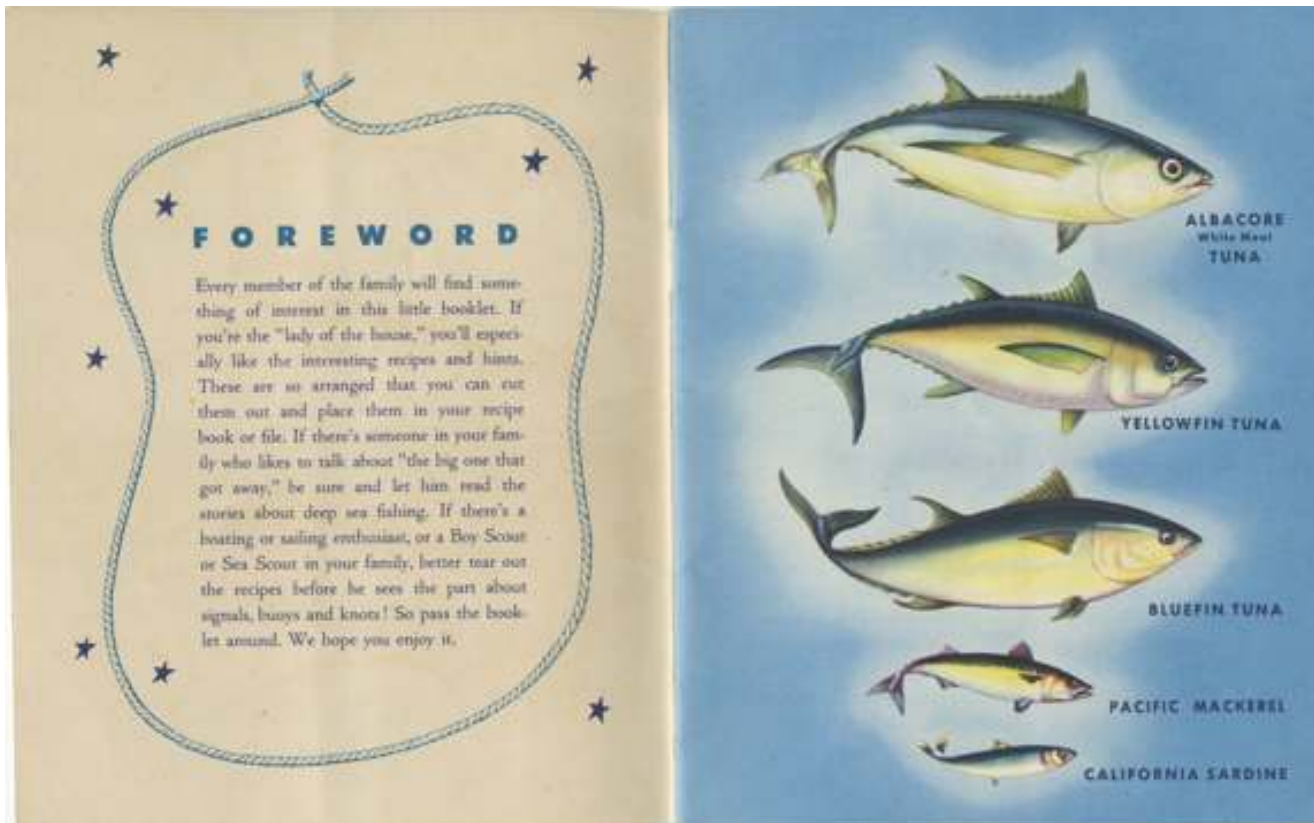




Cover
Star-Kist Promotional Booklet, n.d., c. 1950



inside cover, p 2
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TUNA FISHING

The barbless hook, covered with feathers, soars through the air. It hits the water. There is a moment of suspense. Then . . . the strike! The heavy, eight-foot, bamboo pole is snapped backward. The fish slips off the hook and lands on the deck. The line is snapped back and forth . . . back and forth . . . and a fish drops every time—just like clockwork. The fish pile up on the deck and are quickly carried away to the hold where they are placed in a freezing unit or ice.

