Sandwich in Sandwiches...

Bernice Borgman

Iowa State College
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They'll Fit

Says Bernice Borgman

WHEN the fourth Earl of Sandwich in a moment of inspiration ate his meat between two slices of bread for the first time, he earned, unwittingly, the gratitude of generations to come for the invention of that most convenient form of refreshment—the sandwich. The Epicure, 8. 8. Pierce, Boston.

Miss Fern W. Gleiser and Miss Miriam K. Lowenberg, of the home economics staff, in a recent radio series, "Symposium on Sandwiches," offer a few suggestions in the many ways which the sandwich has come to be used—wholesome ones for the children's lunch box and the tidbits served before the dinner party to the attractively garnished creations for the elaborate tea.

"Mind your S's," is their first suggestion in making sandwiches. Have a sharp knife, stale bread (day old) and softened butter. To soften the butter, let it stand, covered, at room temperature for 10 minutes or more, then cream it with a fork or wooden spoon. Two teaspoons of hot water added to the butter when the creaming has started will hasten the process and also increase the volume of the creamed butter.

The sandwich-maker has a variety of breads from which to choose. There are white, graham, boston brown, rye, or fancy quick breads.

To PEP up waning appetites try this crisp celery sandwich for luncheon. Chop crisp celery very fine and mix with salad dressing. Spread one slice of bread with butter, the other with a layer of the thin mixture. With a sharp knife split open the round stems of celery tips and put them between the bread, the tips just showing at the edges.

Green-butter sandwiches will add color to the luncheon table. Boil 1/2 peck of spinach, drain and press through a sieve. Cream 1/2 lb. of butter and beat into it enough of the spinach pulp to give the required tint of green. Wipe the oil from 6 anchovies, remove the backbone and press through a sieve. Add them to the colored butter, a little at a time. Also add 2 tablespoons of parsley and 2 teaspoons of capers, both finely chopped. Chill slightly and use as a filling for sandwiches.

Here are two simple luncheon sandwiches spread with equal parts of raspberry jam and peanut butter; spread on whole wheat bread; equal parts of chili sauce and creamed butter is tasty on white bread.

Tea sandwiches offer a large variety of dainty tidbits. Nut sticks are made by cutting slices of white bread 3/4 inch wide, and in strips 3 inches long. Spread on all sides and the ends with creamed butter. Roll in finely chopped, blanched, browned almonds or pecans.

The clever hostess who seeks an unusual sandwich for her tea table will appreciate this recipe for piquant ribbon sandwiches. Make a filling of 6 tablespoons butter, creamed, 4 tablespoons grated horseradish, 1 teaspoon lemon juice, 2 teaspoons finely cut parsley and a few grains of salt. To prepare the bread, remove the crusts from a loaf of graham bread and a loaf of white bread. Cut each into slices 3/4 inch thick. Spread a slice of the white bread with the filling, cover with a slice of graham, spread with filling and cover with a slice of white. Continue in alternate layers until five slices of bread are used. Press firmly together. Wrap in a damp cloth, press under a board with a weight on top and when ready to serve cut in thin slices.

ROLLED sandwiches are always popular at teas. There are many kinds of fillings which may be used for these sandwiches. Cherry butter is made by creaming 2 tablespoons cream cheese with 1 teaspoon glace cherries. For sardine butter, mash sardines to a smooth paste with a few drops of lemon juice. To 2 tablespoons butter, creamed, add 1 teaspoon the sardine paste. Finely cut shrimp are delicious instead of the sardines. One-half teaspoon finely cut green pepper may be added for color.

The gentle art of rolling sandwiches is more easily mastered than the inexperienced may suppose. Remove crusts from white or graham bread and cut the leaf lengthwise into thin slices. Wrap the slices in a damp cloth for 30 minutes. This softens the bread so that it will roll without breaking. When ready to make the sandwiches spread a slice of bread with the filling and roll the bread carefully. Wrap the roll in waxed paper and place in a cold place for 2 hours before using. When ready to serve cut the roll in slices 3/4 inch thick.

Open face sandwiches are simple but attractive. From 1/4 inch slices of bread cut diamonds, circles or other fancy shapes with a cookie cutter. Spread with your favorite topping.

A delicious cranberry spread is made by putting 1 cup cranberries through a food chopper and adding 1/2 teaspoon grated orange rind and 2 tablespoons sugar. Set for 2 or 3 hours, drain off the juice and spread on buttered bread.

Cupid's butter is the delightful name applied to a delightful sandwich. Press the yolks of four hard boiled eggs through a sieve, mix with 1 cup creamed butter, 1/2 cup powdered sugar, 1 teaspoon orange juice and gratings of orange rind. Spread on thin slices of angel food cake prepared for sandwiches. Press slices together and serve at once.

