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Of Interest to Women

How to Plan a Nourishing Luncheon for the School Child

The return of school days turns mother's attention to the consideration of the school luncheon, its good and its bad points. Correct food habits established during vacation months are disturbed by the elimination of the customary warm noon-day meal, for even though the school may boast a lunch room it is not quite the same as a home meal. Another thing is where so many children are eating together more fooling is apt to be done than eating. This is a difficult point of correction, unless there is a strict hostess or school mother in attendance.

The plastic thermos bottle carried with the luncheon box or basket is a help in supplying a warm drink which may be soup, beef tea, broth or cocoa. There are not many warm drinks for children that they care for, or that are allowed. Milk of course is urged on all occasions for the growing child. One thing should be impressed upon the mother and that is that every child should be made to get up in time in the morning to eat leisurely a warm and nourishing breakfast before starting out. In the luncheon there should be fruit for the mid-morning recess, also there should be a light lunch awaiting the child for mid-afternoon at home. If these things are watched the cold luncheon will not upset the general health.

The sweets added to the luncheon should be carefully considered, for while they are a necessity to children they should be carefully chosen. Home-made cake or cookies, tiny baked puddings with raisins in them, and only the best candy, home-made or purchased, should form the little surprise that children love to find in their baskets.

In preparing the fruit to be eaten at recess, it should be fixed so it may be readily and quickly eaten. Pare the orange and wrap it in wax paper, do the same with bananas, peaches, pears, or apples, wash grapes and do them up in the same way. This makes them easy to eat and children will eat them and not throw them aside as too much trouble to prepare.

The occasional hard-boiled egg should be shelled, then wrapped in wax paper. Joints of chicken or turkey may be done up the same way which keeps them moist and nice.

Mixed fillings for sandwiches, moistened with home-made mayonnaise, or with cream, keep very fresh and are nourishing as well as tasty. If the sandwich fillings are varied frequently, the breads as well as the fillings, with the heavy crust cut off in the making, they will not lose their appeal to the childish appetite. The day the cold chicken joints are taken, skip sandwiches and put in buttered rolls or biscuits for a change, add a little jar of currant jelly with a paper spoon, which adds the moisture and keeps the meal from being dry.

Little individual baked puddings, baked macaroni, scalloped potatoes, or baked chicken pie make odd little treats now and then instead of the sandwiches. It is the monotony that is allowed to creep in that makes the luncheon harmful. It is a duty we must perform and while it is an added care and trouble the end justifies the means. If we get the habit of having things on hand for the five mornings each week it will not be such a burden.

Wax paper as a carrier for the foods is far better than napkins, for it is destroyed when used and does not taint the food with a close stuffiness as the linen seems to do, no matter if it is fresh daily. It is that peculiar odor that sets a child against the luncheon. A straight talk with a child about the necessity of eating properly, teaching them how to eat in the best way, and a promise that they will not neglect themselves, is a step towards accomplishing the right ends. It is also a good idea for the mother to drop in and bring the luncheon with her once in a while and stay while the youngster eats, then she will know just what is going on and can meet, and solve the problem with a better understanding.

Solving School Problems for Mothers

School days are upon us once more and we who are mothers have duties before us that cannot be sidestepped. The first duty is to go to school with your children and meet the teacher who is to have charge of them during a greater part of each day through the season.

Look over the building carefully, see if it is clean, wholesome, properly ventilated. See at what kind of desks your children are to be seated, where they are to hang their clothing, where they are likely to eat their luncheon if they carry one from home and the condition and convenience of the toilet rooms. All of these things are of vital importance to you not only on the child's account, but in combating conditions arising from things not so good.

Many of the minor ailments of a child may be discovered and corrected if a careful survey is made at the beginning of the term. Many of the modern school buildings are done up in most details, but a careful inspection may reveal points that should be explained to the child so that they will understand how to avoid anything that is not as it should be. To do this understandingly we mothers must go and stay long enough to find out for ourselves. A child shown by its mother what to do and what not to do, profit by the warning even more than if told by the teacher in the general class, because if mother has been there she knows.

Where and how the luncheon is eaten makes a great difference in the child's well-being and is a point that must be decided upon and driven home in no uncertain way. After the first month the teacher also may have little things to tell an interested mother that will be helpful to her to know and talk over with the child. It is this kind of co-operation that is a mutual interest in a child's welfare and brings about excellent results. There are questions that arise in the playground at recess time that must be met, the making of kindly and agreeable friendships and the avoidance of the undesirable ones. This is a delicate point—one also that the teacher has hardly time to consider, so that it must be watched and regulated from home by a frequent visit perhaps at recess-time.

We soon know from our children's actions when they are acquiring undesirable traits and it is generally not hard to find the source of the trouble. This must be done tactfully, and if there is something definite to work on, then the teacher's aid can be listed. But only a mother's interested contact can correct the wrong.

Insistence upon the child's return home immediately upon being dismissed from school is an excellent plan. Let them know that school is a business and when the hours are over, they should come home just as father does from the office. In this way a child's playmates come under inspection and one knows just what they are doing, rather a necessary thing in these days in a city large or small. A few hours spent in public libraries, parks, zoos, ice cream and candy shops where many children gather after school will prove eye openers to mothers.