That's fishing! That's TUNA fishing . . . one of the most exciting sports in the world—and big business. That's one-pole fishing, where the fish are comparatively small in size and one man handles one pole, one line,

one hook. The excitement increases as more men work on one fish. Sometimes two, three, four or five men work in perfect unison, displaying the ultimate in cooperative action, in bringing in a single fish. In "three-pole" fishing, for example, there are three men, three poles, three lines and one hook—all for one fish. He's a big one! Albacore, Yellowfin, Bluefin or Skipjack, when packed commercially, are known as TUNA. They vary in weight from eight pounds to one hundred pounds each and, in size, from two to six feet in length.

Tuna are attracted through "chumming" . . . a feeding process which consists of throwing huge quantities of anchovies or other small fish into the sea. These anchovies were caught in nets earlier in the trip and are now used to attract the bigger fish.

Pole fishing is done from steel tugs or bridges hung over the rail. The men often are up to their shoulders in water when the sea is rough. They stand for hours at a time raising one fish after another onto the deck.

Tuna Clippers, the big boats especially constructed for Tuna Fishing, are as long as a hundred and fifty feet and have a cruising radius up to nine thousand miles. These boats are equipped with the latest mechanical and scientific equipment such as the Fatbometer, Gyro-Compass and Ship-to-Shore Telephone.

Tuna are also caught with nets but the big bulk of them are caught individually, with poles.

On the West Coast of the United States, one hundred and fifty-five million pounds of Tuna are caught each year—most of it in the manner described above. This is a great source of the world's food!





SARDINE FISHING

It's night. It's very, very dark. The boat is moving swiftly and quietly through the water. All aboard speak in hushed voices. The running lights are dimmed. There is an alertness . . . an air of excitement and expectancy. Lookouts are posted in the crew's nest, on the bridge and on the bow and all eyes peer slowly over the dark surface of the water looking for a phosphorescent glow that will signal the presence of a school of fish. Tonight we are looking for Sardines . . . looking for the soft, steady glow that means a Sardine School!

It's there! The word spreads throughout the boat. Special care is now taken to handle the boat quietly and with extreme caution. The skipper draws close to the discovered school. If the sardine appears large enough to justify devoting two or three hours in spreading a net, the skiff is dropped quietly over the stern with two men aboard. One end of the large net, about a third of a mile in length and 200 feet in depth, is attached to the skiff which remains still in the water. The big boat . . . the seiner . . . moves slowly and makes a large circle around the school, spreading the net. Finally the circle is completed. The end of the net being held by the skiff is then taken aboard the seiner and we're all set for the catch. The net has been equipped with lead around the bottom edge to hold it down in the water while the top edge has a cork line which keeps it floating. Now the winch on the big boat starts grinding. The line through the bottom of the net is drawn tighter and tighter. The bottom of the net is closing. A few more tugs and we've got 'em! The top edge or "mouth" of the net is also drawn more closely together. The swarming, swirling, silvery fish make a great churning in the water as they are drawn close together. Then into the great mass of fish goes the dip net. As the seiner boom lifts the dip net up against the dark, night sky, the hope of every fisherman is fulfilled . . . the catch is good! The silvery Sardines pour into the hold . . . tons of them. The average size of each Sardine is two inches. Soon the purse seine net in the ocean is emptied. The boat moves on . . . looking for a new school.



MACKEREL FISHING

Mackerel aren't so particular how they're caught. You can catch 'em in the twilight or at night. You can use a small boat near shore. You can take a huge sailing boat far into the wide, open spaces of the ocean and stretch a great, seine net. No matter how you do it, "chumming" and dip nets are essential.

Let's take a small boat, twenty to forty feet in length, and keep close to shore. When we approach the fishing area, we throw our bait overboard (that's "chumming"). Soon, if we're reasonably lucky, the sea around us is alive with the feeding fish. They're Mackerel. They grow up to three pounds in weight and eighteen inches in length. All we do then is reach out over the gunwales and lift the mottled green and blue fish from the sea with a dipnet. If we were far out in the ocean in a large boat, we would attract the fish with our bait, spread the net around them and then use the dipnet.

