

# Sandwich Spreads for All Occasions

By G. S. BOWMAN



**T**HE success of one's afternoon tea or porch luncheon or garden picnic is often due largely to the delectables which are served. That is why there is no subject which is more vital, especially in the summertime, than that of sandwiches. To make appetizing sandwiches is a real

art and one well worth acquiring. The way a sandwich is made and the filling which is used in putting it together should be adapted to the occasion for which it is intended. The whole-meal sandwich should be substantial, so for this, fairly fresh bread, cut a quarter of an inch thick, should be used and the filling should be hearty and generously applied. For afternoon-tea service, sandwiches must be dainty and attractive, so use rather stale bread which can be cut very thin. Spread them with equal daintiness, remove the crusts and cut in fancy shapes.

Always spread the bread for any variety of sandwiches with a coating of butter first, for this will keep the filling, especially if it has a tendency to be moist, from seeping into the bread and making it soggy. Never melt the butter for this purpose, but manipulate it with a wooden spoon until it is soft and creamy.

Most sandwiches may be made ahead of the time required and kept in the refrigerator until needed. Wrap substantial sandwiches separately in wax paper. Pile the dainty variety on a plate and wrap the whole in a damp napkin. When serving sandwiches on a tray or platter, garnish them here and there with fresh sprigs of parsley or watercress, or with nasturtium blossoms or violets. Such touches will make them very attractive and appetizing.

**SPANISH SANDWICHES.** Chop together the contents of one small can of Spanish pimientos, two hard-cooked eggs, one-quarter pound of any mild cheese, and one and a quarter cupfuls of pecan or English walnut meats. Make a binding sauce by creaming one tablespoonful of butter and adding one egg, well beaten, one tablespoonful of sugar, three tablespoonfuls of vinegar, one teaspoonful of salt, and a speck of paprika. Cook over hot water until thick, then set away to cool. When thoroughly chilled add this sauce to the first mixture to moisten and use as a filling for either white or whole-wheat bread. A crisp lettuce leaf in each sandwich will add a succulent touch.

**TOASTED CHEESE AND GREEN PEPPER SANDWICHES.** Remove the seeds, the white pith and the stems from three large green peppers. Put them through the food chopper together with half a pound of common mild cheese. Season with half a teaspoonful of salt and one-eighth teaspoonful of pepper, and mix thoroughly. The juice from the peppers should moisten the cheese sufficiently to make it spread well. Cut slices of bread rather thicker than is usual for sandwiches. Spread one slice with a layer of the paste, cover

with another slice, press firmly together, and toast. Serve hot. These quantities will yield two cupfuls of the filling mixture.

**MEATLESS SANDWICHES.** Spread slices of brown bread with a mixture of butter and cream cheese blended together in desired proportions. Then spread an equal number of slices of white bread with softened butter. Spread the white slices also with chopped cucumber, well drained and mixed with a piquant French dressing. Put a brown and a white slice together to form a sandwich.

**CELERY SANDWICHES.** Mix together one cupful of shredded crisp celery, two tablespoonfuls of chopped nuts, and two tablespoonfuls of chopped green olives. Moisten with stiff mayonnaise and spread between slices of buttered Graham bread.

**HAM AND EGG SANDWICHES.** Beat two eggs slightly, add half a cupful of chopped cooked ham, one teaspoonful of grated onion and one-eighth teaspoonful of pepper. Drop by spoonfuls into a hot frying pan in which a tablespoonful of butter has been melted. Spread to make flat cakes, brown on both sides, and place each cake between slices of fresh bread, or toast and serve hot.

**NUT SANDWICHES.** Put English walnut meats through the food chopper; moisten well with stiff mayonnaise and with shredded hearts of lettuce, endive or romaine. The following proportions make a good filling: To each half cupful of the ground nuts allow one lettuce heart shredded and one-quarter cupful of the mayonnaise. Butter thin slices of white bread and spread them with the filling. Cut each sandwich in halves or triangular shape and serve at once before the salad material begins to wilt.

## LAYER SANDWICHES.

These sandwiches may be made with any kind of filling but must consist of five slices of thinly cut bread—three white slices and two whole-wheat or Graham—arranged so that there is a white slice top and bottom. Butter each slice generously. A good filling for these sandwiches consists of one three-ounce cream cheese, softened by creaming and mixed with four large stuffed

olives chopped, one-quarter cupful of minced ham or other meat, and two tablespoonfuls of mayonnaise. Spread four of the slices with this filling and place them together in alternate order as suggested above. Press together firmly, trim off crusts and cut in lengthwise slices about one-quarter inch thick. Make as many of these blocks as required.

**SARDINE SANDWICHES.** Mince fourteen small sardines after removing the bones and skin, and mix with one tablespoonful of melted butter, two hard-cooked eggs chopped fine, one tablespoonful of lemon juice and a speck of paprika. Use this filling between slices of buttered white bread.

