



Cook's Corner

Sandwiches: the more they change,
the more they stay the same

Left: A classic menu from FW Woolworth Co., a favorite department store of the author and countless others that became known for the sandwiches and ice cream at its lunch counter.



BY BETTY KAISER
For the Sentinel

I spent a large part of my life in the hospitality business. When we were in the business, we were always checking out any new and different ideas the competition had to offer—especially sandwiches. So I suppose it's perfectly normal that a former waitress and restaurant owner enjoys perusing old menus.

I was thinking about those restaurant menus the other day while I was putting together lunch for two. My husband and I had been working in the yard. It was perfect weeding weather: cool but dry, the weeds were tall but the ground still wet. We looked like piglets that had rolled in the mud. I was in no mood to be a creative cook.

At times like that, I stick to simple: grilled cheese, cream cheese-peanut butter and jelly, hot dogs, cottage cheese or canned soup. I balance the meal out with apple slices, a couple of cookies, some iced tea and call it good. At that point eating is a biological function. I could care less about preparing restaurant-style food.

Now this is where the menu musing came into play. In a rare moment of sandwich introspection, I thought that perhaps I should upgrade my biological function lunches. Leafing through some old and newer menus I soon realized that (unless you have a private chef) there's not much new in the world of sandwiches.

I grew up in Los Angeles, where F. W. Woolworth Co. (a popular five-and-dime store) was our Target. They sold everything from dress patterns to pots and pans, school supplies and picture frames. They also had a tempting soda fountain and lunch counter where my friends and I would go on weekends to savor a King Size Coca Cola (6-8 ounces in a Coke

glass) for only 10 cents! An old Woolworth's luncheon menu included the following delicacies on three slices of bread but you could save 20¢ by ordering the smaller size. No PB&J or baloney and cheese was offered!

1. Bacon and tomato toasted 3 decker sandwich—50¢
2. Baked ham and cheese toasted 3 decker sandwich—60¢
3. Chicken Salad toasted 3 decker sandwich—65¢
4. Ham and Egg Salad 3 decker sandwich 50¢

The big draw at the luncheon counter was the ice cream:

- Deluxe Tulip Sundae with 3 dips of ice cream and your choice of toppings—25¢
- Super Jumbo Banana Split with 1/2 banana covered with 3 dips of ice cream and your choice of toppings—39¢
- Extra Rich Ice Cream Soda with fresh fruit in season—25¢
- Malted Milk with 2 dips of ice cream (popular flavors)—25¢

Diners could also enjoy a slice of apple pie or layer cake for dessert at 15¢ a cut! An entire lunch was under \$1. Good stuff.

My menus get a little creative if we're having company for lunch. I bake a chicken or small ham for dinner the night before and use the leftovers in a fancy sandwich filling. "Fancy" means something we don't eat every day: chicken salad, ham or shrimp salad and deviled egg salad (mixed with Underwood's deviled ham) are my favorites.

Please note: Today's recipes are not precise. You'll have to eyeball your ingredients to add the right amounts to your meat. If you like lots of celery add more, etc. Also, don't limit your bread choices to boring. Serve ham salad on dark rye bread. Egg salad is good on small soft rolls. Use these as a guide. Experiment and enjoy!

BETTY'S CHICKEN SALAD

Salad base:
3 cups cooked chicken, diced
3/4 cup chopped celery
1/2 cup water chestnuts, sliced
A few green pimiento stuffed olives, sliced
1 teaspoon salt
Dash lemon pepper
Butter lettuce leaves or shredded lettuce, set aside
6 tablespoons almonds, toasted and sliced

Dressing:
3/4 cup mayonnaise
1 teaspoon lemon juice

Combine chicken, celery, water chestnuts, salt and pepper. Mix mayonnaise and lemon juice. Add to chicken mixture and mix well. Fold in green olives. Chill at least 1 hour. Spread mayonnaise on bread of choice, top with filling, sprinkle with a dash of paprika and toasted almonds and lettuce. Serves 4-6

DEVILED EGG SALAD

8 hard boiled eggs
1 small can Underwood Deviled Ham
1/4 cup mayonnaise
1 teaspoon mustard
1/2 teaspoon dill weed
Salt and pepper to taste
Sprouts or Bread and Butter pickles slices to garnish
Small soft (slider) buns

Peel and shred eggs on medium side of cheese grater. Mix all ingredients. Salt and pepper to taste. Spread mayonnaise on buns or bread of choice, top with filling, garnish with sprouts, a pickle and the top bun. Serves 4-6.

