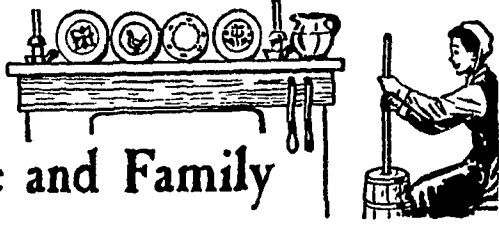


For the Farm Wife and Family



It's Sandwich Time

by Mrs. Richard C. Spence

Now's the time to enjoy a myriad of activities under the sun—swimming, boating, sightseeing, fishing, relaxing—but no matter what you choose to do, it's certain that sandwiches and summer fun go hand in hand.

Best of all, you'll discover there's something new under the sun when you try these appetizing sandwich meals during August. They not only offer sensational taste, but they're easy to cook and serve.

Picnic-time finds Bacon-Cheese Buns a good choice. When making sandwiches in advance or for "travel," wrap vegetables such as tomato slices separately. Then add them to the sandwich just before eating.

Bacon - Cheese Buns

- 1 3/4 cups shredded sharp cheese (about 8 ounces)
- 10 slices crisp bacon, crumbled
- 1/4 cup finely chopped onion
- 1 tablespoon finely chopped chives
- 3 tablespoons salad dressing
- 1 teaspoon prepared mustard

4 enriched hamburger buns with sesame seeds, toasted
4 tomato slices
Combine cheese, bacon, onion, chives, salad dressing and mustard. Spread mixture on bottom half of bun. Place tomato slice over cheese mixture.
Cover with bun top to close sandwich. Makes four sandwiches.

As cool and refreshing as its name, Frosted Seaside Sandwich is a three-decker sandwich that needs to be eaten with a fork. The first layer has smooth avocado and orange filling.

Zippy tuna salad is the second layer. To top off this elegant sandwich, the third slice of bread is frosted with a blend of cream cheese, sour cream and pecans.

Frosted Seaside
3-ounce package of cream

cheese, softened
1 tablespoon dairy sour cream
1/4 cup toasted chopped pecans
1 cup drained, flaked tuna (7-ounce can)
1/2 teaspoon salt
1/2 cup salad dressing
1 tablespoon lemon juice
2 tablespoons grated lemon rind
3/4 cup mashed avocado (1 medium)
1/4 teaspoon salt
1/2 teaspoon lemon juice
1/4 cup chopped orange sections

1 tablespoon grated orange rind
18 slices enriched bread.
Butter or margarine
Combine cream cheese, sour cream and pecans. Let stand while preparing other fillings. Combine tuna, salt, salad dressing, lemon juice and rind.
Mix avocado, salt, lemon juice, oranges and orange rind. Trim crust from bread. Spread bread with butter or margarine. Spread tuna mixture on six slices. Spread avocado mixture on six other slices. Place tuna spread slice over avocado slice. Top with remaining bread slices.
Spread cream cheese over top of each sandwich. Cut diagonally into halves. Garnish with stuffed olive. Make six sandwiches.

Serve hot sandwiches with cooling accompaniments and you're sure to perk up weather-beaten appetites. The savory tomato sauce on the Smoked Sausage Barbecue adds extra dash to tempting smoked sausage links.

Smoked Sausage Barbecue

1/4 cup salad oil
1 clove garlic, minced
1/2 cup finely chopped onion
1 cup tomato sauce (8-ounce can)
1/2 cup water
1 teaspoon salt
1/8 teaspoon pepper
6 smoked sausage links
6 enriched frankfurter buns

Heat oil in saucepan or heavy skillet. Add garlic & onion. Cook about five minutes, stirring occasionally. Add tomato sauce, water, salt and pepper.

Bring to boiling, cover and reduce heat. Simmer 30 to 35 minutes. Add sausage link and cook about 15 minutes longer.

Serve hot on buns topped with sauce. Makes six sandwiches.

Menu suggestions: Smoked Sausage Barbecue, Potato salad, Relish tray, Watermelon, Milk, Iced tea.

Ham-and-Egg Sandwich
calls for a pair of nourishing food favorites popular a round the clock. Beaten eggs are blended with milk, flavored with onions, mushrooms, salt and pepper, and baked 20 minutes.

The baked egg mixture cuts easily into squares to serve with slices of cooked ham on whole wheat toast.

With this sandwich you might serve chilled tomato juice, carrot and celery sticks, ice cream and cookies, milk and coffee.

Ham-And-Egg
8 eggs, beaten
1/4 cup milk
3 tablespoons minced onion

1/4 cup chopped mushrooms (4-ounce can)
1/2 teaspoon salt
Dash pepper
6 slices enriched bread
6 slices whole wheat bread
Butter or margarine, softened
6 slices cooked ham (ounces)

Combine eggs, milk, mushrooms, salt and pepper. Mix thoroughly. Pour greased baking dish 9x13 inches. Bake in preheated oven (375 degrees) 20 minutes.

Meanwhile, toast bread. Spread with butter or margarine. Cut cooked egg mixture into squares to fit wheat toast.

Cover with ham slice. Second slice of toast to sandwiches. Cut diagonally into halves and serve six sandwiches.

Ham Sandwich
Mon an appealing combination ham and cooked ham spears on toast, topped with rich cheese sauce. This may be a favorite of chefs—they use it to garnish meats, eggs and vegetables.

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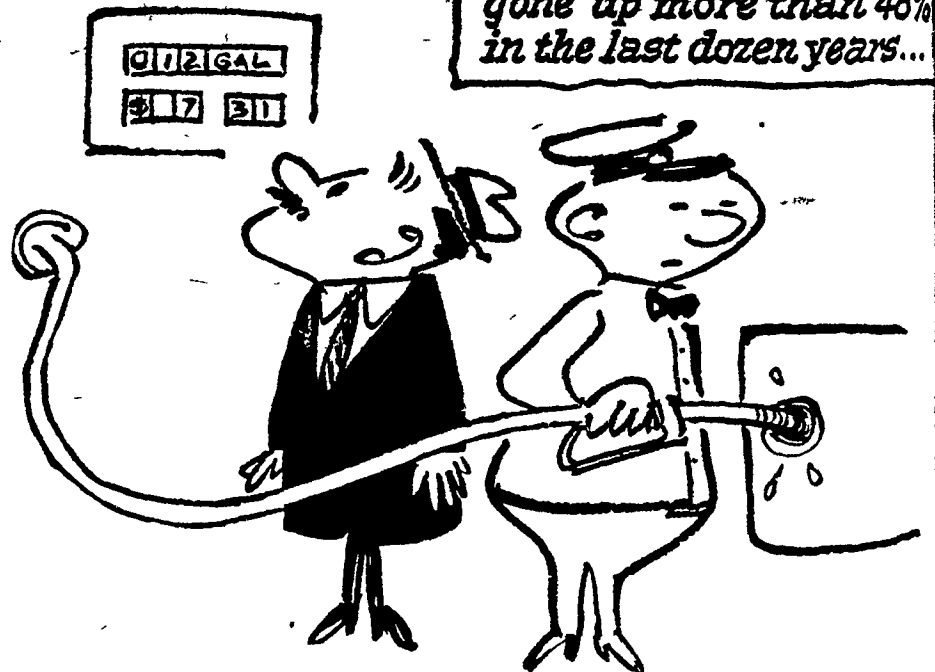
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