

# 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  
ANDWICH BOOK

THE ☈  
SANDWICH ☈

By D.  
McCLURG & a Sandwich

By

EVA GREENE FULLER

CHICAGO

A. C. McCLURG & CO.

19<sub>0</sub><sup>9</sup>

The Caslon Press  
Chicago

P<sub>I</sub>

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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.

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FISH

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SANDWICH BOOKH  
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lettucelea fb t we .  
FRIEDOYS T R ANDW

In thin slices of lightly buttered white bread,  
lace 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  
over 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.

#### YSTER 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 AI AÉ SNOW C

Butter thin slice of white bread, mix with  
thinly sliced raw carrots, finely sliced  
oysters, coarsely chopped or sliced  
with slice of lemon.

G RL IR OYSTER SANDWICH

Toasted rolls filled with white bread, buttered  
then placed on top of a slice of raw carrots  
and a lettuce leaf, mayonnaise on top  
peeled and filled with sliced oysters  
then served with a pickle.

## OYSTER SALAD SA

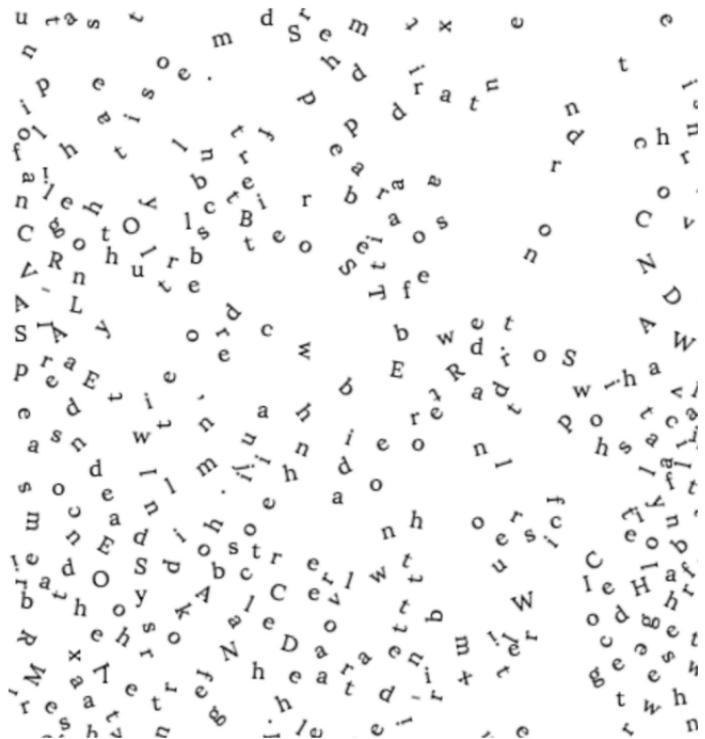
**Chop** fine two stalk  
**sized** cucumber; ad  
cut in pieces, mix w  
Place on thin slices  
with a crisp lettuce

## CAVIARE SANDWIC

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

## CAVIARE SANDWIC

To a can of caviare  
and one teaspoonful



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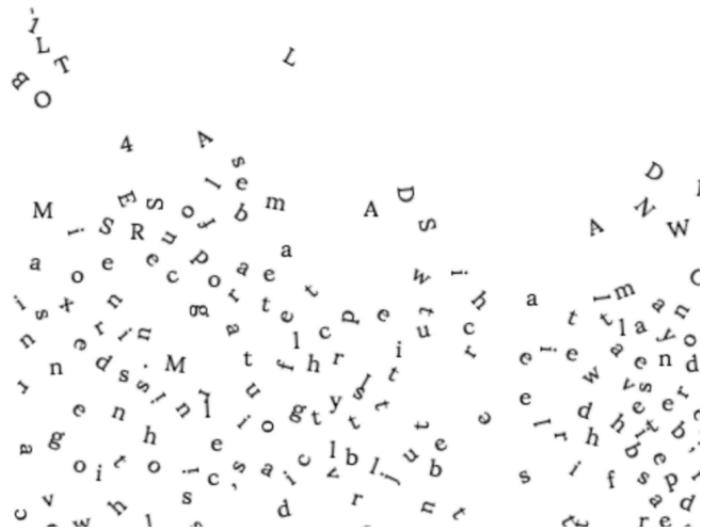
### LOBSTER SANDWICH NO. 3

