can sliced
Mushrooms
2 tablespoons Butter
2 tablespoons chopped
Onion

2 tablespoons chopped
Green Pepper
1 No. 2 can Maine
Spaghetti with Cheese
and Tomato Sauce

Drain mushrooms. Melt butter in saucepan; sauté onion, green pepper and mushrooms for about 5 minutes. Add spaghetti and heat thoroughly. Serves 3-4.

**STUFFED EGG
CANAPÉ**

4 hard cooked Eggs
 $2\frac{1}{2}$ tablespoons
Mayonnaise

$2\frac{1}{2}$ tablespoons
Sweet Pickle Relish
 $\frac{1}{4}$ teaspoon Salt
Paprika

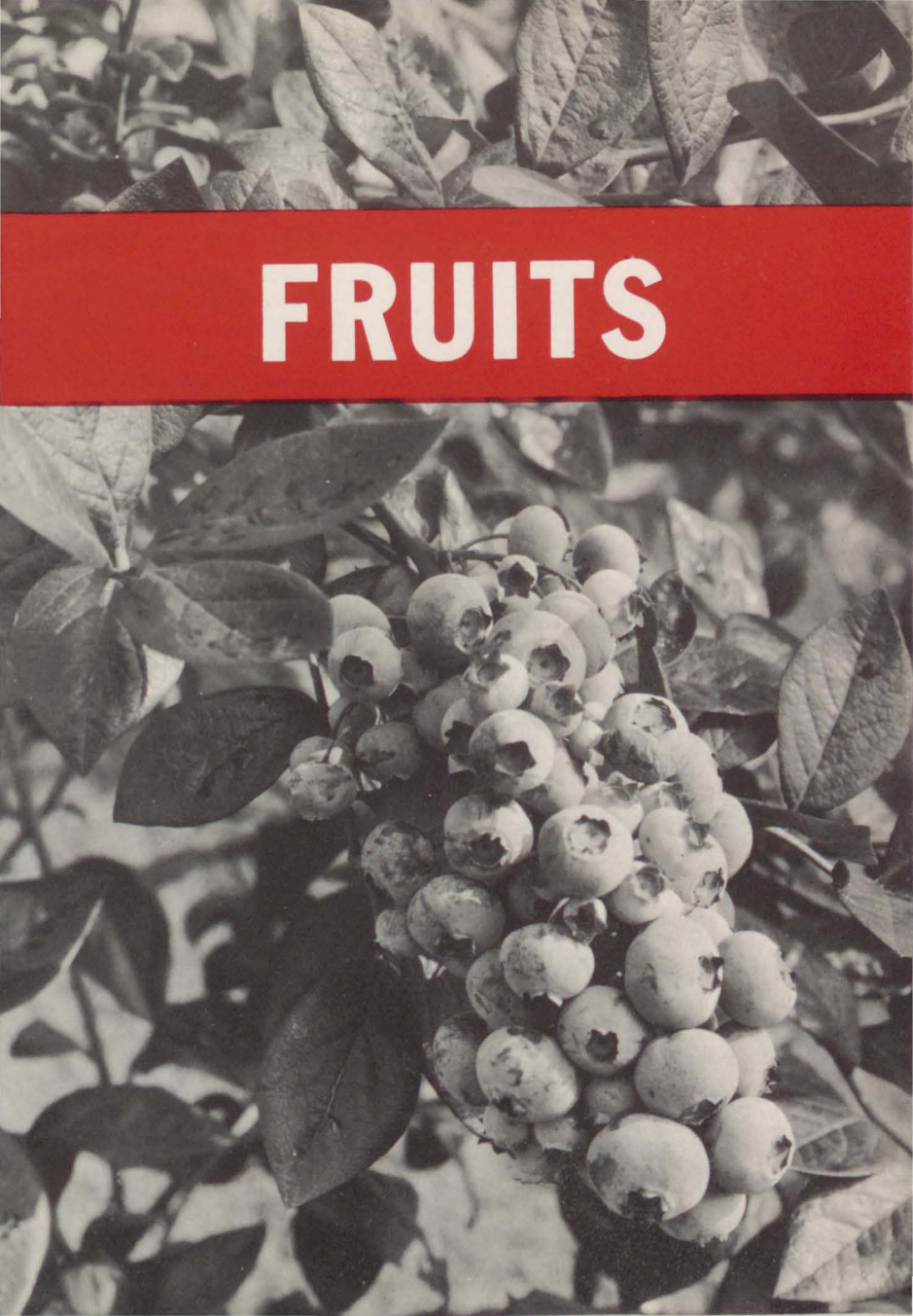
Cut eggs in half lengthwise; remove yolks. Mix together egg yolks, mayonnaise, relish, and salt. Fill egg whites.

**PEANUT BUTTER
AND SWEET
PICKLE
SANDWICH**

4 tablespoons
Peanut Butter
2 tablespoons
Mayonnaise

2 tablespoons Sweet Pickle
Relish or Chopped
Sweet Pickle
8 thin slices of White Bread

Cream together peanut butter and mayonnaise; add relish or pickle. Makes 4 double sandwiches.



FRUITS

SOUR CREAM**BLUEBERRY CAKE**

1 No. 2 can Maine	1/2 teaspoon Nutmeg
Blueberries	1/2 teaspoon Cinnamon
(Syrup or	1/2 teaspoon Cloves
Water Packed)	1/3 cup Sugar
2 cups Flour	1 Egg
1 teaspoon Soda	1 cup Sour Cream
1/2 teaspoon Salt	

Drain blueberries well. Measure 1/2 cup of the flour; sprinkle over berries; toss with fork until berries are well coated. Sift together remaining flour, soda, salt and spices. Beat egg, beat in sugar; add additional 3 tablespoons sugar if water packed berries are used. Add sifted dry ingredients alternately with sour cream. Fold in berries. Pour into greased 8-inch square cake pan; bake in moderate oven at 375° F. for 30-40 minutes. Sprinkle top with powdered sugar, if desired. Makes 1 8-inch cake.

BLUEBERRY**ICE BOX****BREAD PUDDING**

1 No. 300 can Maine	1 tablespoon Butter
Blueberries	3 thin slices of Lemon
(water packed)	5 1/2 slices stale white
1/2 cup Sugar	Bread

Drain juice from blueberries into a saucepan. Add sugar, butter and lemon slices. Heat to boiling point; remove from heat; fold in berries. Cut bread in cubes. Alternate layers of blueberries and bread in a serving bowl. Cover; set in refrigerator for several hours. Serve with whipped cream. Serves 5-6.