12 EXCITING TUNA RECIPES

Tried and Tested

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE



A WHOLE HEAL
ON WARM DAYS

STAR-KIST SALAD

- 1 head lettuce
- 1 can Star-Kist Tuna (7 oz.)
- French dressing

- Radishes, olives,
- Cucumber, onion,
- Cheese & parsley

Take a small head of lettuce, remove imperfect outer leaves, cut the stem straight across so that head will rest squarely on plate. Remove heart of the lettuce head; cut from the top down as you would hollow out a tomato. Wash under the faucet, which will clean and also open the head into a blown rose pattern. Into this space put a mixture of the shredded lettuce leaves which were removed,

plus shredded Star-Kist Tuna, chopped cucumber, minced onion and parsley. Dress with a good French dressing. If preferred, mixture can be dressed with light mayonnaise before putting into lettuce head.

Place the salad upon a plate and surround it with red radishes, green or ripe olives (or both) and some slices of cheese.

See Reverse Side for Another Delicious Recipe



WAIT 'TIL HE
TASTES THIS!

DEVILED TUNA

- 1 can Star-Kist Tuna (7 oz.)
- 2 tablespoons of butter or margarine
- 1/2 teaspoon of salt
- 1/2 teaspoon of pepper
- 1/2 teaspoon of paprika
- 4 tablespoons Beer
- 1 cup cream

- 2 1/2 cups of Tabasco sauce
- 1 tablespoon Worcestershire sauce
- 1/2 cup tomato ketchup
- 2 tablespoons chopped pickles
- 2 tablespoons each chopped onion, celery, green pepper and parsley

Saute chopped vegetables in butter or margarine for five minutes. Mix remaining ingredients, add sauted vegetables and place in buttered baking dish. Dust with buttered crumbs and 1/4 cup grated Parmesan cheese. Bake at 350° for 25 minutes. Serve with rice or noodles; or alternate layers of cooked rice or noodles with layers of tuna when baking.

See Reverse Side for Another Delicious Recipe



USE STAR-KIST TUNA ALL-WAYS
Main Dishes • Salads • Sandwiches

LIST RECIPES ALONG DOTTED LINES AND PLACE IN FILE



AVOCADO TUNA MOLD

- 1 large avocado
- 1 can Star-Kist Tuna (7 oz.)
- 1/2 cup finely cut green pepper
- 1/2 cup sliced celery
- 2 tablespoons of lemon juice
- 1 1/2 tablespoons gelatin
- 1/2 cup cold water
- 1 1/2 cups boiling water
- 1/2 teaspoon celery salt
- 1/2 cup salad dressing
- Sliced greens

A DIFFERENT LUNCHEON SALAD

Soften gelatin in cold water, add boiling water; stir until dissolved; add lemon juice and celery salt.

Cut avocado into halves lengthwise and remove seed and skin. Cut into medium sized cubes. Drain and flake tuna. When gelatin mixture is thick, but not firm, add salad dressing, avocado, tuna, green pepper and celery and blend lightly.

Pour into a flat pan, chill until firm. Cut into squares, serve on lettuce with a topping of any preferred salad dressing.

See Reverse Side for Another Delicious Recipe



PEAS AND TUNA CASSEROLE

- 1 can of Star-Kist Tuna (7 oz.)
- 1 sliced hard boiled egg
- 1 lb. fresh, frozen or canned peas
- 1/2 teaspoon salt
- 2 tablespoons flour
- 2 tablespoons butter or margarine
- 1/2 cup milk
- 1 small package potato chips

CHILDREN'S DELIGHT:

Melt the 2 tablespoons butter or margarine over low heat. Add the flour and salt and stir until well blended. Add the milk all at once and stir until the sauce thickens. Add the tuna, which has been drained and broken into large flakes, the peas and the hard boiled egg and pour this mixture into a buttered casserole. Cover the mixture with crushed potato chips and bake in a 300° oven for 30 minutes.