FAR removed from the tea table, the picnic sandwiches are more hearty. For cheese and jelly sandwiches spread thin slices of bread with butter, then a layer of cream cheese and a second layer or red jelly. Other picnic suggestions are: sliced boiled ham and pepper relish on rye bread, chopped hard boiled eggs, saur pickles and mayonnaise on white bread, liverwurst and pepper relish on rye bread, and crisp broiled bacon, chopped dill pickle and mayonnaise on graham bread.

For Sunday suppers try some of these sandwiches: hot bacon and chicken sandwiches toasted or smothered in butter, welsh rabbit spread on bread and toasted, toasted sardine sandwiches with a few (Continued on page 14)
Hats Show It
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...horns. The ribbon of black belting introduces tiny flower motifs in red and green, a version of novelty ribbon which is well liked in the French collections. An elastic bandeau at the back holds the hat on the head.

Some hats suggest the 1900 influence. They have brims about three inches wide, slightly curved up at the sides; crowns are round and low. These hats are worn quite straight and high on the head. The year 1900 is also suggested by the large shapes with irregular brims, low and drooping at one side and very much off the hair on the other.

THOUGH hat makers are reckless with their upturned brims and faithful to the shallow crowns, giving them individual with creases, tucks or draping, there are few postilion crowns seen. A small hat with rolled brim at the sides and square crown is of the postilion type. It is of a truly spring-like emerald green felt.

All these types are lovely and exciting and new, but perhaps you’ve been wondering about the little hat, the kind you can jam on your head and dash to class in, confident that with a few curls pulled out here and there you look very presentable.

A large group of little caps, closely fitting the head are being shown. They are in natural or white linen and sometimes combine two colors. For evening a cap of black satin is open worked by cording. Another has two large satin flowers, one white and one black, posid fetchingly on a little crown of black straw lace.

Very tiny gob shapes (round-crown with narrow cuff brim) are done in fancy straw braids, such as one of felt with yellow top. Fabrics lead the list, though, in popularity and they often have a flower feather trimming, standing up at one side.

PERHAPS you’ve noticed Virginia Larrer’s flare for this type of hat. She is a firm believer in the philosophy that nothing adds more chie to a costume than a little hat of a material matching a dress, or one of plain material—linen, crepe, satin—touched up with a bit of trimming to match the outfit. Sometimes we have good ideas, but no convenient method of carrying them out, but Virginia has hit upon a clever and easy method of making her little hats.

First she constructs a simple little toque that fits her head exactly. She lets it come down around on all sides quite far, because when she begins, she’s never even sure what the results will be. Now the real art of millinery is called into action, for she uses this little foundation shape on which to drape her material. Draping and pinning, tucking and pulling, a bit of stitching, a button or two or perhaps a clever clip—that’s the way a little hat is made. They fit perfectly, says Virginia; they really have no other choice, if this method is followed. It’s not a bit expensive, either, she says, because only a few inches of material are required and generally that much is left over anyway.

Virginia is especially partial to linen hats and plans a jaunty dark blue linen one to go with a figured crepe dress she is making—white and dark blue on a lighter blue background. It will not be an extreme of any style, she says, and will cover up some of her forehead. Another of Virginia’s hobbies that’s just as clever as making her little hats is the making of felt and linen costume purses that match her outfits.

If you’ve gotten the hat-draping fever after hearing about all this, here’s the description of one that’s not too hard and results are guaranteed to be potent.

It’s a small ciré satin bonnet made with fat rolls of the ciré satin molded expertly to perch on the back of the head and gougéd out in front to expose a bit of your bangs. With two round transparent ornaments stuck on top and your most charmingly demur smile, Easter should be dawning clear and beautiful for you.

Girls Don’t Date
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a course is then removed and more hot food is brought from the kitchen. This continues until the meal is finished. It is always proper to leave something in the serving dish because that signifies abundance—and Chinese like to feel that their country is one of abundance. Sweet dishes and fresh fruits are the last course.

Wine and beer are always placed on the table for those who wish it. The tea that the guests partake of before the feasts helps to digest the dinner—which is generally greasy.

At some of the feasts, men students dress as the men do here, but most of them still wear their Chinese dress. It is very similar to that of the Chinese women. The marked difference is that the men’s gowns are longer and the side slit comes almost to the hip. The sleeves on the men’s costume come to the wrists. For very formal wear a black jacket is added to their attire.