BLUEBERRY**WAFFLES**

1 No. 300 can Maine	1 teaspoon Salt
Blueberries (Water	2 Eggs, Separated
or Syrup Pack)	1 1/4 cups Milk
2 cups Flour	4 tablespoons melted
3 teaspoons Baking	Butter or other
Powder	shortening

Drain berries. Sift together flour, baking powder and salt. Beat egg yolks; add milk; add to flour mixture. Fold in stiffly beaten egg whites. Add butter, then fold in blueberries. Bake in hot waffle iron. Serve with syrup or powdered sugar. Makes 4 large waffles.

**BLUEBERRY
MUFFINS**

1 No. 300 can Maine Blueberries (Syrup Pack)	1/2 teaspoon Salt
2 cups Flour	1 tablespoon Sugar
3 teaspoons Baking Powder	1 Egg, beaten
	1 cup Milk
	3 tablespoons Butter, melted

Drain blueberries well. Toss lightly in 1/2 cup of the flour until coated. Sift together remaining 1 1/2 cups flour, baking powder, salt and sugar. Mix together egg, milk and butter; pour into dry ingredients; mix all together quickly; fold in blueberries. Fill greased muffin pans about 2/3 full. Bake in hot oven at 425° F. about 20 minutes. Makes 1 dozen medium-sized muffins.

Note: If water packed berries are used, increase sugar to 3 tablespoons.

**BLUEBERRY
BETTY**

1 No. 2 or No. 300 can Maine Blueberries (syrup pack)	3 tablespoons Sugar
2 cups soft Bread Crumbs	1/2 teaspoon Cinnamon
	1/2 teaspoon Nutmeg
	1 1/2 tablespoons Butter

Drain blueberries. (Juice may be used as sauce). Toast bread crumbs until crisp. Toss together bread crumbs, sugar, cinnamon and nutmeg. Spread half of the blueberries in a shallow baking dish. Cover with half of bread crumbs; dot with 1/2 tablespoon butter. Pour on remaining blueberries and then top with remaining bread crumbs. Dot with one tablespoon butter. Bake in a moderate oven at 350° F. for 20 minutes. Serve with hard sauce or hot blueberry sauce. Serves 4.

**BLUEBERRY JUICE
COCKTAIL**

1 cup Blueberry Juice (from Syrup pack Blueberries)	2 tablespoons Lemon Juice
1/4 cup Orange Juice	Few grains Salt
	Few grains Nutmeg
	1/4 cup Gingerale

Mix together fruit juices, salt and nutmeg. Chill thoroughly. When ready to serve add gingerale. Serve in glasses with crushed ice or ice cubes. Makes approximately 1 3/4 cups cocktail.

BLUEBERRY BATTER PUDDING	1 No. 300 or No. 2 can Maine Blueberries	2½ teaspoons Baking Powder
	⅓ cup Butter	¼ teaspoon Salt
	1 cup Sugar	⅔ cup Milk
	1 Egg, well beaten	½ teaspoon Vanilla
	2 cups Pastry Flour	

Drain blueberries; reserve juice. Cream butter well; add sugar, blend thoroughly. Add egg, blend. Sift together flour, baking powder, and salt. Add to egg mixture alternately with milk; add vanilla; mix well. Spread drained blueberries in bottom of baking dish; cover with cake batter. Bake in a moderate oven at 350° F. about 40 minutes. Serve warm with whipped cream or blueberry sauce★ Serves 8.

★ BLUEBERRY SAUCE	1 tablespoon Cornstarch	1½ tablespoons
	4 tablespoons Sugar	Lemon Juice
	Juice from 1 No. 300 or No. 2 can	1 tablespoon
	Maine Blueberries	Butter

Mix together cornstarch and sugar in a saucepan. If necessary add water to blueberry juice to make 1 cup liquid; add to dry mixture. Cook slowly for 15 minutes, stirring constantly. Add lemon juice and butter. Serve hot. Makes 1 cup sauce.

BLUEBERRY TARTS	1 No. 2 or No. 300 can Maine Blueberries (syrup pack)	⅛ teaspoon Salt
	3 tablespoons Sugar	1 tablespoon Lemon Juice
	2 tablespoons Cornstarch	1 tablespoon Butter
		5-6 baked Tart Shells

Drain blueberries. Mix sugar, cornstarch and salt in saucepan. Add water to blueberry juice to make 1 cup; add to sugar mixture. Cook 15-20 minutes until thick and clear, stirring constantly. Remove from heat; add lemon juice and butter; fold in berries. Fill tart shells; bake in hot oven at 475° F. about 5 minutes. Serve plain or garnished with whipped cream.

(2 tablespoons Currant Jelly may be added to mixture before folding in berries if desired.)

Color illustration on opposite page.

STATE OF MAINE

FANCY GRADE

CANNED FOODS



BLUEBERRY ICE

$\frac{3}{4}$ -1 cup Blueberry Juice $\frac{1}{2}$ cup cold Water
 1 cup Sugar 1 cup boiling Water
 2 teaspoons Gelatin $\frac{1}{3}$ cup Lemon Juice

Add water if necessary to make 1 cup blueberry juice. Soak gelatin in cold water for 5 minutes; add boiling water, sugar; stir until dissolved. Add blueberry and lemon juices. Pour into refrigerator tray; freeze at coldest temperature until mushy consistency, about 1 hour. Beat egg white until stiff; fold into mixture. Continue freezing about 3 hours or until frozen, stirring occasionally. Makes approximately 1 quart.

**BLUEBERRY
ICE BOX CAKE**

Sponge Cake $\frac{1}{2}$ - $\frac{2}{3}$ cup Cream,
 1 No. 300 can Blueberries whipped
 (syrup pack)

Line small loaf pan with wax paper. Arrange alternate layers of cake and blueberries as they come from can in pan, beginning and ending with cake. Cover with wax paper. Set in refrigerator for 24 hours. Unmold; frost with sweetened whipped cream. Serve in slices. Serves 4-6.

APPLE PIE

1 No. 2 can Maine $\frac{1}{4}$ teaspoon Nutmeg
 Sliced Apples 1 tablespoon Lemon Juice
 $\frac{1}{2}$ cup Light Brown 1 tablespoon Butter
 or Granulated Sugar 1 8" unbaked
 1 teaspoon Cinnamon Pastry Shell

Mix together sugar and spices. Fill pastry shell with apples; sprinkle with sugar mixture, then lemon juice; dot with butter. Moisten edges of crust with water; cover with thin top crust, which has been slit several times. Brush top crust with milk to give a delicate brown glaze. Bake in hot oven at 475° F. for 12 minutes. Reduce heat to 375° F. and continue baking for 30 minutes.