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 tablespoon-  
fuls 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~~ <sup>few</sup> ~~of~~ <sup>a</sup> ~~onaise~~  
dressing, and place between thin ~~slices~~ <sup>two</sup> ~~but-~~  
tered white bread. Garnish with a ~~small~~ <sup>large</sup> ~~piece~~ <sup>onion</sup>.

\*—:



Take two square salted crackers and place two thin slices of Bermuda onion, next a la dines and squeeze a generous amount of le over all; then put remaining cracker (butte 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 sieve and season with salt and pepper and tomato catsup. When cool, add a little lob-pounded smooth, mix and spread on thin ~~s~~  
~~lightly buttered white bread. Garnish with~~

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of finely chopped watercress. When spread the mixture between thin buttered white or graham bread.

#### SARDINE SANDWICH NO. 3

Remove scales and bones from the sardines. Four hard-boiled eggs, the juice of one lemon, a dash of salt, red pepper, a tablespoonful of melted butter, all chopped fine. Stir to a paste and buttered white bread with a lettuce.

#### SARDINE SANDWICH NO. 4

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

#### SARDINE SANDV/ICH NO. 5

Pound eight boned and skinned sardines with two ounces of fresh butter a little salt and cayenne pepper. Add the mixture on slices of bread lightly buttered, add a dash of hot pepper and a pinch of salt. Add a few drops of vinegar. Form into a sandwich and fasten with a sprig of ginger root.

SARDINE SANDWICH  
A ND C H E E S E S A N D W I C H  
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Three slices of thinly cut white bread toasted  
and buttered. Place a lettuce leaf that has been dipped  
in mayonnaise dressing on the bread, and on top

of that put slices of fried breakfast bacon, then put  
another slice of toast on top of that, with another lettuce leaf followed by boneless and skinless sardines  
split open, topped by a third slice of toasted bread.  
Garnish with slices of lemon cut very thin and dipped  
in finely chopped parsley.

SPANISH SANDWICH

Crispy white bread with butter and mayonnaise  
on the outside. Inside is a lettuce leaf, a slice of  
bacon, a slice of bread, and a slice of sardine. The  
sardine is split open and topped with a slice of  
bread. The sandwich is garnished with lemon slices  
dipped in finely chopped parsley.

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### PIMENTO SANDWICH

Grind two small cans of pig<sup>r</sup> h<sup>r</sup> cakes  
of Neufchatel cheese, and<sup>r</sup> i<sup>r</sup>le salt. If  
the mixture is too dry<sup>r</sup> o<sup>r</sup>ntos.  
Spread on thin slices o<sup>r</sup> bread.  
Place two together and c<sup>r</sup>in<sup>r</sup>f<sup>r</sup>a<sup>r</sup> y<sup>r</sup>do<sup>r</sup>ed.

### SHRIMP SANDWICH

Minced cold shrimp, a celery stick<sup>r</sup> po<sup>r</sup> si<sup>r</sup>ce,  
add a little mayonnaise dressing, a dash t<sup>r</sup> Mix  
and spread on thin slices of rye bread<sup>r</sup> ered.  
Press slices together and garnish w<sup>r</sup> z<sup>r</sup> J<sup>r</sup> 1

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UJJ DWICH h n s g e  
SHRIMP S N f s i Ps i F r e o l  
ALADS u s v o m n t c p p e n a v d e s u  
Marinate one c p h m c h p p e n a v d e s u  
ing; ad done- half c u p e a c o h o n e r i s s e  
pimentos idrain, moisten with m a t t e e  
and place on t h i s f l y b n p h b r  
with ac ri t ele a n.  
splet uc

## LENTEN SANDWICH

Whip a cup of cream until stiff, stir in minced cold ~~sp~~, a little parsley, a dash of salt and pepper. Spread ~~ture~~ between thin slices of white or grain bread. Wash with an olive.