See Reverse Side for Another Delicious Recipe



EAT STAR-KIST TUNA ALL-DAYS
Winter • Spring • Summer • Fall

LIST RECIPES ALONG DOTTED LINES AND PLACE IN FILE



CREAMED TUNA VARIATIONS

- 1 can Star-Kist Tuna (7 oz.)
- 2 tablespoons flour
- 2 tablespoons butter or margarine
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 1 small can mushrooms drained (optional)

A FAMILY FAVORITE

Melt the 2 tablespoons butter over low heat. Add the 2 tablespoons of flour and the salt. Stir until the flour and butter are well blended. Add the milk all at once and stir over low heat until the sauce thickens. Add the tuna which has been drained and broken into large flakes and the drained mushrooms. Stir until thoroughly heated. Serve at once in a ring (recipe on reverse side) or with rice or noodles.

Variation: One pimiento, chopped, may be added to the tuna mixture and the mushrooms omitted. The tuna mixture is good without either the mushrooms or pimiento.

See Reverse Side for Another Delicious Recipe



BAKED TUNA AND NOODLES

- 1 package fine noodles (8 oz.)
- 4 tablespoons butter or margarine
- 4 tablespoons flour
- 2 cups milk
- 2 packages cream cheese (2 oz.)
- Salt and pepper and Worcestershire Sauce to taste
- 1 can Star-Kist Tuna (7 oz.) drained and flaked

DELICIOUS DISH IN THIRTY MINUTES

Cook noodles in boiling water (salted) until tender; drain. Make a white sauce of the butter, flour and milk; blend in the cream cheese, season to taste. Combine the sauce, noodles and tuna, turn into individual casseroles. Bake in moderately hot oven (375°) about 20 minutes.

See Reverse Side for Another Delicious Recipe



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THERE IS A DIFFERENCE IN TUNA!

Only the small, tender, better-flavored
Tuna are packed under the Star-Kist label

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE

TUNA RICE RING

1 cup raw rice 2 quarts boiling water
2 teaspoons salt 1/4 cup grated American cheese



EYE-APPEALING

Cook rice for 20 minutes in 2 quarts of boiling water to which 2 teaspoons of salt have been added. Drain rice and rinse with hot water. Add half of the grated cheese to the rice and pack rice in an 8" buttered ring mold. Sprinkle the remaining cheese over the top of the rice. Bake in a 350° oven for 15 minutes.

Loosen the rice around the edges of the mold with a knife and turn the mold out on a large chop plate. Fill the center with tuna mixture. Dust the center with paprika and garnish with parsley.

See Reverse Side for Another Delicious Recipe



TUNA CURRY CASSEROLE

1 can cream of mushroom soup 1 small can of mushrooms
1 can Star-Kist Tuna (7 oz.) 1 cup of raw rice
1 teaspoon of curry powder

A TEMPTING TIME SAVER!

Cook rice for 20 minutes in 2 quarts of boiling water to which 2 teaspoons of salt have been added. Drain rice, rinse with hot water. Drain and flake tuna. Combine all ingredients and bake in a buttered casserole for 30 minutes in a 350° oven.

See Reverse Side for Another Delicious Recipe



KEEP STAR-KIST TUNA HANDY

Makes Menu Planning Easy

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE



FOR THOSE UNEXPECTED GUESTS

TUNA SOUFFLE

1 can Star-Kist Tuna (7 oz.) 1 teaspoon lemon juice
1/4 cup of milk 2 eggs, separated
1 cup of bread crumbs 1/2 teaspoon paprika
1/2 teaspoon of salt

Flake tuna and add seasonings. Cook bread crumbs in milk 5 minutes, add tuna and beaten egg yolks. Fold in stiffly beaten egg whites and turn into oiled casserole. Place in pan of hot water and bake at 350° for 45 to 50 minutes.