**APPLESAUCE-BROWN
BREAD DESSERT**

1 1-lb. can Maine 2 cups Applesauce
 Brown Bread with $\frac{1}{2}$ cup Cream, whipped
 Raisins and sweetened

Steam brown bread for 30 minutes; slice in $\frac{3}{4}$ -inch slices. Cover with applesauce and top with whipped cream. Serves 6-8.

**BUTTERED BROWN
BREAD TOAST**1 1-lb. can Maine Brown Bread
Butter

Slice bread in $\frac{1}{2}$ -inch slices. Toast under broiler or in toaster. Butter; cut slices in halves or desired shape and serve immediately.

**CANDIED APPLE
CRISP**

1 No. 2 can Maine	1/16 teaspoon
Sliced Apples	Salt
$\frac{2}{3}$ cup Brown Sugar	3 tablespoons
6 tablespoons Flour	soft Butter

Empty one-half of the apples into pie plate or shallow baking dish; sprinkle with $\frac{1}{3}$ cup of the brown sugar. Place under moderately hot broiler 350° F. for about 10 minutes until sugar is melted and apples are glazed. Cover with remaining apples; blend together remaining sugar, flour, salt, and butter to make a crumb-like mixture; sprinkle over top. Reduce heat to 325° F.; place mixture again under broiler for about 5 minutes; turn off heat and let remain 5 minutes longer. Serve with cream. Serves 5-6.

STEAMED PUDDINGS

Heat Maine Old Fashioned Fruit Pudding or Maine Brown Bread with Raisins according to directions on can. Serve with cream or one of following sauces.

LEMON SAUCE

$\frac{1}{2}$ cup Sugar	2 tablespoons Butter
2 tablespoons Flour	Grated rind and
$\frac{3}{4}$ cup cold Water	juice of 1 lemon
	1 Egg Yolk

Mix together sugar and flour; add water; stir until smooth. Add butter and lemon rind; boil 5 minutes, stirring constantly until thick. Add lemon juice and slightly beaten egg yolk. Cook 2 minutes longer. Serve warm or cold over pudding. Makes approximately 1 cup.

HARD SAUCE

$\frac{1}{3}$ cup Butter	$\frac{1}{2}$ teaspoon Flavoring
1 cup powdered or	Extract
confectioner's	
Sugar	

Cream butter until very light; add sugar very slowly, beating until light or creamy. Add flavoring and beat again. Grate nutmeg or orange peel over top. Makes 1 cup.

APPLE	5 tablespoons Sugar	1/16 teaspoon Salt
TRIFLE	1 cup canned Maine Sliced Apples	1 cup Milk, scalded 1/2 teaspoon Vanilla Extract
	2 Eggs	1 cup dry Cake Crumbs

Sprinkle 2 tablespoons sugar over apples. Beat eggs; add remaining sugar and salt. Add milk slowly. Cook in a double boiler, stirring constantly, until mixture coats a metal spoon. Add vanilla. Place half of the crumbs in a serving bowl; cover with apples; pour on custard. Top with remaining crumbs, pressing them into the custard. Cover; chill for at least 2 hours. Serves 4.

MINCEMEAT	1 cup Flour	1 cup light Brown Sugar
BROWNIES	1 teaspoon Baking Powder	1 Egg
	1/4 teaspoon Salt	1/2 teaspoon Vanilla
	4 tablespoons Butter	1/2 cup canned Maine Mince-Meat

Line 8-inch shallow baking pan with waxed paper. Sift together flour, baking powder and salt. Melt butter in saucepan; add brown sugar; take from fire and stir until well blended. Add unbeaten egg; mix well; add vanilla and mince-meat. Add sifted dry ingredients; mix together well. Spread mixture in baking pan; bake in moderate oven at 350°F. about 40 minutes. Turn out on wire rack; peel off waxed paper; sprinkle with confectioner's sugar. When cool, cut in squares.

MINCEMEAT	1 1/4 cups Flour	1 1/3 cups Milk
WAFFLES	3 teaspoons Baking Powder	1/2 No. 300 can (about 3/4 cup) Mince-meat
	1/2 teaspoon Salt	5 tablespoons Butter, melted
	2 tablespoons Sugar	
	2 Eggs, separated	

Sift together dry ingredients. Beat together egg yolks and milk; add mincemeat and butter. Add to dry ingredients, blend. Fold in stiffly beaten egg whites. Bake in a hot waffle iron about five minutes until brown. Serve with vanilla ice cream, whipped cream, hard sauce or maple syrup. Makes 4 large waffles.



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MAINE CANNED SEA FOODS



RELATIVELY few people are privileged to taste in their fresh state the delicious sea foods that abound in the deep, cold waters off the coast of Maine.

But our Maine canners, with the skill that comes from long experience, have developed methods to capture the delicate flavors of Maine clams, crab meat, sardines and many other products of the sea. So it is possible now to enjoy them the year round, wherever you live.

Canned clams are one of their specialties—whole, minced or in real “Down East” chowders, with the penetrating aroma of fresh clams just as our fisher-folk have them.

Maine canned crab meat is another delicacy that has added to Maine’s fame for superlative sea foods. The Maine ocean crab is a species distinctly different from that used in the imported crab meat to which the public has been accustomed. Because our crabs are small, they are more tender in texture, daintier in flavor and taste than the Russian or the Japanese canned crab meat.

Did you know that Maine cans more sardines than any other State in the Union? And that the finest sardines in the world are found in the cold waters of the Gulf of Maine?

There are other quality products in Maine’s royal family of sea foods—just about as tasty as the fresh sea foods that Maine serves “when company comes” to vacation here each summer. Choose them when you buy—and buy them frequently for these Maine canned sea foods are good for health, delicious to taste, easy to prepare and economical.

The recipes on the following pages have been developed to bring out all of their savory goodness. Each recipe has been tested with a Maine canned sea food, so when you try them use a Maine canned product to be sure that your sea food dishes are at their best.

