1941

121 Tested Recipes Made with Famous State of Maine Canned Foods

Maine Development Commission
Maine Department of Agriculture
Maine Department of Sea and Shore Fisheries
Maine Canners' Association
Maine Sardine Packers' Association

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121 TESTED RECIPES made with FAMOUS STATE OF MAINE CANNED FOODS
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.
121

TESTED RECIPES
made with
FAMOUS
STATE OF MAINE
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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MAINE SARDINE PACKERS' ASSOCIATION
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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 rainfalls 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 farm-lands.

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.
For instance, the farmer is supplied with certified seeds for planting. His soil is tested and retested to be sure that it measures to fixed productive standards. The growing crop is under constant observation of the cannery inspectors working with our State Department of Agriculture. When a field nears maturity, it is watched alertly and preparations made for harvest at its exact maturity. Precisely when that patch 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.
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**

<table>
<thead>
<tr>
<th>SIZE OF CAN</th>
<th>AVERAGE WEIGHT OF CONTENTS</th>
<th>CUP MEASURE OF CONTENTS</th>
<th>PRINCIPAL PRODUCTS PACKED</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMALL FAMILY SIZE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NO. 1</td>
<td>9½ oz. to 13 oz.</td>
<td>1 ½ CUPS</td>
<td>Fruits, Vegetables, Soups. Available largely in Metropolitan areas.</td>
</tr>
<tr>
<td>NO. 300</td>
<td>13 oz. to 1 lb. 2 oz.</td>
<td>1 ¾ CUPS</td>
<td>Used principally for special products, as Pork and Beans, Brown Bread. Available everywhere.</td>
</tr>
<tr>
<td>NO. 2</td>
<td>1 lb. 2 oz. to 1 lb. 8 oz.</td>
<td>2 ½ CUPS</td>
<td>The most generally used can for all types of products. Available everywhere.</td>
</tr>
<tr>
<td>NO. 2½</td>
<td>1 lb. 10 oz. to 2 lb. 3 oz.</td>
<td>3 ½ CUPS</td>
<td>Preferred for whole Fruits, Beets, Pumpkin, Squash. Available everywhere.</td>
</tr>
</tbody>
</table>

**STATE OF MAINE**
**FANCY GRADE**
**CANNED FOODS**
CORN BISQUE

1 No. 2 can Maine Cream Style Corn 2 tablespoons Butter
4 cups Milk 2 tablespoons Flour
1 medium Onion, sliced ½ teaspoon Salt

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
¾ cup Milk 2 tablespoons melted Butter
2½ cups Flour 1 No. 2 can Maine Cream Style Corn
2 teaspoons Baking Powder

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 (Cream Style)
2 tablespoons Flour 1 Pimiento, finely chopped
½ cup Milk 3 Eggs
1 teaspoon Salt
½ teaspoon Paprika 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 Whole Kernel Corn
- 1 teaspoon Salt
- ¼ teaspoon Pepper
- 6 tablespoons Evaporated Milk, or Light Cream
- ¼ 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
- 2 tablespoons Butter
- 1 4½-oz. can Vienna Sausages
- 1 No. 2 can Maine Corn (Cream Style)
- 1 teaspoon Salt
- ¼ teaspoon Pepper
- ½ cup Milk
- 2 Eggs

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 Succotash
- 2 raw Tomatoes
- ¼ teaspoon Salt
- 1 slice Bread, cubed
- 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 Corn (Cream Style)
- ½ teaspoon Salt
- ⅛ teaspoon Pepper
- 1 teaspoon Butter or Margarine
- ⅓ 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 Soup
1 No. 2 can Maine Corn (Cream Style)

Mix together soup and corn in saucepan. If condensed soup is used, add ½ 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.

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**CORN STUFFING**

4 cups coarse dry Bread Crumbs
3/4 cup finely chopped Onion
1/2 cup finely chopped Green Pepper

1 No. 2 can Maine Cream Style Corn
2 teaspoons Salt
1/8 teaspoon Pepper
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.*

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**CORN WAFFLES**

1 Egg, well beaten
1 3/4 cups Milk
1 No. 2 can Maine Cream Style Corn

2 cups prepared Pancake Flour
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
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.*
### Corn a la King with Bacon