See Reverse Side for Another Delicious Recipe



REALLY SPECIAL FOR BUFFET SUPPERS

TUNA DELIGHT

2 tablespoons butter or margarine 1 can Star-Kist Tuna (7 oz.)
2 tablespoons flour 1 cup cooked and thoroughly drained tomatoes
1/2 teaspoon mustard (well) 1 cup grated American cheese
1/2 teaspoon salt 1 egg (lightly beaten)
1/2 teaspoon Worcestershire Sauce 1/2 cup milk
1 small onion chopped very fine

Melt butter and add flour, add seasonings, onion, cheese and egg. Cook for just a few minutes. Heat milk to scalding point and add to other ingredients. Then add can of tuna (including oil), let simmer for five minutes. Serve over rice or noodles or on toast.

See Reverse Side for Another Delicious Recipe



STAR-KIST
Means Tender, Tasty Tuna Every Time!

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE



RIPE OLIVE TUNA LOAF

- 1 cup crumbled soda crackers
- 1/2 cup chopped ripe olives
- 1 cup milk
- 1/2 teaspoon salt
- 2 eggs
- Dash pepper
- 1 can Star-Kist Tuna (7 oz.)
- 1 cup drained whole kernel corn

Combine crumbled soda crackers and milk and beat to blending. Continue to cook and stir about one minute. Remove from heat and beat in eggs, one at a time. Add flaked tuna, olives, salt, pepper and corn and stir till well blended. Pour into well buttered casserole. Cover casserole, place in pan of water and cook in 375° oven for about one hour, or until loaf is firm. Serve with white sauce or condensed mushroom soup—undiluted.

See Reverse Side for Another Delicious Recipe



PEPPERS STUFFED WITH TUNA

- 1 can Star-Kist Tuna (7 oz.)
- 1/2 cup stale bread crumbs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 can of tomato pulp
- 4 peppers
- 1 teaspoon onion juice

Mix one can of Star-Kist Tuna with stale bread crumbs and tomato pulp. Add salt, pepper, and onion juice. Cut a slice from the stem end of 6 sweet green peppers, remove seeds and parboil peppers for three minutes. Cool them, place in muffin tins, and fill with tuna mixture. Cover with buttered crumbs, top with a slice of cheese or grated cheese, and bake twenty minutes, or until crumbs are brown. Cover with tomato sauce or your favorite sauce.

See Reverse Side for Another Delicious Recipe



ADD VARIETY TO MENUS
Try **EATWELL Sardines and Mackerel**

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE



MACKEREL LOAF

- 1 can EATWELL Mackerel
- 1/2 cup bread crumbs
- 1/2 cup milk
- 1/2 cup coarsely chopped gherkins or pickle relish
- 2 eggs
- 1/2 teaspoon salt
- 1 1/2 tablespoons melted butter or margarine
- 1 teaspoon minced onion
- 1/2 cup medium white sauce
- 2 hard cooked eggs, sliced
- 4 stuffed olives, sliced

A NEW TASTE TREAT!

Flake mackerel, add crumbs, milk, gherkins, eggs, salt and melted butter or margarine. Mix well. Pack into greased loaf pan. Set in shallow pan of hot water and bake in moderate oven (350°) about 30 minutes or until loaf becomes firm. Turn out on hot platter; add onion to white sauce and pour over loaf. Arrange egg slices on top with an olive slice on top of each.

See Reverse Side for Another Delicious Recipe



SARDINE CHEESE SPREAD

- 1 can EATWELL Sardines
- 1 package of cream cheese
- 2 tablespoons of finely chopped cucumber
- 1 teaspoon of onion juice
- Salt and pepper
- Mayonnaise

UM-M-GOOD!

Allow cheese to soften at room temperature. Flake sardines and fold into cheese. Add onion juice, cucumber, salt and pepper to taste. Add sufficient mayonnaise to give spread desired consistency.