The provision of soap, towel, paper cups, and so on for the child will save many minor illnesses during a season. The insistence upon the child eating the luncheon taken and not to use the entire time in play, is a point that must be impressed, and if trouble follows, the report of the teacher should receive prompt attention at home and the child made to know it was under inspection even if you did not see it personally. One or two instances of this kind usually settle the matter.

The simpler the child can be dressed for school the better. School clothes and home clothes should be kept distinctly separate. Mothers who keep in touch with school conditions never regret the effort.

SOME NEW CHEESE RECIPES

CHEESE AND PRUNE SALADS

15 large prunes, ¼ lb. Canadian Cheese—rub through grater, 2 cups flour, 4 eggs, 1 cup milk, 1 cup oil, 1 cup sugar, 1 cup raisins, 1 cup nuts, 1 cup salt, 1 cup dressing.

Wash prunes, soak several hours, and cook slowly until plump, drain, cut a slit in one side of each, and carefully remove stone. Chop the nuts, mix with the cheese and add a little salt; shape into small rolls, and place a roll of the cheese mixture in each prune. Arrange 8 prunes on each individual portion of lettuce, and serve with salad dressing.

BAKED APPLES AND CHEESE

Kraft Roquefort Cheese, Apples, Sugar, Small amount of water.

Wash and core apples, pare one-third distance from the top, place in a granite baking dish, fill centres with sugar, add water sufficient to cover bottom of dish, and bake in a moderate oven until apples are soft.

For the Home Preserve Jar

Green Tomato Preserve

5 lemons
5 quarts green tomatoes.
10 cups of sugar.

Wash and slice the tomatoes before measuring. Slice the lemons very thin. In a bowl place the tomatoes, lemons and sugar in layers. Let stand overnight. In the morning cook slowly until the tomatoes are tender and the mixture thickened. The time required will be about two hours. This recipe will fill ten half-pint jars.

Mint Jelly.

1 peck apples.
Bunch mint leaves.
Sugar.
Green coloring.

Cut the apples, first washing and removing the blossom end. Do not pare or core. Just cover with cold water and boil to a mush. Drain through a jelly bag and allow to stand overnight. Next day measure the juice and bring to the boiling point. Boil hard for twenty minutes, adding frequently. Allow three-fourths measure of sugar to the original measure of juice, heat and add to the juice. Again bring to the boiling point and boil five minutes. Wash the mint and bruise some of the leaves slightly by pressing between the fingers. Hold the mint in hand and pass it through and through the apple syrup until the mint flavor is obtained. This process takes the last three minutes of the cooking. Add a bit of vegetable green coloring paste. Pour into sterilized glasses and allow to set thoroughly before covering with paraffin.

Peach and Orange Marmalade

24 peaches.
4 oranges.
3-1/2 pounds of sugar.

Peel the peaches remove the stones and cut them in thin slices. Wash and peel the oranges, cut the skins into thin strips and the oranges themselves into small pieces. Combine all add the sugar. Let stand overnight. In the morning bring the mixture gradually to the boiling point and simmer gently until thick and the consistency of marmalade—about two hours. Pour into clean, hot, sterilized glasses.

Plum Conserve

6 pounds plums.
6 pounds of sugar.
2 pounds seedless raisins.
1 pound of walnut-meats.
4 oranges.

Put the plums and cut into quarters, add the sugar, raisins and oranges, the latter having been put through the food-chopper. Simmer for two and one-half hours, adding at the end of two hours the walnuts chopped coarsely. The mixture should be jelly-like in consistency when done. Pour into hot, sterilized jars; paraffin when cold and set.

Peach Cocktails

One and one-half cups of very ripe peaches, one cup of preserved cherries, one grapefruit, three tablespoons of powdered sugar, one or two bananas, some rather large but equal sized oranges. Wash, dry the oranges, then cut them with a sharp knife to form baskets with handles. Remove the pulp carefully to preserve the baskets in perfect form.

Put the orange pulp into a bowl, add the peaches, cut in small pieces, cherries, halved, grapefruit pulp and juice, sugar and the bananas, sliced. Mix and chill. Place the baskets on serving plates, fill with the mixture and serve.

BROWN BETTY WITH CHEESE

Arrange in a deep baking dish, alternate layers of bread crumbs and sliced apples. Sprinkle with brown sugar, which has been mixed with a little cinnamon. Cover each layer of apple with Kraft Canadian Cheese. Bake in a moderate oven about 30 to 45 minutes.

CHEESE CUSTARD

1 cup Canadian Cheese—rub through grater, ¼ cup cream or condensed milk, 2 egg yolks, salt and pepper to taste.

Place cream and cheese in a double boiler and heat slowly, stirring. Beat until smooth and pour over the yolks of eggs, add seasoning, and bake in custard cups until firm. Serve with jelly or preserves.

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The inventor, J. M. Johnson, 246

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