- **Ingredients:**
  - 2 tablespoons Butter
  - 2 tablespoons Flour
  - 1 cup Milk
  - 1 canned Pimiento, chopped
  - 1 teaspoon minced Onion
  - ¼ teaspoon Celery Salt
  - ½ teaspoon Salt
  - Few grains Cayenne
  - 1 12-oz. can Vacuum Packed Whole Kernel Maine Corn
  - 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

- **Ingredients:**
  - 2 tablespoons Butter
  - 1 medium-sized Onion, chopped
  - 3 canned Pimientos chopped
  - 1 tablespoon Flour
  - 1 cup Milk
  - 1 teaspoon Salt
  - ½ teaspoon Paprika
  - 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

- **Ingredients:**
  - ½ 12-oz. can Whole Kernel Maine Corn (¾ cup)
  - 1 cup soft Bread Crumbs
  - 1 teaspoon Salt
  - ½ teaspoon Pepper
  - ⅛ teaspoon Thyme
  - 1 teaspoon minced Onion
  - 4 tablespoons melted Butter
  - 1 1¼ cups Milk
  - 2 tablespoons Flour
  - 1 13-oz. can Tuna Fish

Drain corn. Toss together bread crumbs, ½ teaspoon salt, pepper, thyme, onion, 2 tablespoons melted butter and ¼ cup milk. Blend flour and remaining ½ 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  
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  
2/3 cup Milk  
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 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  
1/2 teaspoon Salt  
1/8 teaspoon Pepper  
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 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.
## FRIED CORN AND ONIONS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
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<tr>
<td>Vacuum Packed Maine Whole Kernel Corn</td>
<td>12-oz. can</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Onions, sliced</td>
<td>3 medium</td>
<td></td>
</tr>
<tr>
<td>Green Pepper</td>
<td>3 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/16 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Kernel Maine Corn (Golden Bantam)</td>
<td>1 No. 2 can</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>1/8 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Canned Drained Maine Peas</td>
<td>1 cup</td>
<td></td>
</tr>
</tbody>
</table>

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

## SUCCOTASH CHOWDER

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>2 slices</td>
<td></td>
</tr>
<tr>
<td>Onion, minced</td>
<td>1 medium</td>
<td></td>
</tr>
<tr>
<td>Succotash</td>
<td>1 No. 2 can</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>1 cup diced boiled</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
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</tbody>
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## SCALLOPED CORN AND TOMATOES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Kernel Corn</td>
<td>1 No. 2 can</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 No. 2 can</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>1/8 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td>2 teaspoons finely chopped</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Bread Crumbs</td>
<td>2 tablespoons fine</td>
<td></td>
</tr>
</tbody>
</table>

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 PUFS**

- 1 No. 2 can Maine Whole Kernel Corn
- 2 teaspoons Baking Powder
- ¾ cup Flour
- ¼ teaspoon Salt
- 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 Whole Kernel Corn
- ⅓ cup Milk
- 1½ tablespoons grated Onion
- ½ teaspoon Salt
- ¼ teaspoon Worcester­shire Sauce
- 1 medium-sized Green Pepper
- 3 tablespoons Flour
- 4 tablespoons Butter
- ½ teaspoon Salt

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 Soup
- ¼ teaspoon Onion Salt
- 1 12-oz. can Maine Whole Kernel Corn
- 3 tablespoons Butter 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 Whole Kernel Corn
- 1 tablespoon Butter
- ½ cup light Cream
- ¼ teaspoon Salt
- 1/16 teaspoon Pepper

CORN AND TUNA FISH STUFFED PEPPERS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Peppers</td>
<td>3 well shaped</td>
</tr>
<tr>
<td>12-oz. can Maine Whole Kernel Corn</td>
<td>1</td>
</tr>
<tr>
<td>Butter</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Flour</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Thyme</td>
<td>1/8 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>Dash of</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Minced Onion</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Tuna Fish</td>
<td>1 6-oz. can</td>
</tr>
<tr>
<td>Soft Bread Crumbs</td>
<td>1 cup</td>
</tr>
<tr>
<td>Buttered Bread Crumbs</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maine Whole Kernel Corn</td>
<td>1 No. 2 can</td>
</tr>
<tr>
<td>Olive or other Salad Oil</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Green Pepper</td>
<td>1/4 cup chopped</td>
</tr>
<tr>
<td>Butter</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Catsup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Worcestershire Sauce</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Salt</td>
<td>1/16 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/16 teaspoon</td>
</tr>
<tr>
<td>Paprika</td>
<td>1/2 teaspoon</td>
</tr>
</tbody>
</table>

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.

