

PACKING THE SCHOOL LUNCH BOX

If difficulties are good for us, as some wise men say, school lunches ought to be most profitable meals. They are usually packed under one set of difficulties and eaten in the midst of a second set.

Even the mother who rises with the mother-birds has scant time for all the things which have to be done in the morning. Lunch packing takes a lot of time, too, because it cannot be made mechanical. The variety which is essential takes many minutes of thought and work. At school, even if there is a wholesome, well-aired place to eat, the excitement of recess hour and the lack of judgment on the child's part about dividing eating-time and playing-time makes the imp of indigestion chuckle.

A suitable box to hold the lunch is our first necessity. The paste-board containers in which soda crackers are wrapped are excellent. They are already lined with waxed paper, they hold just about enough food, and they can be thrown away at the end of the lunch-time. If a more permanent box seems advisable there are two excellent types. One folds flat when empty and can be strapped in with the books brought home for study. The other is perhaps best of all. It is of heavy tin enameled black. Inside are attractive aluminum trays for soft foods and a thermos bottle in which, all through the school session until the lunch hour, cocoa keeps hot or milk or lemonade cold.

The way a lunch is packed is most important, especially to children at the "waking-up" age, and most especially to girls. Boys are usually contented with quantity, but girls crave quality more. Plenty of waxed paper must be used to keep flavors from unpalatable blending. Each roll and each sandwich is more inviting if separately wrapped.

Napkins of paper are inexpensive and save laundry work, because they can be thrown away. Plain white ones are advisable—those with bright, dainty, patterns in fast colors. "Not by bread alone" applies to the nourishment in a school lunch-box. Plan to include in each lunch something which gives special delight. A "surprise" may be a bonbon wrapped in a mystifying package or a cookie with an unusual shape. Motto candies to carry a message from Mother are more appreciated than even Mother realizes. Another feature to be included more or less regularly is something to share. An envelope of salted nuts or of homemade mints, an extra cookie or two are suggested for this feature of the child's lunch.

The lunch should be planned to fit

in with the other meals of the day. The same flavors which appeared in the lunch-box should not be repeated at supper-time. Eight hundred calories is a good average to keep in mind as a guide quantity of food to pack.

Sandwiches are the staple article of course. To make them more palatable there should be considerable variety in the different fillings as well as in the different fillings. It is well to put up two kinds of sandwiches in the same box. When a soft filling is used toast one side of the bread lightly.

HOW TO GET THE TAXES DOWN

(From the Financial Post)

Perhaps the brightest side of the taxation situation is the growing appreciation by the public that lower levies must necessarily be accompanied by less spending. Boards of Trade, which are usually called on by the legislature when the public purse, are leading the present campaign for retrenchment. Newspapers throughout the country are showing a desire to educate public opinion as to cause and effect in taxation. The Calgary Herald declares that "the members of the legislature should hear from the people in their constituencies, not in the form of requests for new services, but in the form of demands that the members support an economy programme". The Orillia Packet brings the issue home to the municipal taxpayers; the primary concern of the Town Council for 1924 should be to keep down the tax rate. The council will require firmness. The council will have to learn to turn a deaf ear to many requests that in themselves sound reasonable, and even desirable. But a merely negative attitude will not be sufficient. There must be positive reductions. There will have to be less money spent on roads and streets, parks, public buildings, sewer operation and all the controllable items of public expenditure.

Politicians have for years worked on the principle that the way to get votes is to spend money—to get their hands into the "pork barrel". When the people bring it home to these same politicians that what they want is less spending and lower taxes and that they will cast their votes accordingly a real improvement in the situation may be looked for.

FUNCTIONS OF A NEWSPAPER

The wise managing editor of the Chicago Daily News tells a teachers' meeting that the public is responsible for the newspapers which it has. True but rarely stated. Newspapers are as good as the public wants them to be. Newspapers print a great deal of unpleasant



SINKS AND DRAINS

Use a little of Gillett's Lye when the kitchen or bathroom drains are clogged. It works wonders! Use it also for cleaning and disinfecting Closets, Bowls; for softening water, making soap, cleaning dirty floors and greasy utensils. It has over 500 different uses and a can should be kept handy in every home. A void costly and dangerous substitutes. Insist on the genuine.

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news and some people do not like this. But the reason they print so much unpleasant news is because so many people do so many unpleasant things. As people get better the newspapers will have nicer things to say about them. The newspaper which doesn't first reflect its life and times would not be a newspaper at all. It could not exist, for nobody would read it or be interested in it. When a newspaper also takes the pains to add its strength to the causes which are good for the community it is adding something to its primary function, which is to print the news. True publicity both prevents and cures.

THINGS TO REMEMBER

Before taking castor oil wash out the mouth with hot water, and repeat immediately after. The oil will slip down the throat easily, and nausea is prevented.

A glass of hot water to which a pinch of salt has been added will relieve a sick headache provided it is taken as soon as the trouble begins.

To preserve the crispness of biscuits keep them in a tin by themselves. If they have become soft, heat them in the oven for a few minutes, and they will crisp again.

To freshen straw matting sponge with strong salt water. Do not use soda or grass or fibre matting, but apply salt water, or soapuds to which a very little ammonia has been added.

To soften scum or range polish add turpentine. It will prevent rust on the range or stove, besides softening the polish.

Baked potatoes are much improved if, five minutes before serving, they are taken out of the oven and wrapped in a cloth.

To clean cork mat rub the surface with coarse emery paper; when all marks and stains have been removed, wash well with hot water, and plenty of soap.