OLD FASHIONED HAM SALAD FILLING

4 cups cooked ham, finely diced
1/2 cup cheddar cheese, finely diced
1/2 cup celery, finely diced
2-3 sweet pickles, minced
Fresh parsley, minced (amount to taste)
1/2 cup mayonnaise (or more)
2 tablespoons sweet pickle juice
Salt and pepper to taste
Lettuce leaves

Put ham, cheese, celery and sweet pickles in large bowl. Mix together the mayonnaise and pickle juice. Add to ham mixture and stir. Cover and refrigerate overnight. Just before serving compile sandwiches. Try dark rye bread. Good with a side of fruit salad. Serves 6+

SHRIMP SALAD

1 pound salad size shrimp
1 teaspoon lemon juice
2 hard boiled eggs, chopped
1 cup diced celery
1/2 cup mayonnaise
Dash hot pepper sauce
1 teaspoon celery salt
1 teaspoon dill weed or tarragon
Dash onion salt
Lemon pepper to taste
Watercress

Rinse shrimp in ice water and squeeze dry with paper towels. Coarsely chop shrimp, add lemon juice and mix well. Then add eggs and celery. Mix seasonings with mayonnaise. Add to shrimp and mix well. This is especially good served in a soft hot dog style roll.

Keep it simple and keep it seasonal! Contact Betty at 942-1317 or email bhatty@bettykaiser.com

CITY OF COTTAGE GROVE TREE LIMB PICK-UP MAY 23, 2016

The City of Cottage Grove Public Works Department will be conducting the annual Tree Limb Pickup May 23, 2016. Property owners will be responsible for removing any branches or limbs placed in the street after May 23, 2016.

Residents can not place branches in the street where curbside parking does not exist.

This is strictly a tree limb pickup, nothing other than loose tree limbs or branches will be picked up.

If you have questions regarding the Tree Limb Pickup Program, please call the Public Works Department at (541) 767-4100 or stop in at the Public Works office located in City Hall at 400 East Main Street for a brochure.



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"A fanatic is one who can't change his mind and won't change the subject."

—Sir Winston Churchill

Worship Directory

WORSHIP WITH US

DRAIN:
Gateway Family Fellowship
Church of the Nazarene
337 "C" St. Drain, OR
Sunday School 9:30am
Worship 10:45am
Living Hope Free Lunch
Wed. at 12:30pm
541-836-7051 www.drainnaz.org

HOPE U.M.C.
131 W "A" St. Drain, OR
541-315-1617
Pastor: Lura Kidner-Miesen
Bible Study: 10:45am
Potluck Lunch: Noon
Worship: 12:45pm

COTTAGE GROVE:
6th & Gibbs Church of Christ
195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
Services: 9am and 10:30am
Christian Education
Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

Calvary Baptist Church
77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove
1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
Two Services on Sun: 9am & 10:45am
Youth Group Bible Study
Child Care 10:45am Service Only
www.cgcalvary.org

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbbible.org

Cottage Grove Faith Center
33761 Row River Rd. • 541-942-4851
Lead Pastor: Isaac Hovet
www.cg4.tv
2 Sunday Services: 9am & 11am
Full Children's Ministry available

Covered Bridge Nazarene Church
152 S. M St.
541-942-4422
Pastor: Cindy Slaymaker
Sunday School: 9:30am
Worship 10:30am

Delight Valley
Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the Auditorium

First Baptist Church
301 S 6th St 541-942-8242
Pastor: Steve Johnson
Sunday School: 9:30am
Worship: 11:00am
Come Worship with us

First Presbyterian Church
3rd and Adams St • 541-942-4479
Pastor: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

Grove Community Church
77820 Mosby Creek Rd.
Cottage Grove, OR 97424
541-942-0123
Pastor: Bryan Parsons
Worship: 10:30 a.m.
Nursery: Infant - Pre-K
Kid's Church: K to 5th grade

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd. • 541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
www.hopefellowshipupc.com
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Living Faith Assembly
467 S. 10th St. • 541-942-2612
Pastor Rulon Combs
Sunday School All Ages 9am
Worship & Children's
Church 10:30 am
"The Bridge" Sat Evening Service 6:00pm
Youth 180 Mondays 5:30-8pm
Children's Breakout Class: Wed. 6:30pm

Non-Denominational Church of Christ
1041 Pennoyer Ave * 541-767-0447
Preachers: Tony Martin & Robert Evans
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.pennoyeravcoc.com

Old Time Gospel Fellowship
103 S. 5th St. • 541-942-4999
Pastor: Jim Edwards
Sunday Service: 10:00am
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Our Lady of Perpetual Help and St. Philip Benizi
Catholic Churches
1025 N. 19th St.
541-942-3420 / 541-942-4712
Pastor: Roy L. Antunez, S.J.
Euch. Liturgies; Sat. 5:30pm
Sun. 10:30am
St. Philip Benizi, Creswell:
552 Holbrook Lane • 541-895-8686
Sunday: 8:30am

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
"Church with the flags."
Worship: Sunday 10:30am
All Welcome

Seventh-day Adventist Church
820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40 am
Mid-week Service: Wednesday, 1:00 pm

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education 9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
tlccg.com

United Methodist Church
334 Washington • 541-942-3033
Pastor: Lura Kidner-Miesen
Worship: 10:30am
Adult Sunday School: 9:30am
Comm. Dinner (Adults \$5, Kids Free)
2nd & 3rd Monday 5-6:00pm
cottagegroveumc.org

"VICTORY" Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: 11:00am
"WE BELIEVE IN MIRACLES"

Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel at 541-942-3325.