CRAB SA<sub>Z</sub>  $\Delta$  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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SARDELLEN PA

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te <sup>t</sup>rd <sup>d</sup>nd <sup>nd</sup>juice of half a le <sup>t</sup>on, a <sup>a</sup>da <sup>b</sup>sh <sup>b</sup>of <sup>w</sup>hit <sup>ap</sup> <sup>g</sup>ea <sup>g</sup>er <sup>u</sup>-  
and <sup>nd</sup>ah <sup>nd</sup>half-te <sup>s</sup>poonful <sup>m</sup>f <sup>p</sup>re <sup>r</sup>esh <sup>m</sup>ist <sup>a</sup>rd. S <sup>r</sup>ea <sup>r</sup>  
ond <sup>nd</sup>h <sup>nd</sup>n slice <sup>s</sup>ol <sup>nd</sup>round <sup>d</sup>fast, cov <sup>e</sup>rd <sup>m</sup>w <sup>t</sup>h <sup>a</sup>no <sup>th</sup>pr <sup>l</sup>de,  
an <sup>an</sup> g <sup>g</sup>arnish <sup>wit</sup> a pic <sup>lo</sup>e.

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SARDELLEN SA

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u d w t r . r i h h s .  
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tablespoonfuls of  
 i e s  
 h c r a  
 m a n d s u s d  
 this mixture  
 bread, with onions, lettuce, etc.  
 in mayonnaise  
 ANCHOVY TOASTS: in between two slices of bread  
 One can of boneless anchovies in oil, no ast, served cubed  
 squares of bread without crusts, or two slices  
 two anchovies are replaced between each slice  
 and the yolks of hard-boiled eggs & each being popped  
 sprinkled over same, then with a tin  
 and dispensed over the top, garnish with aspic  
 Garnish with aspic  
 FRENCH SANDWICH

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R o tato on trout abe willin + matt comb 1

white bread place hot creamed codfish. Put a tablespoonful 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.

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EGG

EGG SANDWICH

For Mashed Cod Sandwiches  
Take a large piece of white fish fillet.  
Break it up into small pieces.  
Add a few drops of lemon juice.  
Season with salt and pepper.  
Fry the sandwich to taste.

## EGG 2

With boiled eggs sliced thin.  
Cut the bread into slices of white bread or so -  
metimes buttered and topped with  
eggs, ham, radishes, onions, pickles.

## EGG SANDWICH

Egg sandwiched between two slices of white bread or in

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.

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d<sub>h</sub> g<sub>a</sub> c<sub>o</sub> o<sub>th</sub> i<sub>o</sub> o<sub>w</sub> l<sub>h</sub> d<sub>o</sub>  
r<sub>i</sub> s<sub>h</sub> i<sub>th</sub> w<sub>h</sub> a<sub>o</sub> s<sub>bu</sub> e<sub>g</sub>,  
a<sub>n</sub> i<sub>t</sub> e<sub>ub</sub> v<sub>er</sub>,<sub>m</sub> o<sub>ist</sub>  
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## ~~GRANBURY~~ SANDWICH

Wash egg shells in salt water  
until thin enough to see through.  
Place in a shallow dish.  
Cover with salt water.  
Let stand over night.

~~GRANBURY~~ SANDWICH

Boil eggs finely sliced  
and mix with mayonnaise.  
Fill bread with this.

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## PURITAN SANDWICH

Rub smooth the yolk of a hard-boiled egg, a  
tablespoonful of melted butter, a dash of  
white pepper, one-half teaspoonful of mustard,  
fourth of a pound of American cheese grate  
stir in a scant tablespoonful of vinegar. Sprin-  
ture on thin slices of lightly buttered white  
bread. Put two slices together and garnish with  
pickle.

