

# The Earl of Sandwich

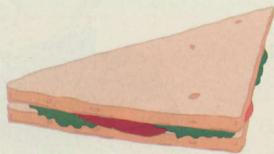


*An earl is a British peer, or nobleman. When John Montague's great-grandfather was made a peer by the king, he decided to honor the town of Sandwich, England, by making it part of his title. He almost chose the town of Portsmouth; if he had, perhaps we'd all be eating "grilled cheese portsmouths" today!*

**W**hat could be more traditional than a sandwich made with leftover Thanksgiving turkey? Before you take a bite, though, take a minute to say a big thanks to the inventor of the sandwich, John Montague, whose birthday we celebrate on November 3. Montague, the fourth Earl of Sandwich, is said to have invented the sandwich in 1762 when he ordered a servant to bring him "some meat between

two slices of bread." Rumor has it that he was involved in a card tournament at the time and didn't want to leave the table! Before long, others were asking for a "Sandwich," and from there, the name stuck.

For almost 250 years, Americans have enjoyed sandwiches. And there's no wrong way to make one—there are as many kinds of sandwiches as you can dream up. You can start with two slices of over 1,000 kinds of bread, from "A" (anadama, a bread made from cornmeal, molasses, and wheat) to "Z" (zucchini bread, anyone?). So the next time you sit down for a snack or lunch, you can think of the Earl of Sandwich. And remember, your sandwich fillings are limited only by your imagination!



## Some interesting facts about the sandwich:

- The average American eats 193 sandwiches a year.
- By the time the average American student graduates from high school, he or she will have eaten approximately 1,500 peanut butter and jelly sandwiches.

*By Myra Faye Turner*

- The word "sandwich" is an *eponym*, a person's name that becomes the name for something else. Can you think of other eponyms?



## Create your own sandwich!

Make up a new and original sandwich by putting together things you like to eat. Below are some ideas to get you started. Be sure to give your masterpiece a name!

- Avocado and cheese with lemon juice, oil, salt, and pepper.
- A hot dog bun with a banana (instead of the hot dog) and peanut butter (instead of mustard).
- Cottage cheese mixed with chopped fruit and nuts.
- Ham and cheese with pineapple and honey mustard.
- Peanut butter and jelly with raisins, cinnamon, corn chips, or apple slices.