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SOUTHERN CORN PUDDING

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maine Corn (Cream Style)</td>
<td>1 No. 2 can</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Butter</td>
<td>2 tablespoons melted</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/8 teaspoon</td>
</tr>
</tbody>
</table>

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.*
**PEA, MUSHROOM AND NOODLE CASSEROLE**

1 1/2 cups Noodles  
1 No. 2 can Maine Peas  
1 4-oz. can sliced button Mushrooms  
1 cup Evaporated Milk  
2 tablespoons Butter  
3 tablespoons Flour  
1 teaspoon minced Onion  
3/4 teaspoon Salt  
1/8 teaspoon Pepper  
1/2 cup grated American Cheese

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  
1/3 cup sliced Celery  
1/8 teaspoon Salt  
3/4 teaspoon Sugar  
1/2 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  
1 Onion, minced  
1 tablespoon minced Parsley  
2 tablespoons Olive or Salad Oil  
3/4 cup cooked Rice  
3 tablespoons grated Cheese  
1 teaspoon Salt  
1/8 teaspoon Pepper

Drain peas; measure 1/2 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  
½ teaspoon Salt  
⅓ 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  
¼ cup Milk  
½ teaspoon Salt  
½ 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  
½ teaspoon Salt  
1 small Onion, chopped  
2 tablespoons Flour  
Few Grains Pepper

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 Maine Peas

3/4 teaspoon Salt

1/8 teaspoon Pepper

6 tablespoons Evaporated Milk, or Light Cream

1/2 cup grated Cheese

1/2 teaspoon Salt

1/16 teaspoon Pepper

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

2 tablespoons Butter

1/16 teaspoon Pepper

1/2 teaspoon Salt

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

4 tablespoons Butter

1/3 cup diced Celery

3 tablespoons Flour

1 teaspoon Salt

1/16 teaspoon Pepper

1 cup Milk

3-4 tablespoons finely crushed Bread Crumbs

Drain peas; reserve 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 Shell Beans

1 cup chopped Celery

2 hard-cooked Eggs, chopped

2 tablespoons chopped Sweet Pickle

1 teaspoon minced Onion

1 teaspoon Salt

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.
WAX BEAN AND SHRIMP CURRY

1 No. 2 can Maine Cut Wax Beans
1 5 3/4-oz. can Shrimp
1 tablespoon Butter
1 small Onion, minced

1 tablespoon Flour
1 teaspoon Curry Powder
1/2 teaspoon Salt
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
1 No. 2 can Maine Cut Green Stringless Beans
2 tablespoons Butter

2 tablespoons Flour
1 cup Milk
1 teaspoon Salt
1/8 teaspoon Pepper

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 Green Stringless Beans
1 1-lb. can Salmon
2 tablespoons Butter
2 tablespoons Flour

1/2 teaspoon Salt
Dash Pepper
3/4 cup Milk
2 tablespoons buttered Cracker 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.
1 cup sliced Celery  
1 No. 2 can Maine Cut Green Stringless Beans  
1/2 teaspoon Salt  
Dash Pepper  
3 tablespoons Butter, melted

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 1/2 cup. Add beans and celery; heat thoroughly. When ready to serve add seasonings. Serves 4.

1 No. 2 can Maine Shoestring Green Beans, chilled  
1 Bermuda Onion, very thinly sliced  
French Dressing

Drain beans; arrange with 2 or 3 slices of onion on crisp lettuce leaves. Serve with French Dressing. Serves 5.

1 No. 2 can Maine Cut Green Stringless Beans  
1 tablespoon Butter or Margarine  
2 slices Onion  
1 teaspoon minced Parsley  
1/8 teaspoon Thyme  
1 Bay Leaf  
2 tablespoons Vinegar

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.

2 slices Bacon  
1 1/2 tablespoons chopped Onion  
1 1/2 tablespoons chopped Green Pepper  
1 No. 2 can Maine Shell Beans  
1 teaspoon chopped Pimiento  
1/2 teaspoon Salt  
1/2 teaspoon Paprika  
1/4 teaspoon Dry Mustard  
2 tablespoons Molasses

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.
**SAVORY BAKED BEANS**  
1 1-lb. 12-oz. can or 1 medium-sized White Onion, chopped  
2 1-lb. cans Maine Baked Beans  
½ teaspoon Mustard  
2 slices Bacon

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.