STATE OF MAINE

FANCY GRADE

CANNED FOODS

SEA FOODS



**CLAM AND
CARROT PIE**

1 10½-oz. can
Maine Clams
1 cup cooked
Potato Cubes
2 tablespoons Flour
Salt and Pepper

1 tablespoon Butter
½ teaspoon Minced Onion
½ No. 2 can Maine Diced
Carrots (1 cup)
⅔ cup Milk
Pastry★

Drain clams. Place in a deep 8-inch pie plate; cover with potatoes. Sprinkle with 1 tablespoon flour, dash of salt and pepper; dot with ½ tablespoon butter and the onion. Drain carrots; reserve ⅓ cup liquor. Arrange carrots on pie; sprinkle with remaining flour, another dash of salt and pepper; dot with remaining butter. Mix carrot liquor and milk; pour over mixture. Cover with pastry; allow edge to overlap the edge of the plate; press firmly so liquid will not run over. Bake in hot oven at 475° F. for 15 minutes then reduce heat to 400° F. for 15 minutes longer.

**★CLAM PIE
PASTRY**

1¼ cups Flour
¼ teaspoon Salt

6 tablespoons Shortening
4 tablespoons Cold Water

Blend sifted flour and salt with shortening until crumbly in appearance. Add water a little at a time to make a stiff dough. Roll out on floured board to ⅛ inch thickness. Cut several slits in pastry to allow steam to escape.

**NEW ENGLAND
CLAM CHOWDER**

¼ pound Salt Pork,
cut in small cubes
1 Onion, sliced
1 quart ¾-inch Potato
Cubes
2 cups boiling Water

2 10½-oz. cans
chopped Maine
Clams
1 quart Milk, scalded
1½ teaspoons Salt
¼ teaspoon Pepper

Sauté pork and onion in large pan until slightly browned. Add potatoes and water; cover and cook five minutes. Drain juice from clams into mixture; cook until potatoes are done. Chop clams if desired; add to mixture; add milk. Cover; let stand a half hour before serving to develop best flavor. When ready to serve dot top of soup with butter. Serve with crackers. Makes approximately 3 quarts.

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DEVILED CLAMS

1 10½-oz. can Maine Clams	1/8 teaspoon Salt 1/16 teaspoon Pepper
1 tablespoon Butter	1 tablespoon grated Parmesan or American Cheese
2 tablespoons Flour	Buttered Bread Crumbs
1/2 cup Milk	
1 Egg Yolk	
1 teaspoon chopped Parsley	
1/2 teaspoon minced Onion	

Drain clams; chop fine. Melt butter; add flour; blend. Add milk; cook until mixture thickens, stirring constantly. Remove from heat; add egg yolk; cook for about 2 minutes longer over low heat, stirring constantly. Add parsley, onion, salt, pepper and clams. Pour into shells or small shallow baking dish. Sprinkle with cheese and buttered bread crumbs. Bake in a hot oven at 400° F. for 10 minutes. Serve as a hot hors d'oeuvre or as a luncheon dish. Serves 3.

MAINE CLAMS

1 10½-oz. can Maine Clams	Yolks of 2 Eggs 1/2 cup Light Cream
1 tablespoon Butter	3 pieces, hot, buttered Toast
1 teaspoon Minced Onion	

Drain clams. Melt butter; add onion and cook for about 3 minutes until onion browns slightly. Add clams; heat carefully for a few minutes. Beat eggs, add cream; add to clams and heat slowly until sauce thickens, stirring constantly. Serve hot on toast and garnish with a dash of paprika. Serves 3.

**SCALLOPED
CLAMS AND
POTATOES**

1 10-oz. can Whole Maine Clams	4 tablespoons Flour 2 tablespoons Butter
3 medium-sized Maine Potatoes, thinly sliced	Salt Pepper
1/2 teaspoon minced Onion	2 cups Milk

Drain clams. Arrange layer of potatoes in buttered baking dish. Add half of the clams, onion, flour and butter; sprinkle with salt and pepper. Make another layer of potatoes; add remaining clams, onion, flour and 1/2 tablespoon butter. Cover with remaining potatoes. Dot with remaining 1/2 tablespoon butter; pour on milk. Bake in a moderate oven at 350° F. for 1¼ hours. Serves 4-6.

**JELLIED CLAM
BOUILLON**

1½ tablespoons plain Gelatin	¼ teaspoon Salt
1 No. 2 can Maine Clam Bouillon	Dash Pepper
	2 teaspoons Lemon Juice

Soak gelatin in ⅓ cup of Clam Bouillon. Heat remaining bouillon to boiling; season with salt and pepper. Remove from heat and add gelatin, blend thoroughly. Place in refrigerator and chill until firm, about 3 hours. Beat with fork; add lemon juice. Serve in chilled bouillon cups; garnish with parsley and lemon slices. Serves 4-5.

**CLAM-TOMATO
BOUILLON**

1 No. 2 can Maine Clam Bouillon	½ teaspoon Sugar
1¼ cups Tomato Juice	Dash of Pepper

Combine above ingredients. Heat thoroughly. Garnish each serving with parsley. Serves 4-5.

CRABETTES

1 tablespoon Butter	½ teaspoon Worcestershire Sauce
2 tablespoons Flour	½ teaspoon finely chopped Parsley
½ cup Milk	½ teaspoon chopped Onion
1 6-oz. can Maine Crabmeat	2 Eggs, beaten
1 teaspoon Salt	Finely crushed Bread Crumbs
1/16 teaspoon Pepper	
½ teaspoon Mustard	

Melt butter; add flour; blend. Add milk; cook until mixture thickens, stirring constantly. Cut crabmeat in small pieces, removing hard fiber. Add with spices, Worcestershire sauce, parsley and onion to cream sauce. Sprinkle bottom of shallow pan lightly with bread crumbs. Spread mixture in pan; chill thoroughly at least for one hour; mold into small balls. Roll in bread crumbs, then in egg, and again in bread crumbs. Fry in hot deep fat at 350° F. until delicately browned; drain on absorbent paper; serve on toothpicks. Makes about 24-30 Crabettes.

(This mixture can be used for luncheon croquettes.)

CRABMEAT	1 6-oz. can Maine Crabmeat	1 teaspoon Salt
BISQUE	1 tablespoon Butter	3 cups Milk
	2 tablespoons Flour	1 small Onion, sliced

Drain crabmeat. Melt butter in top of double boiler; blend in flour and salt; add milk and cook until mixture thickens slightly, stirring constantly. Remove hard fiber from crabmeat; add with onion to white sauce. Place over boiling water and cook for thirty minutes. Pour through strainer when ready to serve. Serve with crackers. Serves 5.

