

A Different Sandwich Every Day

**Miss Camp Tells
Of Origin Giving
Some New Recipes**

By MISS JOHNNIE CAMP
Home Service Director
Virginia Electric & Power Co.

An inventor to whom we are deeply indebted, if we enjoy sandwiches, is John Montague, fourth Earl of Sandwich. This man, seated at his gaming table, ordered meat brought to him between slices of bread and this he termed a "sandwich". That was a long time ago.

Of course they have progressed along with civilization. They began as a hastily improvised meal and are now a thing of art and at times "put on airs". Some members of this family bloom at afternoon teas, and receptions. Sturdier members satisfy the mid-day hunger of the working man or school boy and girl. All have a primary idea—some kind of filling inserted in a carrier, usually crackers or bread.

Two ingredients we insist upon being omitted, sand and witches.

To the homemaker putting up lunches for her children in school, these recipes are donated, meant to satisfy hearty appetites.

Ham Sandwiches Supreme

Lay thin slices of boiled ham between slices of buttered bread and sprinkle with a little brown sugar and powdered cloves. It tastes like the outside edge of baked ham.

Lamb and Beet Sandwiches

To one cup ground left-over lamb, add two tablespoons beet relish and enough mayonnaise to moisten. Spread on buttered bread.

Remember, bread that is spread thinly with well creamed butter does not absorb the moisture for fillings and so does not become soggy after a few hours wait.

Meat Loaf Sandwich

Make a firm meat loaf, slice when cold. May spread chopped olives on one side of bread.

**Dried Beef and Cheese
Sandwich**

3-4 cup dried beef, ground
1-4 cup grated American cheese
1-4 cup minced celery
Mayonnaise.

Mix thoroughly and spread on white or whole wheat bread.

Egg and Walnut Sandwiches

Chop hard cooked eggs and walnut meats coarse, using about half as many nuts as eggs. Mix with salad dressing and spread on white bread.

**Deviled Ham and Catsup
Sandwiches**

Cream one part butter with two parts deviled ham. Add one part catsup. Spread on buttered bread.

**Cream Cheese and Ginger
Sandwiches**

Add grated rind of one half orange, two tablespoons chopped candied ginger to one package of cream cheese. Moisten with orange juice and spread on buttered white bread.

Bacon and Banana Sandwich

Place sliced bananas and slices of crisp bacon with a thin layer of mayonnaise on slice of bread next the banana, and butter on slice that is next bacon.

Vegetable Sandwich

Mix chopped cabbage and carrots with mayonnaise. Spread on buttered bread.

**Orange-Pineapple-Carrot
Sandwich**

Mix together, grated rind of 1-2 orange, two grated carrots, three tablespoons of drained crushed pineapple and enough mayonnaise to hold together. Spread on buttered bread.

Butter should always be creamed, not melted.

Bread should be fresh.

Sandwiches are easiest to eat when cut crosswise into quarters, or diagonally into halves.

Spread filling around edges as well as in center.

All sandwiches should be wrapped firmly in cellophane or waxed paper to keep moist.

Miss Lovard Preddy, who has been the guest of Mrs. Dave Clark, has returned to her home in Winston-Salem.

Miss Lillian Bell Jenkins left Wednesday for Raleigh, where she will enter business college.

Miss Nancy Glover, of Oxford, is visiting her father, E. B. Glover.

Cecil Pendleton spent the weekend in Mount Holly with relatives.

**NOTICE OF ELECTION OF
TRUSTEES FOR THE ROANOKE
RAPIDS GRADED SCHOOL
DISTRICT**

The voters of the Roanoke Rapids Graded School District will take notice that pursuant to and in compliance with the law of North Carolina governing municipal elections and the provisions of the Charter of the Roanoke Rapids Graded School District and the amendment thereto passed by the General Assembly of North Carolina at its 1931 regular session, there shall be held in the City of Roanoke Rapids, at the Roanoke Rapids High School Building on Tuesday after the first Monday in October, 1933, the same being the 3rd day of October, 1933, between eight o'clock, A. M., and sunset, an election for the purpose of electing three (3)

"A Different Sandwich Every Day" - Says Miss Camp

On this page, Miss Johnny Camp gives recipes for many different kinds of sandwiches.



In preparing them, you must remember that BREAD is important!

"MAMMY'S OWN" BREAD

Is Ideal for Sandwich-Making
Baked and Guaranteed by

The NEW BAKERY, Inc., of Roanoke
Rapids, N. C.

Dancer at Fair



the City of Roanoke Rapids on the 4th day of August, 1933, shall revise the existing registration books and shall begin on the 15th day of September, 1933, and closing on the 22nd day of September, 1933, keep the registration books open for the registration of voters from nine (9) o'clock, A. M., to five (5) o'clock, P. M., each day (Sunday excepted), at the Roanoke Rapids High School Building, excepting on Saturdays when said registration books shall be kept open until nine o'clock, P. M., that the said registration books shall be kept open on the 23rd day of September, being the second Saturday before the election, at the Roanoke Rapids High School Building, for the inspection of the electors of the Roanoke Rapids Graded Schools District; that the following named Registrar and Judges of Election shall conduct the registration and election: P. A. Reid, Registrar, and George Lampley and C. C. Shell, Judges of Election.

The names of all persons who shall be voted on for TRUSTEES OF THE ROANOKE RAPIDS GRADED SCHOOLS DISTRICT

shall be filed with the Registrar of the election at least FIVE (5) DAYS before the election, and any person qualified to hold the office of Trustee of the Roanoke Rapids Graded Schools District may file his name in person or his name may be filed by any other qualified voter of said district.

In order to be eligible to vote one must have been a resident of the State of North Carolina one (1) year, of the County of Halifax six (6) months and the Roanoke Rapids Graded Schools District four (4) months preceding such election. No new registration of voters is ordered for this election, but persons who were not registered for the School Election two (2) years should register. It is well for voters to see the Registrar and be sure their names are on the books.

Ordered posted and published by the Board of Commissioners of the City of Roanoke Rapids this, the 4th day of August, A. D., 1933.

A. L. CLARK,
Secretary & Treasurer of the
City of Roanoke Rapids.

4th Sept. 21.



GRANDMOTHER'S
ROUND

ROLLS 2 9c
doz.



WHOLE MILK
FINE FLAVOR CHEESE lb. 17c

THIS YEAR'S GREAT FOOD VALUE BUTTER

FRESH CUT TUB PRINT

2 lbs. 50c 2 lbs. 53c

SULTANA BROKEN SLICED
PINEAPPLE large can 15c

IONA CORN
—or—
TOMATOES
3 No. 2 Cans 25c

PURE CIDER
Vinegar
½ gal. jug gal. jug
25c 45c

ANN PAGE PRESERVES lb. jar 19c N.B.C. HOMELIKE COOKIES 2 lbs. 25c

CHASE & SANBORN COFFEE lb. can 27c

Chipso 3 pkgs. 25c GUEST IVORY SOAP 2 cakes 9c

GOLD MEDAL FLOUR 12-lb. bag 69c

STEW BEEF 3 lbs. 25c

BEEF ROAST lb. 12½c

PICNICS Per lb. 10c

BOILED HAM lb. 29c

Fresh FISH and Dressed CHICKENS

THE ATLANTIC & PACIFIC TEA CO.