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**TOMATO BEAN SOUP**  
1 1-lb. can Maine Baked Beans  
1 No. 2 can Tomatoes  
1½ cups Water  
1 teaspoon Salt  
4 slices Onion  
1 teaspoon Sugar  
½ teaspoon Celery Salt  
1 tablespoon Vinegar

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.

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**BAKED BEANS AND PORK TENDERLOIN**  
1½ lb. smoked Pork Tenderloin  
3 1-lb. or 2 1-lb. 12-oz. cans Maine Baked Beans  
6 tablespoons Molasses  
6 tablespoons Water  
½ teaspoon Dry Mustard

Place tenderloin in boiling water and boil for ¾ 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.

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**BAKED BEAN SANDWICHES**  
3 strips Bacon  
2 tablespoons Catsup  
1 1-lb. can Maine Baked Beans  
½ teaspoon minced Onion

Fry bacon; drain on absorbent paper; break into small pieces. Mix with remaining ingredients. Makes filling for 6-8 double sandwiches.
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 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
1/2 teaspoon Sugar
1 tablespoon Flour
1 No. 2 can Maine Cut Wax Beans
2 tablespoons Chili Sauce
1/2 teaspoon Salt
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 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
1/3 cup Vinegar
1 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
2 tablespoons Currants or Seedless Raisins
2 tablespoons Butter
1 tablespoon Flour
¼ teaspoon Salt

⅛ teaspoon Pepper
¼ teaspoon Brown Sugar
⅓ cup Juice drained from the pickles
¼ cup thinly sliced Sweet Pickles
¼ teaspoon grated Orange Rind

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 ½ 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
2 tablespoons Butter
2 tablespoons Flour
2 tablespoons Brown Sugar

1 teaspoon Salt
1 ½ tablespoons Horseradish
½ cup buttered Bread Crumbs

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 Sliced Carrots
2 tablespoons Butter
1 teaspoon Cornstarch
1 tablespoon Sugar
½ cup Water

1 tablespoon shredded fresh Mint Leaves
1 teaspoon Lemon Juice
½ teaspoon grated Lemon Rind

Drain ⅓ cup carrot liquor from can of carrots; empty remaining contents in saucepan; heat. Melt butter; add cornstarch and sugar; blend. Add water and ⅓ cup carrot liquor. Cook over low heat until mixture thickens, stirring constantly. Add remaining ingredients. Serve over hot carrots. Serves 4-6.
GLAZED CARROTS

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

Drain carrots; measure 1/2 cup liquor. Add butter and sugar to carrot liquor. Cook until liquid is reduced to about 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 Whole Carrots
1 cup Vinegar
1/2 cup Sugar
1/2 tablespoon Whole 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 or Margarine
1 tablespoon Minced Onion
1 tablespoon chopped Parsley
1 No. 2 can Maine Whole Carrots
1 cup Evaporated or Fresh Milk
1/2 cup soft Bread Crumbs
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 Whole Carrots
2 tablespoons Butter
1 tablespoon Sugar
1/2 teaspoon Paprika
1 tablespoon Lemon Juice
1 tablespoon chopped 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.
Mix sugar, salt, ginger and ½ teaspoon cinnamon with pumpkin. Add eggs and milk; mix well. Chop or slice very thinly 1½ bananas; fold into pumpkin. Spread bread cubes in bottom of buttered casserole; fill with pumpkin mixture. Mix together brown sugar, remaining ½ 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 ½ banana. Serves 8.

PUMPKIN OR SQUASH PIE

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

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 1½ can Maine Pumpkin, or Squash, will make 2 pies.
GREENS AND PORK SAUSAGES

1 No. 2 can Maine Dandelions or Mustard Greens
1/16 teaspoon Pepper
1 8-oz. can small Pork Sausages
1/2 teaspoon Salt

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 1/2 tablespoons Butter
2 1/2 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 1/2 tablespoons Mayonnaise
2 1/2 tablespoons Sweet Pickle Relish
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 2 tablespoons Sweet Pickle Peanut Butter Relish or Chopped
2 tablespoons Sweet Pickle
2 tablespoons Mayonnaise 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