## COLD SANDWICH

Rub the yolks of three hard-boiled eggs to a  
paste. Add two tablespoonfuls of olive oil, mix  
with a silver fork. Add a pinch of mustard and

upper 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 anchovies of butteries hard-boiled eggs a shpere and mortar a few saps of green season wind p d t JAPAN thin slice it's round reebooned Cho ESE EC C N sprig white bread green pepper dines fine r hard SA DW C of Parsley cuti pene hay paste add a boiled H l y n an y w onnaise a sea egs Bith a PNS edr one a sea egs and th ROPN ssiwi peful of three bon M W ey d angly cutpperf mreebon t a C A n o i ve in spean elted enshth EC K S N W ICH under salt butter an vinswit of D ICH and a little rub lit le gar w rks p aone ard b t F en d mot pful of m o l e c u a paste f am elti ed eggs s d a dd ai nedbsut er and m o is d op of tab paper and ro sco and a of Spr ead

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

*But six hard-boiled eggs through a potato ricer*

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butte r m h i c i x  
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p p t e ha S A N e p l e a e a n d k e s  
b e t p r d N D b r d b e t w c h  
3 u e e; f m d o i N I C H b t w e e o t o  
6 d w h i s t e d e g g n t h a  
R E o n w y s f i e  
T h A L e w h i l s f a  
V L r R t b a y e, sea so  
C O P a b S i l r e a n n a i s  
h E d o A D G g I f H  
d e e s e a d  
s e d a

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

#### CURRIED EGG 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.

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TOMATOANDHORSE-RADISH  
SANDWICH

S Aceatoma to thin and sprinkle with salt. Mix  
one-half cup of horse-radish with two tablespoons  
of mayonnaise dressing. Spread thin slices of lightly  
buttered white bread with the horse-radish mixture, and  
put the sliced tomato between.

TOMATOANDNUTSANDWICH

Chop three medium sized tomatoes, add one small  
green pepper, chop 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.

SPECIAL TYSANDWICH

halves of toasted bread have been  
layered, place a thin slice of tomato, over  
tomato spread salad dressing, the mustard on top  
of the layer with another slice of toast, and garnish  
with lemon.

#### BURGERS AND SANDWICH

Wash and trim the onions, then slice them very thin.  
Place one small onion, chopped finely together,  
and then in sieve for five minutes. Mix with  
lettuce, and place on a lettuce leaf, be-  
tween slices of white bread with a hole in the middle  
and buttered.

#### SANDWICH

Butter two slices of bread with salt and

pepper and a dash of vinegar. On this slice of lightly  
buttered white bread, spread cream cheese. On top  
of this spread the chopped beets. Cover with another  
slice of bread.

#### BEET AND CHEESE SANDWICH

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

#### WATERCRESS SANDWICH

Parsley.

## PICCALILLI SANDWICH

Between thin layers of slightly buttered white bread, place a layer of sweet piccalilli; cut India mould shape. Garnish with sprigs of parsley.

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slices, do you think two slices less or more net in y  
number pickle at a spoonful each at a dash of  
salt and pepper and a very little mustard and Mixed I  
suppose it like a sponge and covering with ham the r  
squares

DNEIR SAND WCH

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## LIVER

Chop olives and cold boiled chicken liver fine; mix with mayonnaise and spread on thin slices of whole wheat bread. Put the salad 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 dressing, and spread between thin slices of lightly buttered white bread.

## OLIVE AND CAPER SANDWICH NO. 2

Chop equal amount of capers and olives fine, season 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  
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of mayonnaise and s  
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 light yellow bread.

CUCUMBERSANDWICH NO. 2

Skin leathen slices of light yellow bread with  
salt and pepper and a few drops of lemon juice  
mixed with light French dressing and  
butter and spread on bread and serve with  
slices of ham and cheese.