

# Sandwich Days Are Here!

Nippy winds and frost on the pumpkin inspire autumn-hearty sandwiches for school-age appetites.

To help make preparation time easier and the results more appetizing, here are six new recipes to supplement the standard varieties everyone relies on. Each one features a new twist in sandwich-making and offers unlimited possibilities for creativity.

A sandwich can be large, to serve two or more, as is the "Island Sandwich." Or it can be small, like the "Notable Totables," just right for one person. Sandwiches can be served hot or cold, at home or away and satisfy young and old alike.

When fall means packing a lunch to go to school or work, many people find it a challenge to prepare something delicious and hearty. Some of these recipes will offer new ideas to include in a lunch bucket. Start with the "Bread Spread" and create your own masterpieces.

When using commercial salad dressings or mayonnaise in sandwiches, remember that, contrary to popular belief, these dressings do not promote food poisoning.

In fact, they retard the process because of the acid content. A University of Wisconsin study points out this important information. It was shown the culprits causing problems are the perishable foods often combined with commercial dressings and mayonnaise.

Not only are sandwiches the answer for a meal away from home, they can provide an answer for Saturday lunch or a hearty supper.

A sandwich like "Frank 'N Bean Burgers" features ingredients kids love, and when combined, they become a sandwich all will enjoy.

## BEEFY OLIVE SANDWICH

- 2/3 cup pitted ripe olive slices
- 1/2 cup sour cream
- 1/2 cup salad dressing
- 2 tablespoons chopped parsley
- 1/4 teaspoon garlic powder
- Italian bread slices, toasted
- Lettuce
- Roast beef slices
- Tomato slices
- Onion rings

Combine olives, sour cream, salad dressing, parsley and garlic powder mixing until well blended. Chill.

For each sandwich, spread slice of bread with salad dressing. Cover with lettuce, beef, tomato and onion. Top with olive mixture.

## ISLAND SLAW SANDWICH

- 2 cups shredded cabbage
- 1 11-oz. can mandarin orange segments, drained
- 1/4 cup chopped green pepper
- 1/4 cup raisins
- salad dressing
- 1/4 teaspoon onion salt
- 1 Italian bread loaf, cut in half lengthwise
- American singles pasteurized process cheese food
- Ham slices

Combine cabbage, oranges, green pepper, raisins, 1/4 cup salad dressing and onion salt; mix lightly. Chill.

Spread bottom half of bread with salad dressing. Top with cabbage mixture, process cheese food slices, ham slices and top half of bread spread with salad dressing.

8-10 sandwiches

## FRANK 'N BEAN BURGERS

- 1/2 lb. frankfurters, sliced
- 1/4 cup chopped onion
- 2 tablespoons margarine
- 1 15-oz. can pork and beans
- 1/4 cup sweet pickle relish
- 2 tablespoons brown sugar, packed
- 6 hamburger buns, split, toasted
- American singles pasteurized process cheese food

Sauté frankfurters and onion in margarine. Add beans, relish and sugar; simmer 15 minutes. For each sandwich, cover bottom half of bun with process cheese food slice and bean mixture. Top with second slice of process cheese food and top half of bun.

6 sandwiches

## CURRY EGG SANDWICH

- 4 hard-cooked eggs, chopped
- 1/2 cup celery slices
- 1/4 cup salad dressing
- 1/4 cup chopped green pepper
- 1/2 teaspoon curry powder
- 8 white bread slices, toasted
- Lettuce
- 4 bologna slices

Combine eggs, celery, salad dressing, green pepper, and curry powder; mix well. Chill.

For each sandwich, spread one slice of bread with salad dressing. Cover with lettuce, bologna, egg mixture and second slice of bread, spread with salad dressing.

4 sandwiches

## GREAT GRILLS

- 1 5-1/2-oz. can tuna, drained, flaked
- 1 8-1/4-oz. can crushed pineapple, well drained
- 1/3 cup chopped peanuts
- 2 tablespoons finely chopped onion
- 1/4 cup salad dressing
- 12 white bread slices
- pimento singles pasteurized process cheese food

Combine tuna, pineapple, peanuts, onion and salad dressing; mix lightly. For each sandwich, cover slice of bread with process cheese food, tuna mixture, second slice process cheese food and top slice of bread. Spread outside of sandwich with salad dressing; grill on both sides until lightly browned.

6 sandwiches



## POCKET SANDWICHES

- Pita bread rounds, cut in half
- salad dressing
- Swiss singles pasteurized process cheese food
- pimento singles pasteurized process cheese food
- Assorted luncheon meat slices
- Pickle chips
- Chopped lettuce
- Chopped tomatoes

For each sandwich, spread inside of bread pocket half with salad dressing. Fill pocket with process cheese food, luncheon meat, pickle chips and lettuce and tomatoes tossed with salad dressing.