SMILING her broadest smile and revealing her clear white teeth, Miss Yang says, “In China ‘formal dress’ means that we dress up. Here you dress down—you half dress with bare arms and backs when you go to formal dances and dinners. Chinese girls never wear sleeveless dresses, but sometimes at formal feasts we do wear gowns without collars.”

Even the music in China differs from ours. Our music affects Miss Yang as something which ‘creates sexual expressions to stimulate feeling. The music in China is usually heard only as accompaniment to a play. It expresses good lessons for truth and loyalty and one feels that piety is a trait of good character.

The most shocking of American customs to Miss Yang when she first came to America 2 years ago, was the open freedom of boys and girls and their evident dating. But she is not shocked now. She has accepted our customs for what they are worth as we accept hers. Nevertheless, she remains firm in her former beliefs.

“I am Chinese,” she says, “so of course I like Chinese customs best. I am not against your customs because we have different backgrounds and no one can say which is right or wrong. The only thing for us to do is to accept what has been taught us.”

Saleswomen Size Up Shoppers
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mates they bring with them. They usually make up their minds in a hurry if they come alone, but sometimes they bring as many as four girls along,” was one answer.

Other saleswomen are pretty sure that all coeds aren’t alike and said that some put on just one dress and are satisfied, while others try on dozens and then become discouraged. They are usually fairly sure what they want and take time to find it.

An experienced saleswoman with a daughter who used to be a coed summarized coed-shopping in a few words:

“Coeds are very frank. I’d rather wait on them than older people. If they like something they say so, and if they don’t like it, they say they don’t. They usually want many dresses or moderate prices rather than few at high prices. They want snap and style. They like sport clothes. They are not price-quibblers and they make up their minds in a hurry.”

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drops of lemon juice, or chopped ham and prepared mustard spread on slices of bread, dipped in a mixture of milk and eggs and fried in butter.

Fruits and vegetables may be included in the children’s diets in the form of sandwiches. The following are some suggestions for wholesome and tasty ones: Wash and core apples, slice very thin, butter bread on both sides and place apples between; substitute carrots for apples; shredded head lettuce on well buttered bread; 1 cup finely cut parsley.

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What is happening to the great American family? Will it become a thing of the past because of decreased birth rate and women's desire for careers? Or if it continues to exist, what shall be its basis? These are some of the questions confronting economists of today.

A slow increase in the population of Iowa from 1930 to 1970 and then a decline, has been predicted by Prof. P. K. Whelpton of the Scrips Foundation for the study of population, Oxford, Ohio. He has based his prediction on a 15 percent decline in the birth rate, a 5 percent increase in life expectancy and out-of-state migration of half the natural increase in population.

Dr. Elizabeth Hoyt, of the Economics and Home Management Departments of Iowa State College, suggests a solution to the declining birth rate problem through education. "We must stress the joy and enlarged life and interest that children bring to a home," says Dr. Hoyt. Statistics show that it is the birth rate of the higher class of people that is falling off. In the past, emphasis has been placed on material and cultural attainment. People thought more about their clothes, food and homes than about raising a family.

The purpose of a home should not be merely to serve as a lodging place. It should be bound together by bonds of love, should have spiritual influence on its members, and should serve to broaden the variety of interests within the group.

That a woman need not exclude a career because she wants a home, is shown by Virginia MacMakin Collier, who has made a study of 100 women who are wives, mothers, homemakers and professional women, and who has recorded her observations in "Marriage and Careers." The question is no longer should women combine marriage with careers, but how do they manage it and how does it work? Four necessary elements are sympathetic cooperation from the husband, good health, good training and experience before marriage, and short or flexible hours of work.

It is of interest to note that in a recent survey made on the campus, senior women, when asked how many children they would desire, specified a higher number than did freshmen. It appears that education leads to a desire for children, not a decreased number.

The Home Economics Division of Iowa State College trains women for successful professional careers and to be successful homemakers. The education and training they receive here are important in their family life and homes in the future. By acquiring a sound education on which to base family life, either homemaking or a combination of homemaking and a professional career, today's women are answering some of the problems the economists ask.

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or 1/2 cup finely cut spinach added to 1/2 pound butter creamed and spread evenly on both sides of bread, and three tomatoes boiled until the mixture is the consistency of chili sauce, blended with creamed butter and spread evenly between two slices of bread.

If sandwiches must be made an hour or more before they are used, they can be kept moist by piling them closely, wrapping in waxed paper, covering with a napkin wrung as dry as possible out of cold water and keeping them in the ice box or other cold place.

Even leftover sandwiches can be used. They can be sautéed in butter and served hot.

Cod-liver oil, egg yolk, salmon, oysters, California sardines, butter and milk are good sources of vitamin D.