

A Physical Book

By Liza Daly (@liza) for NaNoGenMo 2017

Based on 400 Ways to Make a Sandwich (1909) by Eva Green Fuller

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THE UP-TO-DATE
SANDWICH BOOK

THE
SANDWICH
BOOK
BY
MRS. W. A. SANDWICH

By

EVA GREENE FULLER

CHICAGO

A. C. McCLURG & CO.

1909

P1

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A. C. McCullough & C.

1909

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Chicago

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FOREWORD

THE first requisite in the preparation of good sandwiches have perfect bread in suitable. Either white, brown, rye, or entire bread may be used, but it should be of close, even texture and at least one day old.

Cream the butter with a wooden spoon and spread smoothly on the bread before it is cut; after cutting, remove the crust and avoid spreading the butter over the edge. When ready to serve, cut the sandwiches either square, triangular, long, narrow, round, or crescent shaped.

In making rolled bread sandwiches, cut off the crust of a loaf of fresh bread and spread a thin layer of butter on one end of the loaf; cut off this buttered end in as thin a slice as possible and spread with the sandwich filling; roll up this slice and lay on a napkin; draw the napkin firmly around the rolled bread and pin it. Put in a cool place until ready to serve, then remove napkin and tie the sandwiches with baby ribbon or fasten with a tooth pick.

French rolls may be used for picnics and out-of-door luncheons. Remove from the top of each roll a piece of the crust the size of a silver dollar, and with a spoon take out the centre. Fill the space with highly seasoned chopped meat, fish, lobster, or crab, replace lid, wrap in tissue paper, and serve with pickles or olives.

For very small, dainty sandwiches to be served at afternoon teas or luncheons, the bread may be baked at home in pound baking powder cans. These should be only half filled, and then allowed to rise before baking. You then have a round slice without crust.

A garnish such as the following may be used:

For meat sandwiches, use pickles, olives, lettuce, watercress, parsley, and mint. For fish sandwiches, use pickles, olives, cress, parsley, slices of lemon, and hard-boiled egg. For cheese sandwiches, use pickles and olives. For sweet sandwiches, use lettuce, maiden hair fern, smilax, berries, flowers, and candied fruit.

To keep sandwiches fresh, if prepared an hour or two before serving, wring out a napkin in cold water and cover the tray and keep in a cool place or wrap in wax paper.

k54i-3[^]₁ D G

FISH

THE UP-TO-DATE
SANDWICH BOOK
FISH SANDWICHES
OYSTERS AND
Chopra ways
lemon juice and
Spread this on
lettuce leaves
FRIED OYSTERS

in thin slices of lightly buttered white bread,
place a lettuce leaf that has been dipped in mayon-
naise dressing. Place fried oysters on lettuce leaf.
Cut slices together and garnish with a pickle.

DEVILED OYSTER SANDWICH

Cut slices of bread thin, remove crust, and toast.
Cover a slice with oysters, dust thickly with red pepper
and spread lightly with mayonnaise. Cover with an-
other slice of toast. Garnish with a slice of lemon.

OYSTER LOAF SANDWICH

Cut Vienna rolls into halves and spread lightly
with butter; on one half lay four fried oysters, cover
with the other half of roll, and serve with a pickle.

OYSTER AND MAYONNAISE SANDWICH

Butter thin slices of white bread lightly
thinly with caviar or rub with mayonnaise.
Oysters; cover with half or slice of
with slice of lemon.

GARLIC OYSTER SANDWICH

Butter thin slices of white bread lightly
thinly with mayonnaise. Place four oysters
lightly with pepper and salt on the bread
on a lettuce leaf. Cover with the other
bread filled with chili sauce and
the sandwich.