<table>
<thead>
<tr>
<th>Ingredient(s)</th>
<th>Amount(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 No. 2 can Maine Blueberries</td>
<td></td>
</tr>
<tr>
<td>(Syrup or Water Packed)</td>
<td></td>
</tr>
<tr>
<td>2 cups Flour</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon Soda</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon Salt</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon Nutmeg</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon Cinnamon</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon Cloves</td>
<td></td>
</tr>
<tr>
<td>¾ cup Sugar</td>
<td></td>
</tr>
<tr>
<td>1 Egg</td>
<td></td>
</tr>
<tr>
<td>1 cup Sour Cream</td>
<td></td>
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</tbody>
</table>

Drain blueberries well. Measure ½ 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

<table>
<thead>
<tr>
<th>Ingredient(s)</th>
<th>Amount(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 No. 300 can Maine Blueberries</td>
<td></td>
</tr>
<tr>
<td>(water packed)</td>
<td></td>
</tr>
<tr>
<td>½ cup Sugar</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon Butter</td>
<td></td>
</tr>
<tr>
<td>3 thin slices of Lemon</td>
<td></td>
</tr>
<tr>
<td>5½ slices stale white Bread</td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient(s)</th>
<th>Amount(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 No. 300 can Maine Blueberries</td>
<td></td>
</tr>
<tr>
<td>(Water or Syrup Pack)</td>
<td></td>
</tr>
<tr>
<td>2 cups Flour</td>
<td></td>
</tr>
<tr>
<td>3 teaspoons Baking Powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon Salt</td>
<td></td>
</tr>
<tr>
<td>2 Eggs, Separated</td>
<td></td>
</tr>
<tr>
<td>1⅓ cups Milk</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons melted Butter or other shortening</td>
<td></td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
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<th>Ingredients</th>
<th>Measurements</th>
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<tbody>
<tr>
<td>1 No. 300 can Maine Blueberries (Syrup Pack)</td>
<td>1/2 teaspoon Salt</td>
</tr>
<tr>
<td>2 cups Flour</td>
<td>1 tablespoon Sugar</td>
</tr>
<tr>
<td>3 teaspoons Baking Powder</td>
<td>1 Egg, beaten</td>
</tr>
<tr>
<td></td>
<td>1 cup Milk</td>
</tr>
<tr>
<td></td>
<td>3 tablespoons Butter, melted</td>
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</tbody>
</table>

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.*

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**BLUEBERRY BETTY**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 No. 2 or No. 300 can Maine Blueberries (syrup pack)</td>
<td>3 tablespoons Sugar</td>
</tr>
<tr>
<td>2 cups soft Bread Crumbs</td>
<td>1/2 teaspoon Cinnamon</td>
</tr>
<tr>
<td></td>
<td>1/2 teaspoon Nutmeg</td>
</tr>
<tr>
<td></td>
<td>1 1/2 tablespoons Butter</td>
</tr>
</tbody>
</table>

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.

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**BLUEBERRY JUICE COCKTAIL**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Blueberry Juice (from Syrup pack Blueberries)</td>
<td>2 tablespoons Lemon Juice</td>
</tr>
<tr>
<td>1/4 cup Orange Juice</td>
<td>Few grains Salt</td>
</tr>
<tr>
<td></td>
<td>Few grains Nutmeg</td>
</tr>
<tr>
<td></td>
<td>1/4 cup Gingerale</td>
</tr>
</tbody>
</table>

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
1/3 cup Butter
1 cup Sugar
1 Egg, well beaten
2 cups Pastry Flour
2 1/2 teaspoons Baking Powder
1/4 teaspoon Salt
2/3 cup Milk
1/2 teaspoon Vanilla

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
4 tablespoons Sugar
Juice from 1 No. 300 or No. 2 can Maine Blueberries
1 1/2 tablespoons Lemon Juice
1 tablespoon 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)
3 tablespoons Sugar
2 tablespoons Cornstarch
1/8 teaspoon Salt
1 tablespoon Lemon Juice
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.
BLUEBERRY ICE

3/4-1 cup Blueberry Juice 1/2 cup cold Water
1 cup Sugar 1 cup boiling Water
2 teaspoons Gelatin 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 1/2-2/3 cup Cream, whipped
1 No. 300 can Blueberries (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 1/4 teaspoon Nutmeg
Sliced Apples 1 tablespoon Lemon Juice
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 1/2 cup Cream, whipped
Raisins and sweetened

Steam brown bread for 30 minutes; slice in 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 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 Brown Bread
1/16 teaspoon Sliced Apples
Salt
3/4 cup Brown Sugar
3 tablespoons flour
6 tablespoons Butter

Empty one-half of the apples into pie plate or shallow baking dish; sprinkle with 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.

