

HOT LUNCHES IN A COUNTRY SCHOOL.

In the Domestic Science Class at the Sussex Rural School, last July, different teachers told how they had made their Domestic Science lessons useful in ungraded country schools. Here are some suggestions from other places. The first one comes from Nebraska. A teacher writes to *The School News*,

"I began serving hot lunches in my school in September, 1911, because the cold lunches the children brought with them were so unappetizing and lacking in nutrition. We have not missed having our daily hot dinner in all the twenty-four months of school that have followed our venture. We have found that it pays. The children do more and better work, the attendance has improved, and the parents tell me that the general health of the children is better.

We prepare the vegetables for dinner at recess and it takes only a moment to set them over the fire later. If I am busy when the cooking needs attention, one of the girls attends to it.

We use our desks for tables. Each child lays his table and furnishes his own bowl, plate, paper napkins, cup, knife, fork and spoon. After lunch each one clears his own table and takes his dishes to the desk that is used for a cook table.

While we are eating our lunch we plan what we shall serve the next day, and each child furnishes that which is most convenient. We try to keep each one's share evenly proportioned, but this is the hardest part of the work, for most of the mothers are so grateful that they frequently send a jar of fruit or preserves when their children's share of the lunch is a quart of milk or some butter. *Parents are interested in hot lunches for their children when they would be actively opposed to Domestic Science.* This is a splendid opportunity for the teacher to give a good lesson in Domestic Science, for the talk can be turned to food values, the care and cooking of food, etc., and since the children have helped to plan the dinners they have become interested in these things.

We have a variety of dishes that we serve, but soup served very hot and hot chocolate are our favorites. Boiled beef with noodles and

potatoes baked in the ashes is one of our mid-winter meals.

We did the cooking the first year on a No. 18 Round Oak Heater, but last year I purchased a small oil stove that adds greatly to our comfort, especially on warm days. I have furnished the cooking utensils but the mothers have offered to furnish us anything we needed."

From the *School Bulletin* (N. Y.) we clip the following:

"At a meeting of grade teachers Miss Dandy of Morley showed a fireless cooker made by her pupils, under her direction, which had been used to provide a hot dish for those of the children who must depend on a box luncheon. A wooden candy pail was packed with excelsior and lined with asbestos paper and a nest was made in the centre for a tightly covered cooking pail."

The hot lunch plan is being adopted in many places. Teachers in Western Canada report that it is an important factor in securing attendance. Miss Estelle McManus of Headingley, Manitoba, writes of her plans in the *Western School Journal*, as follows:

"This is the third winter that we have been having the hot lunch, and I consider that it has been a great success. I am quite sure that the pupils enjoy it, especially those who cannot go home to lunch, and on stormy days many who live quite near the school remain.

"We have a two-burner oil stove which was given us by a lady in the district who, by the way, provides half the oil required. I provide the other half, and the total cost is about 50c. a month. Each family takes its turn in providing whatever kind of food we are to prepare, and the cost is about 10c. each day. Occasionally we have a real dinner, for which each family brings an article of food decided upon the previous day.

"I find that the parents have been very much interested and are only too glad to send whatever is needed."

Why not try to carry out some such plan in your school for the two months of cold weather and bad roads that are still to come?

The Review is an excellent paper for suggestions, and the Current Events are splendid.—G. H., Kings Co., N. B.