



Good Things to Eat For Picnics and Outings

Easy to Make Without Fuss or Bother
Pleasing—Nourishing—Satisfying

CRACKERS are fine and nutritious food in handy and convenient form for taking along and using at picnics and outings, on auto tours and on hiking, camping, fishing and hunting trips.

Crackers require less space and make less weight than their nutritive equivalent in any other ready-to-eat cereal food. The fact that crackers are always ready to eat without preparation of any kind, and also without waste (even the crumbs being most valuable in cookery) are big points in their favor.

Furthermore, the crackers are protected against spoilage when used from the handy and reliable tin can in which they are marketed, which keeps out the moisture, odors, dust, rodents, etc., and keeps in all the delicious goodness.

Equipped with a can, caddy or package of quality crackers, a thermos bottle of good butter and a jar of previously prepared filler—and you will have sandwiches when and as you need them. Prepared just before eating, they will be neither soggy nor dried out until tasteless, but inviting and appetizing in appearance and deliciously good eating from first to last bite. Of course, cracker sandwiches can be prepared in advance, if desired, wrapped in waxed paper and packed in the picnic hamper, but the experience of many outdoor folks is that the best picnic sandwiches are those prepared just before serving.

Sandwich Butter

It is easy to make sandwiches when the butter is softened by working with a spoon until it is creamy and of a consistency that spreads easily. Do not melt butter, as it will soak in and make the sandwich soggy. Seasonings of various kinds can be worked into the butter while it is being creamed, if desired.

Lemon Butter

Cream one-quarter cup (which is four tablespoons or two ounces) of butter and work in one tablespoon of lemon juice and a little grated rind. If the butter is sweet, add a little salt. The grated rind may be omitted, if desired, and a few grains of cayenne pepper added.

Pimento Butter

Cream one-quarter cup of butter and work into it gradually canned pimento that was first rubbed through a fine strainer.

Raisin Butter

Cream one-quarter cup of butter and add one-quarter cup of seeded or seedless raisins, chopped very fine (if put through food chopper, add a few drops of lemon juice to prevent sticking to chopper). Then add one tablespoon of finely cut crystallized ginger.

Pineapple Butter

Cream butter with sufficient crushed pineapple to spread easily.

Sandwich Fillers

Among the most popular and generally used fillers are these:

- Peanut butter.
- Sliced ham and mustard.
- Sliced beef and dill pickle.
- Chopped figs moistened with salad dressing.
- Chopped meat moistened with salad dressing.
- Chopped nuts and dates moistened with salad dressing.
- Chopped hard-cooked eggs moistened with salad dressing.
- Chopped olives and celery moistened with salad dressing.
- Sliced chicken and tomato moistened with salad dressing.
- Chopped cheese and pimento moistened with salad dressing.
- Cubed cucumber and radishes moistened with salad dressing.
- Chopped ripe olives and walnuts moistened with salad dressing.
- Chopped meat and chopped pickles moistened with salad dressing.

In fact, practically any kind of cooked meat ground in a food chopper makes a good sandwich filler.

Any good kind of canned fish also makes tasty sandwich filler. Some object to the strong, oily flavor of certain kinds of fish, but usually this can be removed by placing the fish in a colander and pouring boiling water over it.

SUGGESTIONS FOR VARIOUS PEANUT BUTTER SANDWICHES

1. One-half cupful each of peanut butter and of finely chopped seeded raisins moistened with two tablespoonfuls of lemon juice.
2. One-half cupful each of peanut butter and stoned chopped prunes moistened with two tablespoonfuls of orange juice.
3. Spread crackers generously with peanut butter, then fill with thick slices of tomato which have been allowed to stand in French dressing for 15 minutes.
4. Spread crackers with peanut butter and fill with chopped celery mixed with one tablespoonful of minced pimentos to each cupful of celery and a little salad dressing. Season with salt and paprika.
5. Blend together equal quantities of peanut butter and cream cheese, spread on crackers, lay lettuce leaves moistened with French dressing on half the crackers, sprinkle generously with sliced stuffed olives and cover with other crackers.
6. Spread buttered crackers with peanut butter, then with orange marmalade.
7. Spread peanut butter on a graham cracker, then put layer of sliced banana on peanut butter, using another cracker to make a thick sandwich.
8. Mix peanut butter with one-third the amount of salad dressing and spread on buttered crackers.

OTHER SANDWICH FILLINGS OR CRACKER SPREADS

(Cracker spreads are made like sandwiches without tops).

Tongue and Ham

Put through food chopper equal portions cold cooked tongue and cold cooked ham. Season to taste with salt and pepper and spread on buttered crackers.

Baked Bean

Mash half a cup baked beans to a fine paste; add a tablespoon of tomato catsup, and one of salad dressing. Beat until thoroughly mixed and spread on crackers.

Raisin, Egg and Olive

Mix four finely chopped hard boiled eggs, 12 stuffed olives and one cup raisins. Moisten well with the salad dressing and spread on crackers.

Egg and Olive

Chop three hard-cooked eggs, add ½ cup minced ripe olives, salt and pepper to taste, and sufficient mayonnaise to make a creamy consistency.

Cottage Cheese

Moisten ½ pound of cottage cheese with four tablespoonfuls of chili sauce, add a dash of Worcestershire sauce, and spread on crackers. Minced olives may be added to the filling if desired.

Pimento Cheese

Mash one cream cheese or ½ cup cottage cheese, add to this one tablespoon finely chopped pimento, a few grains salt, and enough cream or French dressing to make of the right consistency to spread on crackers.

Cheese

Grate any good cheese, rub into a paste with butter, season with salt and a little Worcestershire sauce, and spread on crackers.

Nut and Cheese

Mix equal parts of grated cheese and chopped English walnut meats; then season with salt and cayenne. Spread on crackers.

Bacon and Date

Chop crisp bacon and mix with an equal proportion of finely chopped dates. Moisten with mayonnaise and spread on buttered crackers. Shred crisp lettuce leaves and put into each sandwich, if desired.

Date and Cheese

Soften a cream cheese with a little milk or cream. Add ½ cup finely chopped dates and mix together thoroughly. Season with a little salt and spread on buttered crackers.

Date Salad

Finely chopped celery, walnut meats and dates. Use ½ cup dates to ¼ cup each of celery and walnuts. Moisten well with mayonnaise and spread on buttered crackers. Place a crisp lettuce leaf in each sandwich, if desired.

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