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**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**

1/2 cup Sugar
2 tablespoons Flour
3/4 cup cold Water
2 tablespoons Butter
Grated rind and 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**

1/3 cup Butter
1 cup powdered or confectioner's Sugar
1/2 teaspoon Flavoring Extract

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 TRIFLE

- 5 tablespoons Sugar
- 1/16 teaspoon Salt
- 1 cup canned Maine Sliced Apples
- 1/2 teaspoon Vanilla Extract
- 2 Eggs
- 1 cup Milk, scalded
- 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 BROWNIES

- 1 cup Flour
- 1 teaspoon Baking Powder
- 1/4 teaspoon Salt
- 4 tablespoons Butter
- 1 cup light Brown Sugar
- 1 Egg
- 1/2 teaspoon Vanilla
- 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 WAFFLES

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

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.
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 distinctively 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.
SEA FOODS
CLAM AND CARROT PIE

1 10 1/2-oz. can Maine Clams
1 cup cooked Potato Cubes
2 tablespoons Flour
Salt and Pepper

1 tablespoon Butter
1/2 teaspoon Minced Onion
1/2 No. 2 can Maine Diced Carrots (1 cup)
2/3 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 1/2 tablespoon butter and the onion. Drain carrots; reserve 1/3 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

1 1/4 cups Flour
1/4 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 1/8 inch thickness. Cut several slits in pastry to allow steam to escape.

NEW ENGLAND CLAM CHOWDER

1/4 pound Salt Pork, cut in small cubes
1 Onion, sliced
1 quart 3/4-inch Potato Cubes
2 cups boiling Water

2 10 1/2-oz. cans chopped Maine Clams
1 quart Milk, scalded
1 1/2 teaspoons Salt
1/4 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.

Color illustration on opposite page.
### DEVILED CLAMS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10½-oz. can Maine Clams</td>
<td>1</td>
</tr>
<tr>
<td>1 tablespoon Butter</td>
<td>1</td>
</tr>
<tr>
<td>2 tablespoons Flour</td>
<td>1 1/2</td>
</tr>
<tr>
<td>1/2 cup Milk</td>
<td>1</td>
</tr>
<tr>
<td>1 Egg Yolk</td>
<td>1</td>
</tr>
<tr>
<td>1 teaspoon chopped Parsley</td>
<td>1 1/2</td>
</tr>
<tr>
<td>1/2 teaspoon minced Onion</td>
<td>1</td>
</tr>
<tr>
<td>1/8 teaspoon Salt</td>
<td>1</td>
</tr>
<tr>
<td>1/16 teaspoon Pepper</td>
<td>1 1/2</td>
</tr>
<tr>
<td>1 tablespoon grated Parmesan or American Cheese</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Buttered Bread Crumbs</td>
<td>1</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10½-oz. can Maine Clams</td>
<td>1</td>
</tr>
<tr>
<td>1 tablespoon Butter</td>
<td>1</td>
</tr>
<tr>
<td>1 teaspoon Minced Onion</td>
<td>1</td>
</tr>
<tr>
<td>Yolks of 2 Eggs</td>
<td>1</td>
</tr>
<tr>
<td>1/2 cup Light Cream</td>
<td>1 1/2</td>
</tr>
<tr>
<td>3 pieces, hot, buttered Toast</td>
<td>1 1/2</td>
</tr>
</tbody>
</table>

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

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

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 1 1/4 hours. Serves 4-6.
JELLIED CLAM BOUILLON

1 1/2 tablespoons plain Gelatin
1 No. 2 can Maine Clam Bouillon
1/4 teaspoon Salt
Dash Pepper
2 teaspoons Lemon Juice

Soak gelatin in 1/3 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
1 1/4 cups Tomato Juice
1/2 teaspoon Sugar
Dash of Pepper

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

CRABETTES

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

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.)
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.


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.