OYSTER SALAD SAUCE

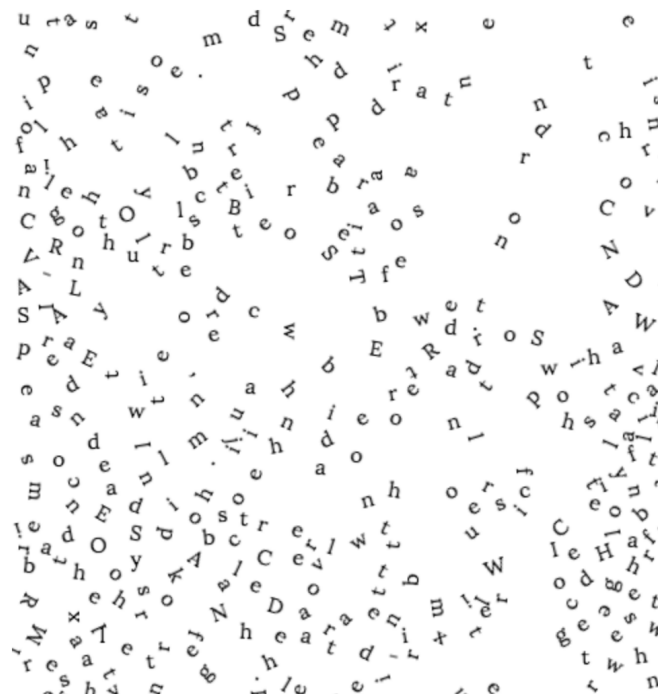
Chop fine two stalks
cucumber; add
cut in pieces, mix w
Place on thin slices
with a crisp lettuce

CAVIARE SANDWICH

Between thin slices
caviare; on top of the
onion. Garnish top

CAVIARE SANDWICH

To a can of caviare
and one teaspoonful



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7 S h t o f a l v s e n D o p s i C r n o i
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r u s i l i n a t o a a e p d h p e p
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e o f t t e h a e l e r a s
u e t t w c o t e d r o b w l e e o o r
e o c c o v e

LOBSTER SANDWICH NO. 3

Pound the meat of a medium sized lobster fine, add one tablespoonful of the coral, dried and mashed smooth, the juice of half a lemon, a dash of nutmeg, one-fourth teaspoonful of paprika, and two tablespoonfuls of soft butter. Mix all to a smooth paste and place between thin slices of lightly buttered white bread.

LOBSTER SANDWICH NO. 4

Chop the meat of a medium sized lobster and a stalk of celery fine, moisten with a little mayonnaise dressing, and place between thin slices of lightly buttered white bread. Garnish with a slice of tomato.

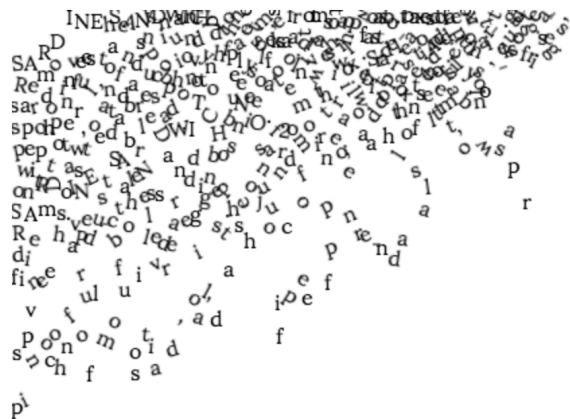


Take two square salted crackers and place two thin slices of Bermuda onion, next a ladines and squeeze a generous amount of lemon juice over all; then put remaining cracker (buttered) on top. Salmon may be substituted.

LOBSTER AND MUSHROOM SANDWICH

Cook one-half pound of mushrooms in a little butter until tender, then add one small slice

moisten with a little stock and let simmer. Remove from the fire and chop fine; press through sieve and season with salt and pepper and tomato catsup. When cool, add a little lobster meat pounded smooth, mix and spread on thin slices of lightly buttered white bread. Garnish with



of finely chopped watercress. Wash and dry the bread and spread the mixture between thin slices of buttered white or graham bread.

SARDINE SANDWICH NO. 3

Remove scales and bones from two sardines. Four hard-boiled eggs, chopped fine, one slice of one lemon, a dash of salt, red pepper, and one tablespoonful of melted butter, all mixed together and chopped fine. Stir to a paste and spread on slices of buttered white bread with a lettuce leaf.

SARDINE SANDWICH NO. 4

Remove skin and bones from the sardines and pound to a paste; season with salt, red pepper, and a dash of lemon juice. Spread on slices of lightly buttered white or rye bread and garnish with other slice of bread and garnish with watercress.