CRABMEAT	1 6-oz. can Maine	2 teaspoons finely
COCKTAIL	Crabmeat	chopped Parsley
	1 tablespoon Lemon Juice	Dash of Salt and
	2 tablespoons Mayonnaise	Pepper

Flake crabmeat, removing hard fiber. Mix together all ingredients. Chill thoroughly. Serve on crisp lettuce leaf in cocktail glasses. Garnish with lemon wedges. Serves 4.

CRABMEAT	1 6-oz. can Maine	2 teaspoons chopped
AND	Crabmeat, chilled	Sweet Pickle
MACARONI	1 cup cold cooked	2 teaspoons chopped
SALAD	Elbow Macaroni	Pimiento
	½ cup diced Celery	¼ cup Salad Dressing
	2 tablespoons chopped	Dash of Salt
	Green Pepper	Dash of Tabasco, if desired

Flake crabmeat, removing hard fiber. Blend with other ingredients. Serve on crisp lettuce leaves. Serves 4.

CRABMEAT	3 6-oz. or 4 4-oz. cans	6 tablespoons
SALAD BOWL	Maine Crabmeat	Mayonnaise
	1 cup diced Celery	1 medium-sized
	½ teaspoon Salt	head Lettuce
	3-4 tablespoons French	3-4 Tomatoes
	Dressing	

Drain crabmeat; flake lightly, removing any hard fiber. Add celery, salt and French Dressing, mix lightly with fork. Line salad bowl with crisp lettuce; fill center with crabmeat mixture. Garnish with tomatoes, cut in quarters or eighths. Pile mayonnaise in center of crabmeat. Sprinkle with paprika or few capers. Serves 8.

Color illustration on opposite page.

STATE OF MAINE

FANCY GRADE

CANNED FOODS



**DELMONICO
CRABMEAT IN
RICE NESTS**

$\frac{1}{2}$ cup Rice	$\frac{1}{16}$ teaspoon Pepper
1 4-oz. can sliced Mushrooms	1 cup Milk
1 6-oz. can Maine Crabmeat	1 Egg Yolk, slightly beaten
2 tablespoons Butter	1 tablespoon Lemon Juice
2 tablespoons Flour	2 hard-cooked Eggs
$\frac{1}{4}$ teaspoon Salt	4 strips of Pimiento

Wash and cook rice in boiling salted water; drain; run under cold water; steam over boiling water. Drain mushrooms. Drain crabmeat; remove hard fiber. Melt butter; add flour, salt and pepper; blend. Add milk; cook until mixture thickens, stirring constantly. Add egg yolk; blend. Gradually add lemon juice, mixing well. Add mushrooms and crabmeat. Form fluffed rice into mounds on plates; then make depression in center of each to form nests. Fill with hot crabmeat mixture. Garnish with slices of hard-cooked eggs and strips of pimiento. Serves 4.

**TOMATO
CRABMEAT
CANAPÉS**

1 4-oz. can Maine Crabmeat	1 teaspoon Worcestershire Sauce
1 teaspoon chopped Onion	1 teaspoon Chili Sauce
1 teaspoon Parsley	1-2 ripe Tomatoes
	6 sprigs Parsley

Drain crabmeat; flake and remove hard fiber. Add onion, parsley, Worcestershire sauce and chili sauce; blend. Slice tomatoes. Arrange mound of crabmeat mixture on slice of tomato; garnish with sprig of parsley. Makes about 6 canapés.

**HOT CRABMEAT
CANAPÉS**

1 4-oz. can Maine Crabmeat	Sugar
2 tablespoons Mayonnaise	Salt
1-2 ripe Tomatoes	$\frac{1}{4}$ cup grated American Cheese

Drain crabmeat; flake and remove hard fiber. Add mayonnaise and blend. Slice tomatoes; sprinkle lightly with sugar and salt. Arrange mound of crabmeat mixture on slice of tomato; sprinkle with cheese and salt. Place under moderate broiler at about 325° F. for about 5 minutes until cheese has browned slightly. Makes 5-6 canapés.

STATE OF MAINE

FANCY GRADE

CANNED FOODS

**CRABMEAT
AND
MUSHROOM
CASSEROLE**

1 4-oz. can sliced Mushrooms	2 tablespoons chopped Green Pepper
3 tablespoons Butter	1 6-oz. can Maine Crabmeat
5 tablespoons Flour	2 tablespoons finely crushed Bread Crumbs
1 2/3 cups Milk	
1/2 teaspoon Salt	
Dash of Pepper	

Drain mushrooms; reserve liquor. Melt butter; add flour, blend thoroughly. Add milk to mushroom liquor to make 2 cups (about 1 2/3 cups milk); add to butter and flour mixture. Cook until mixture thickens, stirring constantly. Add mushrooms, salt, pepper and green pepper. Remove hard fiber from crabmeat; flake; add to cream sauce. Pour into baking dish; top with bread crumbs. Bake in a moderate oven at 375 °F. about 20 minutes. Serves 4-6.

**SARDINES WITH
HOT TARTAR
SAUCE**

1/2 tablespoon Butter	1/2 tablespoon
1/2 tablespoon Flour	chopped Stuffed Olives
1/4 cup Milk	
2 1/2 tablespoons Mayonnaise	1 teaspoon Capers
1/4 teaspoon chopped Onion	1/4 teaspoon Vinegar
1/2 tablespoon chopped Sweet Pickles	1 3/4-oz. can Maine Sardines Smoked or in Oil
	8 thin slices of Bread

Melt butter; add flour, blend. Add milk; cook until mixture thickens, stirring constantly. Add mayonnaise, beat with egg beater until smooth. Add onion, pickles, olives, capers, and vinegar. Remove crusts from bread. Cut each slice in half; toast on one side; butter untoasted side; arrange sardines on strips; top with sauce. Place under moderately hot broiler for several minutes until hot.

**SARDINE
CUTLETS**

1 9-oz. can Maine Sardines packed in mustard sauce	Bread Crumbs
	1 Egg
	2 tablespoons Water

Drain excess sauce from sardines. Mix together egg and water. Dip sardines in bread crumbs, then in egg mixture and then again in bread crumbs. Fry in hot fat at 375 ° F. until golden brown. Serve with chili sauce. Serves 3.

SARDINE PILAF

1 3¼-oz. can Maine	½ teaspoon Salt
Sardines packed	1/16 teaspoon
in cottonseed oil	Pepper
1⅓ cups cooked Rice	1½ teaspoons
1 cup canned Tomatoes	Minced Onion

Drain oil from sardines. Mix together remaining ingredients; pour half into casserole; cover with sardines; then add remaining rice mixture. Bake in a moderate oven at 375° F. for 30 minutes. Serves 3.