See Reverse Side for Another Delicious Recipe



FOR MACKEREL AND SARDINES

You Can Depend on **EATWELL** Quality

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE

MACKEREL—MEXICAN STYLE



FROM OUR FRIENDLY NEIGHBOR

- 1 can **EATWELL** Mackerel
- 1 cup rice
- 2 tablespoons chopped onion
- 2 tablespoons chopped green pepper
- 2 tablespoons fat
- 2 cups canned tomatoes or very ripe fresh tomatoes
- 1/2 teaspoon salt, dash of pepper
- 1/2 teaspoon chili pepper if desired

Cook rice in two quarts of boiling water to which two teaspoons of salt have been added. Drain, wash well, and drain thoroughly. Cook onions and green pepper slowly in fat for about 5 minutes. Add tomatoes, salt, pepper and chili pepper if desired. Allow to simmer until sauce is cooked, stirring frequently. Arrange rice on platter or chop dish, place pieces of mackerel over the top of the rice and pour the sauce over all. Serve at once.

See Reverse Side for Another Delicious Recipe



DELICIOUSLY DIFFERENT

BROILED SARDINE SANDWICHES

- 1 can **EATWELL** Sardines in Tomato Sauce
- 4 or 5 slices bread
- 1/2 cup chili sauce or catsup
- 4 or 5 thin slices of cheese

Split sardines and remove bones. Toast bread lightly on one side; arrange sardines on untoasted side; cover sardines with chili sauce or catsup and top with cheese. Place under the broiler until cheese melts and sandwiches are thoroughly heated. Serve at once.

See Reverse Side for Another Delicious Recipe



COMPASS

A study and understanding of how the magnetic needle operates is essential in an approach to any subject dealing with navigation and piloting. History tells us that Marco Polo brought the first compass from Cathay in 1300 A.D. The compass establishes the relative direction a vessel is going at sea and makes it possible to follow a charted route over vast expanses of water.

DISTRESS SIGNALS - INTERNATIONAL RULES

When a vessel is in distress and requires assistance from other vessels or from the shore the following shall be the signals to be used or displayed by her, either together or separately:

IN THE DAYTIME

- FIRST—A gun or other explosion signal fired at intervals of about a minute.
- SECOND—The international code signal of distress indicated by N. C.
- THIRD—The distress signal, consisting of a square flag, having either above or below it a ball or anything resembling a ball.
- FOURTH—A continuous sounding with any fog signal apparatus.

AT NIGHT

- FIRST—A gun or other explosion signal fired at intervals of about a minute.
- SECOND—Flames on the vessel (as from a burning tar barrel, oil barrel, and so forth).
- THIRD—Rockets or shells throwing stars of any color or description, fired one at a time, at short intervals.
- FOURTH—A continuous sounding with any fog signal apparatus.

LIGHTS ABOARD SHIP - STEAM VESSELS

INTERNATIONAL RULES



MASTHEAD LIGHT. White light covering 20 points of the compass. Visible by or from 600 miles. Should be not high, or else 40 feet for less, or else 20 feet, depending on vessel's length.

RANGE LIGHT. When light visible to the Mast-Head Light, Range and mast-head lights will be in line with keel. Range light will be at least 10 feet less higher than the mast-head light.

STARBOARD LIGHT. Green light covering 10 points of the compass. Visible by or from 60 miles. Fitted with mirror.

PORT LIGHT. Red light covering 10 points of the compass. Visible by or from 60 miles. Fitted with mirror.

INTERNATIONAL MORSE CODE

A • • • • •	R • • • • •	V • • • • •	Y • • • • •
B • • • • •	L • • • • •	W • • • • •	Z • • • • •
C • • • • •	M • • • • •	X • • • • •	3 • • • • •
D • • • • •	N • • • • •	S • • • • •	4 • • • • •
E • • • • •	O • • • • •	T • • • • •	5 • • • • •
F • • • • •	P • • • • •	Z • • • • •	6 • • • • •
G • • • • •	Q • • • • •	7 • • • • •	7 • • • • •
H • • • • •	K • • • • •	8 • • • • •	8 • • • • •
I • • • • •	S • • • • •	9 • • • • •	9 • • • • •
J • • • • •	T • • • • •	10 • • • • •	10 • • • • •