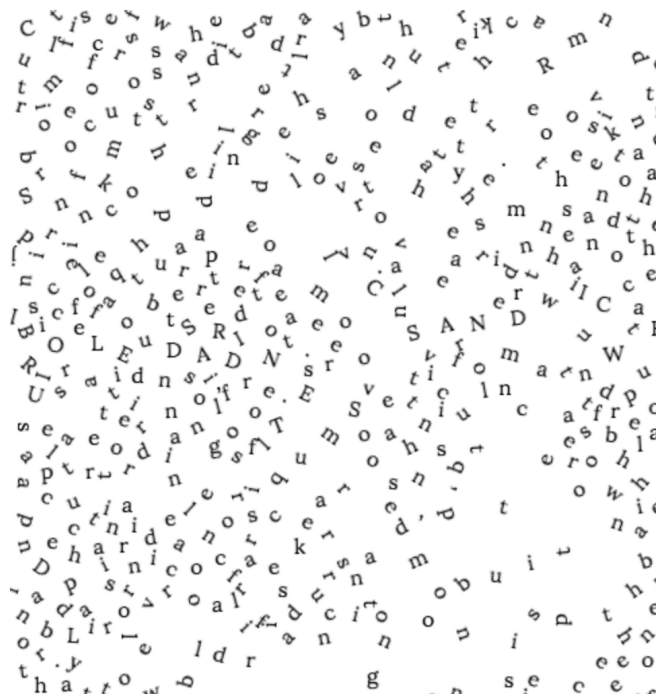
SARDINE SANDWICH NO. 5

Pound eight boned and skinned sardines with two ounces of fresh butter, a little salt and cayenne. Spread the mixture on slices of brown bread lightly buttered, and on each lay a slice of sliced tomato. Sprinkle with salt, pepper and a pinch of sugar. Add a wedge of pickled cucumber into each sandwich and fasten with a toothpick.

STANDARD REESE SANDWICHES
 A pound of sardines and a pound of butter, mixed together and seasoned with salt, red pepper, and a dash of lemon juice. Spread on slices of lightly buttered white or rye bread and garnish with other slice of bread and garnish with watercress.

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 lightly buttered dry o r l y ; s p r e a d b e t w e e n h e s a r d a n
 SALMONS AND W I C H r o w n b r e a d w e n t h i n s l i n
 Between this lic e l e f t h t l y b u e a d e d w e n t h i n s l i n
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 salmon that h a s b e e n t u s o n t h e s a t u c i e n n e c e d
 ada sho f l e m o n j u c e a n i s e d i t h s l i a o d e a n d s e c o n d

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 I n W i l a N a

bread light butter d. Garnish with a slice of lemon
 that has been dipped in finely chopped parsley

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PIMENTO SANDWICH

Grind two small cans of pig
 of Neufchatel cheese, and a little salt. If
 the mixture is too dry
 Spread on thin slices of
 Place two together and

SHRIMP SANDWICH

Minced cold shrimp, a celery stick
 add a little mayonnaise dressing, a dash
 and spread on thin slices of rye bread
 Press slices together and garnish

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SHRIMP S ALAD S
Marinate one cup of
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LENTEN SANDWICH

Whip a cup of cream until stiff, stir in minced cold Sp, a little parsley, a dash of salt and pepper. Spread ~~the~~ mixture between thin slices of white or gra bread. ~~the~~ Finish with an olive.

CRAB SA ~~the~~ H

Take the contents of a small can of crab meat, squeeze out liquor; mix with a little mayonnaise dressing. Place a crisp lettuce leaf on each slice of lightly buttered white bread, and spread with crab mixture. Put slices together and cut in squares.

MOCK CRAB SANDWICH

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One-able p sa fosa paspo se were o madi
two tang and hand lo. asch 22000 lost vo o qz ne. 8e,
rik egan white bu alCH upi o u galy f an g r n sev
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b e H a n n a d r e s n i t c e b
F i s i t o n h a f a c e i
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l u t m d e
b r

SARDELLEN PASTA

Wash, bone, and
and mash to a pulp
hard-boiled egg
smooth, then add
on small square

25

SARDELLEN SALAD

Clean, bone, and

sa- le- n, mi- with ne- ablespoonful of cre m, t-
ver- en- juice of half a le- on, a dash of white pep-
and a half-teaspoonful of prep- red mustard. S- r- e-
ond h- n- slice o- round fast, cover w- th a no- e s- i- c-
an g- r- n- ish wit- a p- c- lo- e-

