

the ordinary ham sandwich, and in many cases such meat substitutes as peanut butter, eggs, or cheese should be used instead of the more expensive meats.

Bread and Butter—Cut the bread in thin slices. Spread the butter evenly on both slices and press together.

Nuts—Make a lettuce sandwich, spread one side with nuts, chopped fine, and mixed with good dressing.

Eggs—Chop the white of hard boiled eggs very fine. Mix the yolks with mayonnaise dressing and season with pepper and salt. Add the whites and spread between bread. Lettuce may be used also.

Dates—Make a filling of one-half cup

of stoned dates, one-half cup of sweet cream; spread between slices of buttered bread.

Pimento and Cheese—Make a filling of one-half cup of cream cheese and one-fourth cup of chopped pimento, 2 tablespoons salad dressing, salt and pepper. Spread on butter evenly. Cottage cheese may be used or the pimento may be left out.

Peanut Butter—Peanuts ground and mixed with a salad dressing make an excellent filling. The commercial peanut butter may also be used. Spread evenly between buttered bread. A crisp lettuce leaf adds to the attractiveness of this sandwich.

THE SCHOOL THE RURAL COMMUNITY CENTRE

Conditions differ in different rural communities. In some communities farms are large and farm homes are widely separated, while in others homes are much nearer together, and yet again different conditions arise from the fact that in some neighborhoods it happens that the owners of the farms have moved away into the nearby town as their children grew up, and better school and social opportunities were sought, leaving the farm in charge of a renter.

All these varying conditions bring about different social conditions in rural districts. Yet the fact remains that in most country districts there is little social life, especially during the winter. The need of it is certainly as great as in the town, if not greater, owing to the isolation of the farm. The social instinct is universal and should find means of expression.

It is my belief that the rural school should be the centre about which forms the social life of the community; that the school building should furnish the meeting place for old and young of the neighborhood in friendly gatherings for the entertainment and inspiration of all. These meetings should be arranged by a committee composed of the school teacher or teachers, the parents or some of them and the minister of the country

church, provided there is one. This cannot take place when the schoolhouse is a shabby one-room affair, but what excuse is there for such schoolhouses?

For such neighborhood meetings various programmes can be arranged in which all can have an active part. For some a speaker for the evening can be provided. For another meeting contest games of some sort can be arranged, in which all participate, with some simple prizes for the winners. I know of one such meeting in which the numbered pictures of well known statesmen of the past and present were pinned about the walls with the name covered over, and each person was to guess the name; the one or two getting the most correct to receive a prize each. These two instances are only given as suggestions along the line of both instruction and entertainment with a little wholesome fun.

Using the rural school as a social centre of the community life brings the teacher in contact with the parents, a most vital and necessary thing for the good of the teacher, the children and the parents as well, for in these pleasant gatherings a spirit of mutual sympathy is bound to spring up on both sides, leading to a closer and more helpful co-operation, all of which tends to the improvement of the country school.