

● For The Farm Wife

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Sandwich at lunch-time. Good "pack-widels" are hot chicken noodle soup, pickles and olives, fresh plums and milk.

HIDDEN GOLD PEANUT BUTTER SANDWICH

- 3/4 cup peanut butter
- 2 tablespoons mayonnaise or salad dressing
- 1/8 teaspoon nutmeg
- 1 1/2 cups coarsely grated carrot
- 12 slices bread
- Butter or margarine, softened
- Lettuce

In small mixing bowl, blend together peanut butter,

mayonnaise or salad dressing and nutmeg. Mix in carrots. Spread bread with butter or margarine. Spread peanut-carrot mixture on 6 slices; top each with lettuce leaf. Close sandwiches.

A flavorful spread makes this sandwich special, just combine mayonnaise or salad dressing, chopped green onion, catsup and mustard, then spread on whole wheat bread. Place sliced luncheon meat between the bread. Pack tomato and lettuce separately to be added to the sandwich at lunch time.

LUNCH BOX COOLER SANDWICHES

- 1 cup mayonnaise or salad dressing

- 1. tablespoon chopped green onion
- 2. teaspoons catsup
- 1. teaspoon prepared mustard
- 12. slices whole wheat bread
- 1. can (12 ounces) canned luncheon meat
- 12. tomato slices
- 6. lettuce leaves

In small mixing bowl blend together mayonnaise or salad dressing, green onion, catsup and mustard. Spread on bread slices. Cut luncheon meat into 6 square slices, place on 6 bread slices. Place 2 tomato slices on each meat slice. Cover with lettuce. Close sandwiches. To serve cut diagonally in half.



For the Farm Wife and Family

By Doris Thomas, Extension Home Economist

Ladies, Have You Heard? . . .

Worth Trying For Tempting and Tasty Sandwiches

Some of the most interesting sandwiches depend on delightful variety breads. Next time you're shopping, check your bakery or the baked foods section at the supermarket and you'll be amazed at the choice of breads and rolls on display. Among the ones you'll find are Vienna or Kaiser rolls, and pumpkin-nickel, rye with or without caraway seeds, cinnamon, raisin, oatmeal, and cheese bread. Test your own creative sandwich making abilities with a change of taste in these enriched breads and rolls.

Dress up the family's favorite peanut butter sandwich now and then. Mix crumbled crisp bacon, chopped celery, chopped apple, or sliced banana with peanut butter, then spread on slices of the bread of your choice.

Care Tips for Plastic Handbags

Plastic handbags, known for practicality and beauty, have become standard equipment for year-round wardrobes. Different type plastics have different characteristics so they can't all be summed up under one heading. But one thing they do have in common is safe washability with soap or detergent suds.

Plastic handbags will serve well with proper care. Never expose your plastic bag to high heat or direct flame or to nail polish or polish remover spills. Perfume, cleaning fluid, and fruit stains can mar some plastics.

If you keep a plastic handbag in your lap while dining out, cover it with your napkin. Some plastics can take hard knocks but some can't. So don't make it a practice of dropping your handbag on the floor.

Wash smudges off as soon as they get on plastic handbags. Don't use abrasives to remove a spot or smudge . . . instead, use thick warm suds

and a sponge . . . the safe and sure way to care for any plastic handbag.

Tips for Making Fruit and Nut Breads from Mixes

Fruit and nut bread mixes usually make standard loaves of quick breads. Disappointing breads may be due to one factor or a combination of factors.

A loaf smaller than anticipated may be due to baking it in too large a pan, baking at too high a temperature, or the mix may have been stored in a damp place or too near excessive heat.

Overbeating, inaccurate measure of liquids, or too high baking temperatures cause holes or tunnels.

The bread may have a crusty top crust if the baking temperature is too low, or the baking time too short, or too much liquid is added in mixing.

A peak in the center of a loaf of nut or fruit bread made from a mix may be due to too much beating or setting the pans too close together or too close to the oven wall.

Loaves with an extra high hump in the center probably were baked at too high a temperature or in too small a pan.



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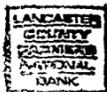
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