B T S A N D
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C A L U B S A N D W I C , x d w i t h a t e a y -
n a s e h a i s u i n g a n d d e r i S p e a d l e e m i g o -
e s d a d p s . t e h t l

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u w t r . r i h h s .

tablespoonful of ice cream
 this mixture
 bread, with a crisp crust
 in mayonnaise
 ANCHOVY TOASTS
 One can of boneless anchovies in oil
 squares of bread, without crust
 two anchovies are placed between each piece
 and the yolks of hard-boiled eggs are
 sprinkled over the top
 and dipped in the oil
 Garnish with
 FRENCH SANDWICH

The composition of the
 body of the ship is

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 of the ship's history
 and they are all the more
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 yolk to the son of the
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 groups of the son of the
 place. An old man

THE END OF THE
 SANDWICH

The composition of the

white bread place hot creamed codfish. Put a table-spoonful of the codfish on top and sprinkle finely chopped hard-boiled egg over the codfish and garnish with a sprig of parsley and a pickle. Serve as soon as made.

28

EGG

EGG SANDWICH

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 4. the rising place mixture we
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 it all the time
 and I like the
 pickle.

RESNÉ

Fig. 1. Bread and slices of white bread in the

a crisp lettuce leaf between. Garnish with a radish.

RIBBON SANDWICH

Mash the yolks of five hard-boiled eggs to a paste, add three tablespoonfuls of mayonnaise dressing and pepper and salt to taste. Spread lightly with butter three square thin slices of white bread and two corresponding slices of wheat. For lower slice use the white bread and spread with the egg paste, then place the wheat bread on top of that and spread with the egg paste, followed by a slice of the white bread. Press tightly together, then take a sharp knife and cut cross-wise into five sandwiches. Garnish with an olive.

E
Place AND L
thinly slices of E T U C E
d, P r i k cut b u t h a r d S A N D W
b p p e a m u l t e r e d - b o I C
G u t t e r e i m t h i s l a w h i l e e g g H
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w i t h a o f o a s e r i s p l e a d t o
n o l e a d r e s s i n f o r d a s l i c e s f
l v e d e n d c u s t d i a v e r w e t h a f s l a n
F G G M N D L i
c o p f a V
a s o p t i v e O r d e S A N W
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s e n t l e d a l l e g g s v r y
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e i n g t y b o i l e d u s m i t h o
d g a n u m i o o a w i t h o
r i w i t h w m o s b u e g, m o i s t
a n i t e n t e r, m o i s t
o l i e a d p s p r e n n
u t t w a d o

pepper and salt, and lastly one tablespoonful of vinegar. When this is thoroughly mixed, add one cup of grated American cheese. Spread on thin slices of lightly buttered white bread.

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ONTPELIER SANDWICH

Put three hard-boiled eggs a
anchovies in a mortar and
of butter, and season with
sh of pepper, and season with
JAPANESE GARNISH with a
Chopped for hard-boiled
dressed with a sprig of parsley
for a paste; add a toiled
with onion, sea, one egg and
Bith of parsley, sea, one egg and
Romaine, sea, one egg and
Mentha, sea, one egg and
t a h th C S N W I CH
ers h th C S N W I CH
vinegar, sea, one egg and
it of sea, one egg and
t of sea, one egg and
c u s , n a d r o p o f t a b s c o . S p r e a d

the mixture between slices of lightly buttered Boston brown bread cut wafer thin. Garnish with an olive.

EASTER SANDWICH

Between thin slices of lightly buttered white bread, place a crisp lettuce leaf that has been dipped in mayonnaise dressing. On this place round slices of cold hard-boiled egg. Dust with pepper and salt. Cut sandwiches in squares and tie with lavender baby ribbon.

CHEVY CHASE SANDWICH

Put six hard-boiled eggs through a potato ricer

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olives, season with lemon juice; mix with butter, creamed. Spread on thin slices of white bread.

CURRIED ECC AND OYSTER SANDWICHES

Chop four boiled eggs very fine, season with pepper and salt and spread on thin slices of lightly buttered white bread; on top of eggs place three pickled oysters; over this spread a tablespoonful of curry sauce and cover with another slice of bread. The sauce is made thus; put a tablespoonful of butter into a sauce pan, add a cup of milk, thicken with a little flour dissolved in a little cold milk, let come to a boil, then add a dash of onion juice, salt and pepper, and a teaspoonful of curry. Let simmer a minute, then set it aside to cool. When sandwiches are ready to serve, spread this sauce over the egg and oysters, then cover with the other slice of bread. Garnish with parsley.