**SARDINES WITH
NOODLES
POLONAISE**

1 9-oz. can Maine	1½-2 cups uncooked Noodles
Sardines in	2 tablespoons Butter
Tomato Sauce	1 cup fresh Bread Crumbs

Empty sardines and sauce into saucepan; heat for about 10 minutes until thoroughly hot. Cook noodles in boiling salted water, according to directions on the package. Melt butter in saucepan; add bread crumbs and sauté until brown; add to drained noodles and toss together. Spread noodles on a warmed serving platter and arrange sardines on top. Serve with additional tomato sauce or chili sauce if desired. Serves 4.

**SARDINES AND
EGGS ON TOAST**

2 tablespoons Butter	2 hard-cooked Eggs,
2 tablespoons Flour	sliced
½ teaspoon Salt	1 3¼-oz. can Maine
1 cup Milk	Sardines in Oil
	4 slices Buttered Toast

Melt butter; blend in flour and salt. Add milk, cook until mixture thickens, stirring constantly. Add eggs. Drain excess oil from sardines. Arrange sardines on toast; cover with egg sauce. Garnish. Serves 4.

**BROILED
DEVILED
SARDINES**

1 3¼-oz. can Maine	1½ teaspoons Lemon Juice
Sardines	3 slices buttered Toast
½ teaspoon	2 tablespoons grated
Worcestershire Sauce	American Cheese

Drain excess oil from sardines. Mix together Worcestershire sauce and lemon juice. Cut toast in strips; place a sardine on each. Sprinkle sauce mixture over sardines; top with cheese. Place under broiler at a low temperature and heat until cheese has melted. Garnish with strip of pimiento if desired. Serve as a canapé or luncheon entree. Serves 4-6.

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SARDINE AND DEVILED EGG SALAD	4 hard-cooked Eggs	1/4 teaspoon Salt
	2 1/2 tablespoons	1 3 1/4-oz. can Maine
	Mayonnaise	Sardines packed
	2 1/2 tablespoons	in Cottonseed Oil
	Sweet Pickle Relish	Lettuce

Drain sardines. Cut eggs in half lengthwise; remove yolks. Mix together yolks, mayonnaise, relish and salt. Fill egg whites; sprinkle with paprika. Arrange eggs with sardines on crisp lettuce; garnish with wedge of lemon. Serves 4.

CREOLE SARDINE SPREAD	1 3 1/4-oz. can Maine	12 small Stuffed Olives,
	Sardines	chopped
	packed in oil	2 teaspoons
	2 tablespoons Chili Sauce	Lemon Juice

Drain excess oil from sardines; mash sardines; blend in remaining ingredients. Spread mixture on toast or bread to make sandwiches or canapés. Garnish with parsley or sliced olives. Makes 2/3 cup filling.

PICKLE AND FISH SANDWICHES	1 7 1/2-oz. can	Dash of Salt and Pepper
	Fish Flakes	6 tablespoons Mayonnaise
	1/4 cup diced Celery	10 slices hot,
	3 tablespoons chopped	buttered Toast
	Sweet Pickle	

Flake fish; add celery, pickle, salt and pepper. Blend in mayonnaise. Spread on toast. Makes 5 double sandwiches.

TOMATOES AND FISH FLAKES	1 No. 2 can Tomatoes	1 7 1/2-oz. can Maine
	2 tablespoons Butter	Fish Flakes or
	2 tablespoons Flour	1 8-oz. can Maine
	2 tablespoons chopped Onion	canned Fresh Codfish
	1/2 teaspoon Salt	(1 cup)
	1/8 teaspoon Pepper	6 slices buttered Toast

Drain tomatoes; reserve juice. Melt butter; add flour; blend. Add tomato juice; cook until mixture thickens, stirring constantly. Add drained tomatoes, seasonings and fish. Cook slowly for 10-12 minutes. Serve hot on toast. Serves 8.

**CREAMED
CODFISH**

3 tablespoons Butter	1 7½-oz. can Maine
3 tablespoons Flour	Fish Flakes or
1½ cups Milk	½ 14-oz. can Maine
¼ teaspoon Salt	Fresh Codfish
Dash of Pepper	1 teaspoon chopped
1 teaspoon minced	Parsley
Onion	2 hard-cooked Eggs,
	sliced
	Buttered Toast

Melt butter in saucepan; add flour; blend. Add milk; cook until mixture thickens, stirring constantly. Add salt, pepper, onion and flaked fish. When ready to serve add parsley and eggs. Serve hot on toast. Serves 5-6.

CODFISH CAKES

1 10-oz. can Maine Codfish	1 beaten Egg, if
Cakes	desired

Mix codfish mixture with egg, especially if dry. Shape into flat cakes or balls. Fry in deep fat 375° F. until golden brown. Cakes may also be sautéed in skillet until golden brown on one side, then turn and sauté on second side. Serve at once. Makes 6-8 medium cakes.

SCALLOPED

1 No. 2 can Maine Peas	1¼ cups Milk
3 tablespoons Butter	1 10-oz. can
4 tablespoons Flour	Finnan Haddie
1 teaspoon Salt	3 tablespoons finely
Dash Pepper	crushed Bread Crumbs

Drain peas; reserve liquor. Melt butter; blend in flour, salt and pepper. Add milk to pea liquor to make 2 cups; add to butter and flour mixture; cook until mixture thickens, stirring constantly. Fold in peas and flaked Finnan Haddie. Pour into casserole dish; sprinkle with bread crumbs. Bake in a moderate oven at 375° F. for 30 minutes. Serves 6-8.

**PARSLEY
FISH BALLS**

1 3-oz. package	½ 14-oz. can Maine
Cream Cheese	canned Fresh Codfish
1 7½-oz. can Maine	½ teaspoon grated Onion
Fish Flakes or	Finely chopped Parsley

Soften cream cheese by creaming. Add fish and onion; blend thoroughly. Shape into tiny balls and roll in parsley. Chill for several hours. Serve on toothpicks. Makes about 24 balls.