REPEAT MESSAGE - • • • • • (INTERROGATION FOR RADIO)
 GENERAL CALL (VISUAL) • • • • • (A)
 GENERAL CALL (RADIO) • • • • • (GG)

INTERNATIONAL CODE FLAGS



UNITED STATES BUOY SYSTEM

When Entering Port



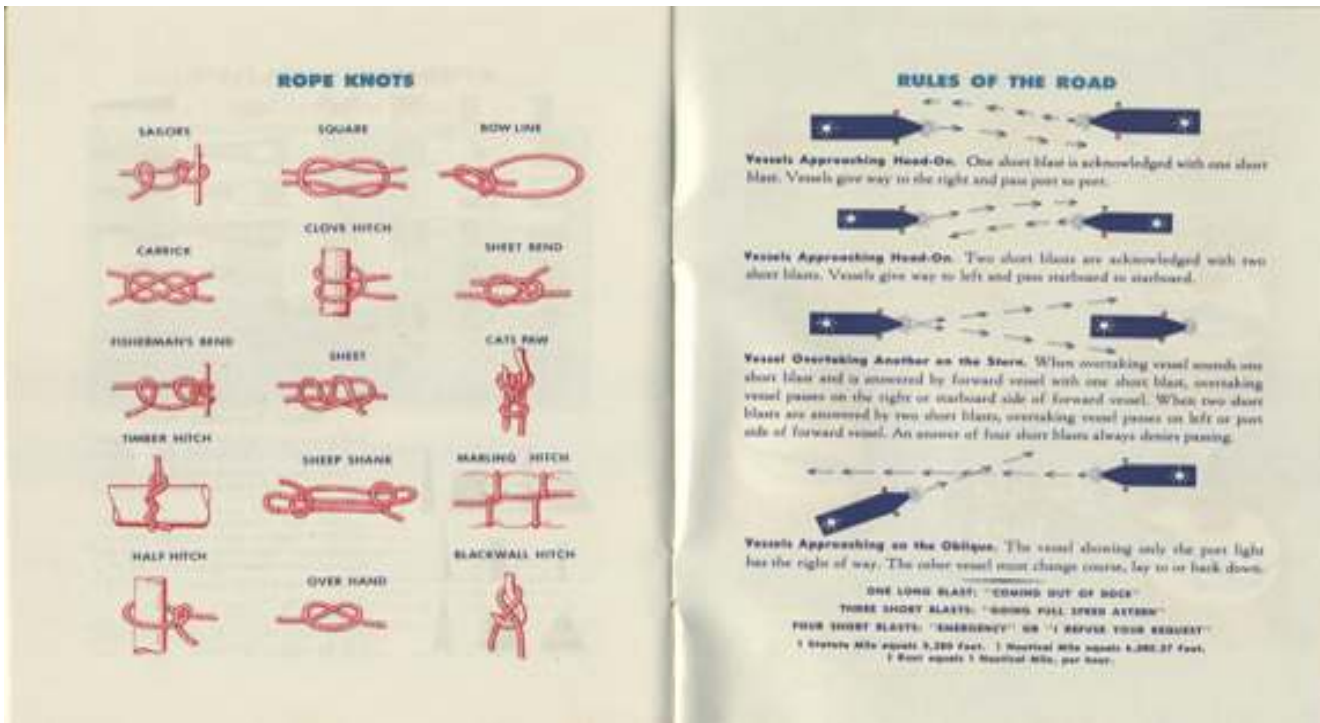
Red buoys painted with EVEN numbers indicate right side of channel. Steer to left.
 Black buoys painted with ODD numbers indicate left side of channel. Steer to right.

Black and white buoys painted with EITHER odd or even numbers indicate midchannel. Pass either side but on the right when in narrow channels.

Red on black buoys indicate obstruction; danger, keep away.

When LEAVING Port, above is reversed. Red is on the left or port and black is on the right or starboard.

p 17-18
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p 19-20
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p 21-22
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