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Celebrate With Sandwiches...

By Vivian Richie

MEET the Honorable Mr. Sandwich! He has more forms than John Barrowmore has faces. Today, at the home of Mrs. Smith, he may be made from brown whole wheat bread with distinctive pink for filling. Tomorrow, at the home of Mrs. Jones, he may present himself in white bread with red or green or rainbow trimmings. And the shapes this young and honorable character may assume! He can be moon shaped, square, round, diamond—in fact, he can make use of every dimension except Mr. Einstein's fourth.

If you haven't yet noted that in case of February there are three well known occasions which may be used in making party sandwiches. They are: Washington's birthday, Valentine's Day and Lincoln's birthday. An appropriate sandwich for Washington's birthday is hatchet shaped, with some form of red filling. Valentine's Day offers the heart shape with red filling. The latter of the three occasions has no symbol established, like the heart and the hatchet. Some have offered the suggestion of the rail fence to typify Lincoln's tall form. The sandwiches may be stacked on the plate to form a log cabin or rail fence.

In sandwich fillings there is an especially wide chance for originality and economy. For example, the hostess may have some sour milk for which she has no use. She can easily make cottage cheese from this, add a little red coloring or pimento and a bit of green paper and have a palatable sandwich filling that when used on white bread, can be cut in heart shapes and used for a Valentine luncheon.

OTHER suggestions for sandwiches, selected from the great number that have been tried and proved satisfactory are as follows:

Fruit filling:

(a) Shredded pineapple with cream or cottage cheese.
(b) Strawberry jam with cottage cheese.
(c) Dried ground fruits and cheese.
(d) Dates ground, rubbed to a paste, moistened with orange juice or honey.

Vegetable filling:

(a) Raw carrots and salted peanuts ground together and served with dressing and lettuce.
(b) Tomato, cucumber, celery and onion with salad dressing.
(c) Small string beans with chili sauce.

These fillings and many others may be combined with ground meat of any kind and flavored more with chopped pickles or dressing. Another filling which may be used on brown bread is minced sardines. A combination which makes an attractive sandwich is minced hard boiled eggs mixed with dressing, peppers, lettuce or tomato.

Thus far, the two bread and one filling sandwich is the only kind referred to. There are in addition other types of variations. The club sandwich, which consists of three to four slices with one less filling than the slices and each filling varying from the others, is a good "meat-in-one" dish. There are also open-faced sandwiches, which have the filling on top of the bread. Sometimes one may get a variation in this type of sandwich by using two or three slices or shapes of the bread and setting them on top of each other and varying the sandwich filling. They may be garnished with a slice of stuffed olive, a bit of pimento or parsley such as white and whole wheat, she can slice a piece of this second bread between the other pieces. To chill, wrap the loaf tightly in a damp cloth and place in refrigerator. After the loaf has thoroughly chilled, cut it into ° inch slices. They will resemble ribbons.

The "rolled sandwich" is made of a ° inch longwise slice of bread, which is first buttered, covered with a filling of some kind and then tightly rolled, chilled and cut into ° inch slices. This sandwich has the appearance of a pinwheel and when garnished with a bit of parsley makes an attractive sandwich. Here again color plays a vital part.

FROM the last paragraphs one might think a filling necessary for a sandwich, but this is not so in the way that fillings are usually thought of. Instead of fancy fillings it has been suggested that one might use fancy breads with butter as a filling. In case you may be interested in such a bread combination I will give you a recipe for a whole wheat nut bread that you might like to try. It is as follows:

2 c flour
1 c white and 1 c whole wheat
½ c sugar
1 tsp. baking powder
½ c nuts
2 T. fat
1 tsp. salt
1 c milk
1 egg

Sunny Side Up!

There is also an orange bread which may be made by adding ½ c orange marmalade to the above recipe, but omitting the sugar and nuts of the recipe.