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DELMONICO

CRABMEAT IN RICE NESTS

1/2 cup Rice
1 4-oz. can sliced Mushrooms
1 6-oz. can Maine Crabmeat
2 tablespoons Butter
1/4 teaspoon Salt

1/16 teaspoon Pepper
1 cup Milk
1 Egg Yolk, slightly beaten
1 tablespoon Lemon Juice
2 tablespoons Flour
2 hard-cooked Eggs
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 CANAPES

1 4-oz. can Maine Crabmeat
1 teaspoon chopped Onion
1 teaspoon Parsley

1 teaspoon Worcestershire Sauce
1 teaspoon Chili Sauce
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
2 tablespoons Mayonnaise
1-2 ripe Tomatoes

Sugar
Salt
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.
CRABMEAT AND MUSHROOM CASSEROLE

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

Drain mushrooms; reserve liquor. Melt butter; add flour, blend thoroughly. Add milk to mushroom liquor to make 2 cups (about 1 1/3 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 Flour
1/4 cup Milk
2 1/2 tablespoons Mayonnaise
1/4 teaspoon chopped Onion
1/2 tablespoon chopped Sweet Pickles
1/2 tablespoon chopped Stuffed Olives
1 teaspoon Capers
1/4 teaspoon Vinegar
1 3 1/4-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 Sardines packed in cottonseed oil
1½ cups cooked Rice
1 cup canned Tomatoes
1 3½-oz. can Maine ½ teaspoon Salt
1/16 teaspoon Pepper
2 teaspoons 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 1 ½-2 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, sliced
2 tablespoons Flour 1 3¼-oz. can Maine Sardines in Oil
½ teaspoon Salt 4 slices Buttered Toast
1 cup Milk


BROILED DEVILED SARDINES

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 hard-cooked Eggs</td>
<td>1/4 teaspoon Salt</td>
</tr>
<tr>
<td>2 1/2 tablespoons Mayonnaise</td>
<td>1 3 1/4-oz. can Maine Sardines packed in Cottonseed Oil</td>
</tr>
<tr>
<td>2 1/2 tablespoons Sweet Pickle Relish</td>
<td>Lettuce</td>
</tr>
</tbody>
</table>

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.

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**CREOLE SARDINE SPREAD**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 3 1/4-oz. can Maine Sardines</td>
<td>12 small Stuffed Olives, chopped</td>
</tr>
<tr>
<td>packed in oil</td>
<td>2 teaspoons Lemon Juice</td>
</tr>
<tr>
<td>2 tablespoons Chili Sauce</td>
<td></td>
</tr>
</tbody>
</table>

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.

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**PICKLE AND FISH SANDWICHES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 7 1/2-oz. can Fish Flakes</td>
<td>Dash of Salt and Pepper</td>
</tr>
<tr>
<td>1/4 cup diced Celery</td>
<td>6 tablespoons Mayonnaise</td>
</tr>
<tr>
<td>3 tablespoons chopped Sweet Pickle</td>
<td>10 slices hot,</td>
</tr>
<tr>
<td></td>
<td>buttered Toast</td>
</tr>
</tbody>
</table>

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

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**TOMATOES AND FISH FLAKES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 No. 2 can Tomatoes</td>
<td>1 7 1/2-oz. can Maine</td>
</tr>
<tr>
<td>2 tablespoons Butter</td>
<td>Fish Flakes or</td>
</tr>
<tr>
<td>2 tablespoons Flour</td>
<td>1 8-oz. can Maine</td>
</tr>
<tr>
<td>2 tablespoons chopped Onion</td>
<td>canned Fresh Codfish</td>
</tr>
<tr>
<td>1/2 teaspoon Salt</td>
<td>(1 cup)</td>
</tr>
<tr>
<td>1/8 teaspoon Pepper</td>
<td>6 slices buttered Toast</td>
</tr>
</tbody>
</table>

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
- 3 tablespoons Flour
- 1 1/2 cups Milk
- 1/4 teaspoon Salt
- 1 teaspoon minced Onion
- 1/2 14-oz. can Maine Fish Flakes or
- 1 teaspoon chopped Parsley
- 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 FINNAN HADDIE AND PEAS

- 1 No. 2 can Maine Peas
- 3 tablespoons Butter
- 4 tablespoons Flour
- 1 teaspoon Salt
- 1/4 cups Milk
- 10-oz. can Finnan Haddie
- 3 tablespoons 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 Cream Cheese
- 1 7 1/2-oz. can Maine Fish Flakes or
- 1/2 14-oz. can Maine canned Fresh Codfish
- 1/2 teaspoon grated Onion
- 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.
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 Cranberry 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 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
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<td>ONE-PIE Mince Meat</td>
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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., Scarborough, 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
RONGO 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
STATE OF MAINE

FANCY GRADE

CANNED FOODS

SEE PAGE 59 FOR CODFISH CAKE RECIPE ILLUSTRATED HERE