

Menu Planners and Shopping Suggestions



RIPE OLIVES and eggs provide color and flavor appeal in this sandwich spread. Crabmeat takes to sandwiches, too, and recipe for Golden Crab Sandwich is included.

SANDWICH MONTH

Variety Breads and Spreads Combine for August Specials

Of the mountains of sandwiches consumed in this country each year, the overwhelming proportion is eaten during the summer months.

That's why August is Sandwich Month.

It's so easy to put together a sandwich and it can be just as filling and nutritious as you care to make it.

Variety breads and variety spreads are legion so sandwiches can be open or shut, plain or fancy, hearty or light, high or low.

Hard rolls take to fresh-from-the-oven roast beef or sliced turkey while oatmeal bread is complemented with a date-nut filling, mashed avocado blended with lime juice-thinned mayonnaise or pineapple cottage cheese.

Pumpernickle bread calls for corned beef and Swiss cheese or liver sausage blended with chopped hard-cooked eggs, minced onion and salad dressing.

Or try fillings listed here.

- OLIVE-EGG SPREAD**  
 1 cup ripe olives  
 1 cup mayonnaise or salad dressing  
 1/4 tsp. dry mustard  
 3 hard-cooked eggs, finely chopped

Cut olives into small pieces. Blend mayonnaise and mustard; stir in eggs and olives.

Use as sandwich filling or as a spread for meat, poultry, cheese or fish sandwiches.

- CRAB SANDWICH**  
 1 can (7 1/2-oz.) Deming's King Crab  
 1/4 cup finely chopped celery  
 2 tbs. chili sauce  
 2 tbs. mayonnaise  
 1/4 tsp. dry mustard  
 12 slices buttered toast  
 12 slices process cheese  
 Parsley

Drain and flake crabmeat. Combine with celery, chili sauce, mayonnaise and mustard.

Spread on 6 toast slices and warm under broiler. Remove.

Crowded Freezer?

If freezer space is at a premium, you might consider having large roasts boned and rolled so they will take up less space.

This will make for easier carving, too, when they're brought to the table.

Cooked, crumbled bacon makes a delicious topping for baked potatoes with butter or sour cream.

from oven and top with remaining toast slices.

Put 2 cheese slices on top of each sandwich so toast is entirely covered. Return to broiler until cheese melts and starts to brown. Garnish with parsley.

**OMELET SANDWICHES**

- 1/2 cup ripe olives  
 3 oz. cream cheese  
 6 eggs  
 2 tbs. water  
 1/2 tsp. seasoned salt  
 2 tbs. finely chopped onion  
 2 tbs. butter  
 12 slices bread or toast

Cut olives into wedges. Cut cheese into cubes. Beat eggs with water and seasoned salt until well blended but not foamy.

Fold in onion, olives and cheese. Heat butter in skillet until bubbly. Pour egg mixture over butter.

Cook over low heat until set, lifting edges of cooked

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