GOOD MILK AT LITTLE EXTRA COST

It requires little extra cost and work to produce clean, wholesome milk. Neither is it necessary to build a model barn or install expensive equipment to produce milk as pure as a water supply. If a dairyman uses good methods he cannot help but obtain a good product. Poor methods cannot make good milk with the aid of all the equipment that can be obtained. If he uses a hooded pail, he can keep out considerable dirt and consequently many bacteria, but if he does not properly sterilize this pail he cannot expect to obtain good milk. Without good methods the hooded pail, or other equipment which enhances the production of a clean product, is useless.

Modern equipment helps greatly in the production of a better product when properly used. Such devices as the small-pail, the cotton pad strainer, the aerator, or cooler, the manure carrier and stanchions are designed to save work and help to make the production of good milk easier. But the product containing little sediment and a low bacteria count can be obtained without these labor saving devices. By observing the few principles governing the life of bacteria and how they grow and using effective methods to fight them, the dairyman can, with little equipment, produce the best milk that can be obtained. The best friend a dairyman, who wants to produce good milk, can have is the knowledge of clean production, rapid cooling and thorough sterilization.

HOW TO ADVERTISE

Q.—What is newspaper advertising?
A.—It is the news of the store or business published in the local newspaper.
Q.—What does newspaper advertising do for retail store customers?
A.—It tells the store's customers and

possible customers the news of the goods in the store. It saves them time as they do not have to shop around to find what they want. It educates them in the use and value of the different articles to be had in the store. It insures honest goods for customers as no amount of advertising will continue to sell dishonest goods. It is one of the greatest services a store can give its customers.

BOTH RIGHT

Customer: "Sir—this salmon smells dead."
Butcher: "Impossible, madame—it's dead."

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RECOGNITION OF HEROISM

PRESENTED TO THE R.M.S. "EMPERESS OF AUSTRALIA" BY THE PASSENGERS TO COMMEMORATE THE HEROIC WORK PERFORMED BY COMMANDER S. ROBINSON R.N.R. AND ALL THE OFFICERS IN SAVING THE LIVES OF AND RESCUING SURVIVORS OF THE FIRE WHICH DEVASTATED YOKOHAMA, SEPTEMBER 1923. THIS SHIP, FOR NINE DAYS 'HAVEN OF REFUGE' SHELTERED THOUSANDS OF HOMELESS

"THE story of the Japanese earthquake disaster made appeal to Canadians for many reasons, and the Government of this Dominion did not hesitate to lend practical aid to the sufferers in stricken Japan, which staggered under one of the worst disasters in history. A ceremony the other day in New York, which gave recognition to Captain Samuel Robinson, who was in command of the Canadian Pacific steamer "Empress of Australia," which happened to be in the harbor of Yokohama at the time of the disaster, is particularly interesting bringing to light the fact that this gallant officer of the mercantile marine was instrumental in the rescue of approximately three thousand persons. Honor to whom honor is due has been worthily and fittingly done in the presentation of the C.B.E. by the British Consul-General at New York, in the presence of a distinguished gathering, which included Mr. E. W. Beatty, Mr. Grant C.P.R. Canadians cannot help feeling a thrill of pride when reading the odyssey of Captain Samuel Robinson. The spirit which inspired Columbus and Vasco de Gama and M. Gerbault pervades the officers and the men of the British mercantile marine, and the gallantry of Canadian sailors today is not altogether different from what imbued those old seamen—Phoenicians, Vikings, Portuguese & Italians—who risked their lives in the earlier days. The world, we sometimes lament has no more mysteries left and nothing more for explorers to do. From China to Peru, from Pole to Pole, all is known and mapped and even photographed. But we need not fear that British seamen will lose their gallantry and daring of past history

because there are no more worlds to conquer. How many Canadian boys growing up today will read with a thrill of pride of the achievements of the officers and men of the good ship Empress of Australia in a time of great trial and difficulty in the burning waters of Yokohama—and will want to grow up and, if the occasion demands it in the days of the future, go and do likewise. The old famous sea captains, Columbus and Drake, and all the rest who are gone "to the haven under the hill" did their work nobly, manfully and well, with their crews to help them. Captain Robinson's heroic endeavor will stand out as a bright, particular page in Canadian Pacific steamship history, where, taking immense risks, the morale, courage and proud, sea history of the men of the mercantile marine were again exemplified in their brightest colors. It is well for the world that there are men of the Captain Robinson type in command of those great ships flying mercantile marine flags on the seven seas. The Government of Japan will take a suitable opportunity to give due appreciation of the valuable help rendered by the C. P. steamships and their officers for a service gladly rendered in token of our friendship and our common humanity. How ever clouded the outlook may be in other quarters, we have always been able to see a patch of blue sky over

Japan, whose friendship is doubly precious to us, in these days. If we reflect upon the possible consequences of a serious earthquake in our houses and streets in Montreal, we can form some idea of what happened in Tokio and of the dreadful devastation wrought in a few hours. The stoutest heart must have quailed in that Inferno where human beings were perishing by hundreds of thousands—so that we offer to Captain Samuel Robinson the heartiest of congratulations for his share in a noble work—nobly performed. The foregoing tribute to Captain Robinson appeared as an editorial in the "Montreal Gazette," and is but one of many recognitions of his heroic actions. The passengers of the "Empress of Australia" have presented to the Pacific liner a tablet which commemorates the part she, her captain and crew took in the relief and rescue work at the time of the disaster, and prior to the sailing from New York on January 30 of the "Empress of Canada" which he now commands on world cruise, the American Metropolis honored the intrepid Commanders at various luncheons and dinners, and demonstrated that his heroism has won for him universal respect and admiration. Canadian boys may, indeed, read with a thrill of pride of the achievements of the officers and men of the "Empress of Australia."

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