DIRECTORY • MAINE CANNED FOODS

1 G. M. ALLEN & SON, INC., North Sedgwick, Maine ALLEN'S Blueberries

2 AUGUSTA CANNING CO., Brunswick, Maine MORNING SUN Golden Bantam Shell Bean Succotash MORNING SUN Succotash with Green Lima Beans MORNING SUN Cut Cranberry Green Beans MORNING SUN French Style Green Beans Sliced MORNING SUN Fresh Shell Beans MORNING SUN Maine Sugar Peas MORNING SUN Diced Carrots MORNING SUN Diced Beets MONTROSE Cream-Style Golden Bantam Corn MONTROSE Cream-Style White Sugar Corn MONTROSE Golden Bantam Whole- Kernel Corn MONTROSE Cut Golden Wax Beans MONTROSE Oven-Baked California Pea Beans MONTROSE Brown Bread

3 R. K. BARTER CANNERIES, INC., Stonington, Maine DEER ISLE Maine Crab Meat DEER ISLE Clams

4 H. C. BAXTER & BRO., Brunswick, Maine BAXTER'S FINEST Golden Bantam Corn Whole Kernels—Vacuum Packed BAXTER'S FINEST Cream Style Golden Bantam Corn BAXTER'S FINEST Golden Bantam Corn with Sweet Red and Green Peppers BAXTER'S FINEST Whole Kernel Golden Bantam Corn BAXTER'S FINEST Golden Bantam Succotash with Dried Cooked Lima Beans BAXTER'S FINEST Golden Bantam Succotash with Green Lima Beans BAXTER'S FINEST Golden Bantam Succotash with Fresh Shell Beans BAXTER'S FINEST Corn Hearts BAXTER'S FINEST White Sugar Corn —Cream Style BAXTER'S FINEST White Sugar Corn —Whole Kernel BAXTER'S FINEST Corn on the Cob BAXTER'S FINEST Cut Maine Cran- berry Stringless Beans BAXTER'S FINEST Cut Green Refugee Beans BAXTER'S FINEST French Sliced Stringless Beans BAXTER'S FINEST Cut Golden Wax Beans BAXTER'S FINEST Fresh Shell Beans BAXTER'S FINEST Maine Sugar Peas

BAXTER'S FINEST Brick Oven Baked
Beans with Pork
BAXTER'S FINEST Whole Beets
BAXTER'S FINEST Sliced Beets
BAXTER'S FINEST Cut Beets
BAXTER'S FINEST Diced Carrots
BAXTER'S FINEST Maine Blueberries
packed in Sugar Syrup
BAXTER'S FINEST New England
Brown Bread
BAXTER'S FINEST Old Fashioned
Fruit Pudding
BAXTER'S FINEST Concentrated
Clam Chowder
LILAC Whole Kernel Golden Bantam
Corn
LILAC Cream Style Golden Bantam Corn
LILAC Cut Refugee Beans
LILAC Cut Golden Wax Beans
LILAC Maine Sugar Peas
LILAC Brick Oven Baked Beans with
Pork
LILAC Beets
LILAC Diced Carrots
LILAC New England Brown Bread

5 J. W. BEARDSLEY'S SONS, Eastport, Maine BEARDSLEY'S Shredded Codfish Cakes BEARDSLEY'S Boned Smoked Herring

6 BLACK & GAY, CANNERS, INC., Thomaston, Maine KID GLOVE Golden Bantam Corn KID GLOVE Mak-A-Pie Blueberries KID GLOVE Clams KID GLOVE Cut Wax Beans KID GLOVE Cut Green Refugee Beans KID GLOVE Cut Green Cranberry Beans KID GLOVE Baked Pea Beans KID GLOVE Baked Yellow Eye Beans KID GLOVE Baked Red Kidney Beans KID GLOVE New England Brown Bread

7 BURNHAM & MORRILL COMPANY, Portland, Maine B&M Golden Dew Golden Sweet Corn —Vacuum Packed Whole Kernel B&M Paris Golden Sweet Corn—Whole Kernel B&M Paris Golden Sweet Corn—Cream Style B&M Paris White Crosby Corn—Cream Style B&M Paris Golden Sweet Succotash— With Lima Beans B&M Paris White Crosby Succotash— With Lima Beans B&M Maine Corn Relish B&M Cut Green Stringless Beans B&M Cut Golden Wax Beans B&M Fresh Shelled Beans B&M Brick Oven Baked Beans with Pork B&M Delmonico Potatoes Creamed— with Cheese B&M Maine Squash B&M Maine Pumpkin

7 BURNHAM & MORRILL COMPANY,
(continued)

B&M New England Indian Pudding
B&M Maine Apple Juice
B&M New England Brown Bread
B&M Spaghetti with Tomato Sauce and Cheese
B&M Spaghetti with Special Sauce
B&M State of Maine Crab Meat
B&M Scarborough Beach Clams
B&M Maine Shore Clam Chowder
B&M Codfish Cakes
B&M Fish Flakes

8 CARLL CANNING CO., Gorham, Maine
CARLL Golden Bantam Corn on the Cob
CARLL Golden Bantam Corn

9 C. C. FARMER, Boothbay, Maine
SWANS COVE Maine Clams

10 THE FERNALD, KEENE & TRUE COMPANY, West Poland, Maine
POLAND Cream Style Golden Bantam Corn

11 FOREST CITY PACKING CORP., South Paris, Maine

BESSEY'S Crispy Sweet Relish
BESSEY'S Crispy Sweet Mixed
BESSEY'S Processed Sliced Dill Pickles
BESSEY'S Crispy Sweet Pickle Chips
BESSEY'S Sliced Sour Pickles
BESSEY'S Sweet Mustard Pickles
BESSEY'S Crispy Sweet Gherkins

12 H. L. FORHAN CO., Portland, Maine

Forhan's SQUARE Golden Bantam Maine Corn
Forhan's SQUARE Golden Bantam Whole Kernel Maine Corn
Forhan's SQUARE Maine Cut Green Stringless Beans
Forhan's SQUARE Maine Cut Cranberry Stringless Beans
Forhan's SQUARE Maine Cut Golden Wax Beans
Forhan's BLUEBERRY PIE Maine Blueberries
Forhan's SQUARE Blueberries
Forhan's BLUEBERRY PIE Blueberries, Packed in Water
RAYMOND Golden Bantam Maine Corn
RAYMOND A Blueberries

13 FRANKLIN FARMS PRODUCTS CO., Farmington, Maine

FRANKLIN FARMS Golden Bantam Corn
FRANKLIN FARMS Golden Wax Beans
FRANKLIN FARMS Maine Cut Stringless Refugee Beans

