

The Sword of Lir

(Continued from page 32)

who was son of Fedelma, Queen of Dara. Is there no remembrance upon you, O Mother, of the child who has been seeking you for years?"

When she heard that name, Queen Fedelma gave a low cry of gladness. Then she came swiftly to him and flung her arms about him and her joyful tears were wet upon his face and the dark hair, sown with threads of silver now, fell all, about him as it had done in his dream.

So Flann, Prince of Dara, came into his own again and there was great rejoicing in the halls of Dara and through all the country-side. Long and well and wisely he ruled, and when at last death came to him he left strong sons to sit in their turn upon the throne of Dara, so that for centuries his memory and the memory of his valiant deeds was great in the land. But of the sword of Lir, no one knows. Some say that Flann gave it back to the charge of the daughters of Manannan and that it lies once more in the cavern, deep in the heart of Hy Breasil; but others say that it was lost long after, in battle with the Danes, when Brian broke the heathen might and established the Kingdom of the White Christ in Eire. Howbeit, none has ever seen it more since with it Flann slew the Fathac Dhu Olc and won again for himself his Kingdom of Dara.

Conservation School Lunch

THE school lunch-basket cannot claim exemption from patriotic service in the great national food conservation campaign now being waged. Whether it be a little dented tin pail or a trim leather lunch box, made to look like a kodak, it must do its "bit" in the big food drive.

Yet school children must not be stinted for food. There is need for care and thought in providing the children of the country with proper nourishment. But this does not mean an over-supply of food to be wasted, as often happens with school lunches. If there are too many things in the lunch or if for some reason they are not appetizing to the child the result is half eaten sandwiches and pieces of cake in the school waste basket or on the playground.

Many mothers pack too much into the lunch basket. The remedy is to find out just how much the child is actually in the habit of eating, and give him that amount.

If your child is fortunate enough to attend a school where hot soups, cocoa or milk are served at noon—these additions to the lunch should be taken into consideration when packing the basket.

The principal fault of sandwiches which are thrown away by school children is their dryness. The best school sandwiches are those in which the filling is moist enough to soften the bread. Apple sauce and fruit jams make splendid moist fillings. It is not necessary to use butter on these sandwiches if the children are given as much butter as they require at the home meals each day. Bars of sweet chocolate make a healthful dessert. They take up little room and represent a saving of fat. Children enjoy finding a baked apple or pear tucked away in one corner of the lunch basket. Apples and pears if baked for a long time until the juice becomes thick like syrup, need no sugar added. These are conservation foods and can be packed in a jelly glass, or in a stiff paper drinking cup which can be thrown away later. Cup custards, which make excellent dessert for children can also be packed in this way.

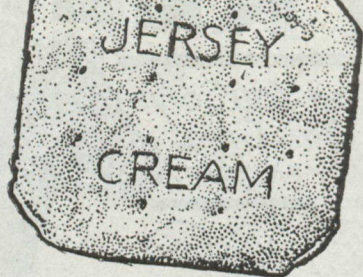
Add Potatoes

OTHER conservation foods which the children will enjoy are the wheat saving raised rolls, made with the addition of mashed potatoes, or squash and sweet potato biscuit. The conservation corn-meal, oatmeal, and potato breads can be used for sandwiches.

Baked beans, raisins, dates or figs and nuts, cottage cheese, peanut butter, and scrambled or creamed egg can be used in place of meat filling in sandwiches without any loss in food value.

"Honey Drop" cookies and oatmeal macaroons have proven great school favorites, and are in harmony with the conservation programme. A cinnamon bun made from bread dough with the addition of cinnamon and much less sugar and fat than would be used in cake makes a pleasing dessert. This is also true of the apple roll, in which apples, finely chopped, a little sugar and cinnamon, are sprinkled over a thin sheet of baking powder dough. This is then rolled up like a jelly roll, sliced and baked. The dough can be made with one fifth part corn-meal, which adds to its value as a conservation dish.

(Continued on page 48)



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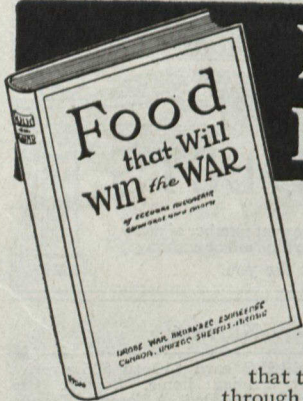
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EAT PLENTY YET SAVE FOOD, YOU CAN DO BOTH

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A Million Homes in Canada Must Do It

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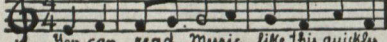
This Book Shows You How

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To use Corn 12 different ways
To use Oats 12 different ways
To use Barley 6 different ways
To use Rye 6 different ways
To make Potato Bread
To make Cheap War Bread
To use up Sour Milk
To make Economical Pancakes
To use Cheapest Cuts of Meat
To use Cheese as a Meat Substitute
To prepare War-Time Fish Dishes
To make Vegetables into Meat Substitute Dishes
To make Sugarless Desserts
To make Sugarless Candies
To make Sugarless Preserves
To make Pastry Without Dripping
To Save Fats
To use Left-overs
To make Sauces for Left-over Dishes
To eat by Food Values
To use Gelatine for Left-overs
To make Old Bread, Cake, Cereals into Tasty Dishes
To make Left-overs into Soup
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