



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

MAINE SARDINES MAKE GOOD SANDWICHES

August has been designated as "National Sandwich Month". If the 18th century Earl of Sandwich--the man who gave the sandwich its name--were alive today, it is doubtful if he would recognize the present-day sandwiches featured this month as the outgrowth of his creation.

From his original crude idea of "a piece of meat between two slices of bread" the modern homemaker has branched out in many directions to develop such delicacies as open and closed sandwiches, hot and cold sandwiches, cocktail and party sandwiches, as well as single-, double-, and triple-decker sandwiches. And all these types of sandwiches can be made using the versatile Maine sardine.

Maine sardines are popular because of their fine flavor and all-round good eating qualities. In addition to their goodness these sardines are low in cost and high in food value.

Everyone has a favorite sandwich and the home economists of the Fish and Wildlife Service are no exception. Here is one they recommend highly.

TOASTED MAINE SARDINE AND CHEESE SANDWICH

- 2 3/4 or 4-ounce cans Maine sardines
- 1/4 cup butter
- 1 teaspoon prepared mustard
- 6 slices bread
- 6 slices cheese
- Paprika

Soften butter, add mustard, and mix until spreading consistency. Spread bread with mustard-butter. Drain sardines, place on bread and cover with cheese. Sprinkle with paprika. Place on baking sheet. Toast in a hot oven, 450° F., for 8 to 10 minutes or until cheese melts. Serve hot. Serves 6.

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