ALDS
SOAAT
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T O M A T O A N D H O R S E - R A D I S H

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d o u t e e d h i t d r e w i t h a d i s p o
t w e e n .

TOMATO AND HORSE-RADISH SANDWICH

Slice a tomato thin and sprinkle with salt. Mix
one-half cup of horse-radish with two table spoonfuls
of mayonnaise dressing. Spread thin slices of light
buttered white bread with the horse-radish mixture, and
put the sliced tomato between.

TOMATO AND NUTS SANDWICH

Chop three medium sized tomatoes, add one small
green pepper chopped fine, and a half-cup of chopped
walnuts; add a dash of mayonnaise dressing and place
on a lettuce leaf between thin slices of white bread cut
in squares.

SPECIALTY SANDWICH

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Slices of toasted bread have been
lightly fried, place a thick slice of tomato, over
bottom spread salad dressing, then just touch
it over with another slice of toast, and garnish
with lemon.

BEET SANDWICH

Wash and size tomatoes, three greens washed
and one small onion, chop finely together,
and then in sieve for five minutes. Mix with
little salad dressing and place on lettuce leaf, be-
tween slices of white row hole wheat bread lightly
fried.

BEET SANDWICH

Boiled beets fine, season with salt and

pepper and add a shot of vinegar. On thin slices of lightly
buttered whole bread, spread cream cheese. On top
of this sprinkle the chopped beets. Cover with another
slice of bread.

BEET AND CRESS SANDWICH

Slice bread thin. Spread one piece with beets
that have been chopped very fine and moistened with
mayonnaise dressing. The others spread with cream
cheese. Press slices firmly together.

WATER CRESS SANDWICH

Parsley.

PICCALILLISANDWICH

Between thin ly cutslices of lightly buttered white bread, place a layer of sweet piccalilli; cut in diamond shape. Garnish with sprig of parsley.

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EGG SANDWICH

NOV 1

Butter slices slightly buttered with white bread. Place a layer of green pepper, which have been fried in oil, on the little mayonnaise dressing. Put a slice of hard-boiled egg on top. Garnish with sprig of parsley and a small pickle.

EGG SANDWICH

Butter slices lightly buttered with white bread. Place a layer of green pepper, which have been fried in oil, on the little mayonnaise dressing. Put a slice of hard-boiled egg on top. Garnish with sprig of parsley and a small pickle.

EGG SANDWICH

Butter slices lightly buttered with white bread.

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VES

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umber picket a spoonful of a dash of
salt pepper and a very little mustard and Mix l
up and out for on bread covering with a the r
square

DRAGON SAND WCH

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polished ash of no noise des -
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t and whit bread.

Q/N EANCEN
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LIVER

Chop olives and cold boiled chicken livers fine;
mix with mayonnaise and spread on thin slices of whole
white bread. Put the slices together.

OLIVE AND CHEESE SANDWICH

Thin slices of white bread lightly buttered, cut in
hexagon shape. Between each two slices place a layer
of Neufchâtel cheese mixed to a paste with a little
thick cream and mayonnaise dressing, and cover
thickly with chopped olives.

OLIVE AND CAPER SANDWICH

Stone the olives and chop fine, adding one-third
quantity of capers, mix with a little mayonnaise dress-
ing, and spread between thin slices of lightly buttered
white bread.

OLIVE AND CAPER SANDWICH No. 2

Chop equal amount of capers and olives fine, sea-
son with celery salt and paprika, add a little olive oil
or melted butter, mix until smooth. Spread on slices
of lightly buttered white bread.

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OLIVE AND
Chopojives
of mayonnaise
brown bread.
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CUCUMBER SANDWICH

Peel cucumbers and cut into the thinnest possible slices and sprinkle with salt and Pepper and a few drops of lemon juice. Place between thin slices of lightly buttered bread.

CUCUMBER SANDWICH NO. 2

Slice cucumbers into thin slices of lighty buttered bread. Sprinkle with salt and Pepper and a few drops of lemon juice. Mix with a little rice and butter. Place between thin slices of lightly buttered bread.