14 J. C. GRANT & SON, Clinton, Maine

CLINTON Cream Style Golden Bantam Corn

CLINTON Maine Succotash—Golden Bantam Corn & Horticultural Beans
CLINTON Stringless Beans—Cut Cranberry
CLINTON Maine Cut Golden Wax Beans
CLINTON Maine Round Pod Cut Green Stringless Beans
CLINTON Green Shell Beans

15 GEO. H. HALL & SONS, INC., Dexter, Maine

AUTUMN LEAF Golden Bantam Corn
AUTUMN LEAF Shell Beans
AUTUMN LEAF Golden Wax Beans
AUTUMN LEAF Round Pod Cut Green Stringless Beans
AUTUMN LEAF Whole Beets
AUTUMN LEAF Mustard Greens

16 HATHAWAY BROTHERS, Columbia Falls, Maine

HATHAWAY'S Cut Wax Beans
HATHAWAY'S Whole Beets
HATHAWAY'S Blueberries
HATHAWAY'S Clam Juice
HATHAWAY'S Clams

17 HOLMES PACKING CORPORATION, Eastport, Maine

SEA FOAM Maine Sardines in Mustard Sauce
SEA FOAM Maine Sardines in Cottonseed Oil
SEA FOAM Maine Sardines in Pure Olive Oil
HOLMES KING Sardines in Pure Olive Oil

18 G. S. & F. E. JEWETT, Norridgewock, Maine

JEWETT Golden Bantam Maine Corn
REAL MAINE Bantam Maine Corn
PLENTIFUL Maine Golden Bantam Corn

19 JONESPORT PACKING CORP., West Jonesport, Maine

CHANNEL Maine Sardines in Mustard Sauce
LIGHTSHIP Maine Sardines in Cottonseed Oil

20 MAINE CANNED FOODS, INC., PURITAN SALES CORP., Nat'l Dist. Portland, Maine

PURITAN Baked Beans
PURITAN Old Fashioned Fruit Pudding
PURITAN New England Brown Bread with Raisins
PURITAN Vacuum Packed Crispy-Fresh Popcorn

21 MEDOMAK CANNING COMPANY, Rockland, Maine

ONE-PIE Maine Squash
ONE-PIE Maine Pumpkin
ONE-PIE Maine Blueberries
ONE-PIE Sliced Apples
ONE-PIE Mince Meat

**22 MONMOUTH CANNING COMPANY,
Portland, Maine**

MONMOUTH Golden Sweet Corn on the Cob
MONMOUTH Golden Bantam Whole Kernel Maine Corn
MONMOUTH Medium Syrup Blueberries

23 MONTSWEAG FOOD PRODUCTS, INC., Bath, Maine

PIE-MASTER Seasoned Pumpkin for Pie
PIE-MASTER Seasoned Squash for Pie
PIE-MASTER Seasoned Apples Sliced for Pie

**24 R. J. PEACOCK CANNING CO.,
Lubec, Maine**

PEACOCK'S ADMIRAL Sardines in Cottonseed Oil

**25 PORTLAND PACKING COMPANY,
Portland, Maine**

PORTLAND Maine Golden Bantam Corn
PORTLAND Cut Green Stringless Beans
PORTLAND Cut Golden Wax Beans
PORTLAND Sweet Peas
PORTLAND Diced Carrots
HONEY DROP Whole Kernel Golden Bantam Corn
HONEY DROP Maine Sweet Corn
HONEY DROP Cream Style Golden Bantam Corn
HONEY DROP Cut Green Beans
HONEY DROP Sliced Green Beans
HONEY DROP Cut Wax Beans
HONEY DROP Sliced Wax Beans
HONEY DROP Sifted Maine Peas
HONEY DROP Maine Beets
GOLDEN HARVEST Golden Bantam Corn
GOLDEN HARVEST Cut Green Beans
GOLDEN HARVEST Cut Wax Beans
GOLDEN HARVEST Sweet Peas
PINE TREE Golden Bantam Corn
PINE TREE Cut Wax Beans
PINE TREE Cut Green Beans
PINE TREE Sweet Peas
PINE TREE Diced Beets—in glass jars
PINE TREE Diced Carrots—in glass jars
PINE TREE Tiny Whole New Maine Potatoes

**26 THE J. W. PRATT COMPANY,
Farmington, Maine**

MAINE LEADER Golden Bantam Corn
MAINE LEADER Stringless Beans—Cut Green
MAINE LEADER Cut Golden Wax Beans

**27 RAMSDELL PACKING CO.,
Rockland, Maine**

STAG Maine Sardines in Tomato Sauce
PENNANT Maine Sardines in Mustard Sauce

28 C. H. RICE COMPANY, Bangor, Maine

JONES' CELEBRATED Codfish Cakes
JONES' CELEBRATED Finnan Haddie

**29 RIVERSIDE CANNING COMPANY,
Harrington, Maine**

HARRINGTON Blueberries

**30 ROYAL RIVER PACKING CORP.,
Yarmouth, Maine**

FISHER QUEEN Maine Sardines

**31 SEABOARD PACKING CO.,
Lubec, Maine**

BIG SMOKE Smoked Sardines
NEPTUNE Maine Sardines in Cottonseed Oil

**32 F. H. SNOW CANNING CO., INC.,
Scarboro, Maine**

SNOW'S Welsh Rarebit
SNOW'S Clam Chowder
SNOW'S Clam Stew
SNOW'S Clam Cakes
SNOW'S Fish Chowder

**33 STEVENS PACKING COMPANY
Yarmouth, Maine**

STEVENS Sandwich Spread

**34 A. L. STEWART & SONS,
Cherryfield, Maine**

MAINE LAND Blueberries—Vacuum Packed
STEWART'S Blueberries

**35 SUNSET PACKING CO.,
West Pembroke, Maine**

LOOKOUT American Sardines in Pure Olive Oil
PATSY Smoked Sardines
LIGHT HOUSE Smoked Sardines in Pure Olive Oil
LIGHT HOUSE Kipper Snacks
RONDO American Sardines in Cottonseed Oil

36 W. S. WELLS & SON, Wilton, Maine

BELLE OF MAINE Golden Bantam Corn
BELLE OF MAINE Dandelions
BELLE OF MAINE Sliced Apples

**37 JASPER WYMAN & SON,
Millbridge, Maine**

WYMAN'S Blueberries
WYMAN'S Clams
WYMAN'S Clam Bouillon

ALSO MEMBERS OF MAINE CANNERS' ASSOCIATION
THE DEMERITT CO.
Waterbury, Vermont
SNIDER PACKING CORP.
Houlton, Maine



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FANCY GRADE

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