

# The Importance of the School Luncheon

The Mother Should See That Her Children Have Nourishing Food at Mid-Day

By MARJORIE DALE



**W**ONDER if the average mother realizes the importance of the school luncheon? It is served at the time of day when the child should have his most important meal, yet it is so often a hurried affair sometimes prepared by the child himself! It so frequently consists of a few meagre sandwiches and a piece of cake!

If at all possible a child should come home for a hot substantial mid-day meal. But this is sometimes out of the question for the average high school boy and girl in most parts of Canada, especially in suburban or rural districts.

In the average American city the school, especially the high school, has a Luncheon Kitchen where children can obtain at a very low rate—practically cost—a dish of hot soup, hot stew, or hot chocolate. This is indeed an excellent arrangement. In lieu of this, the child should be given a well planned, attractive luncheon, put up in a convenient way to take with him.

The luncheons for the younger children demand a different treatment, for all young children require a goodly amount of tissue building foods. The mother should depend largely upon milk and eggs to furnish this type of nourishment. Custard, Junkets and Blanc Manges are excellent. Milk iced cold, can be carried in the thermos bottle. Similarly, the child can keep milk, chocolate, cocoa, etc., hot. And who does not relish hot beverages when autumn winds begin to assert themselves.

**T**HE older child may have meats, fish and cheese. For the boy and girl of the high school age, a little condiment may be added to tempt the appetite—but the habit is really not a good one.

A small sweet may find its way into the luncheon bag—stuffed dates or figs, dried apricot or prunes, cookies and plain cakes, some times a few good candies.

Fruit must never be omitted, especially when there is no drink supplied. A nice rosy apple or big juicy orange is just the thing.

Do not give the child too much, but be sure it has enough. The diet of the growing child must be considered carefully. Mothers should not be tardy when preparing the school luncheon.

## The Luncheon Outfit

**M**ONEY spent on simple but strong luncheon outfits for the children is money well spent. They can now be found at practically any price and with service for one or more. They should be of good quality and light. Always keep papier mache cups and plenty of waxed paper on hand—they are so convenient. Salads and jellies may be put into these cups and tied around with waxed paper and the children can throw them away when finished.

For all sandwiches cut bread very thin; do not remove the crusts because you take away the most nourishing part of the bread. Use bread at least twenty-four hours old. Cut sandwich into appetizing size and wrap in waxed paper—white crepe paper napkins are always available and will prove excellent for packing the school luncheon.

## Practical Suggestions

**L**UNCHEON for the children of the Junior grades:—

### Monday

STUFFED EGGS BROWN BREAD AND BUTTER  
CUSTARD CUP COCOA

### Tuesday

CHOPPED CHICKEN OR VEAL SANDWICHES  
COCOA JUNKET COLD MILK

### Wednesday

ROLLED HAM SANDWICHES  
LEMON JELLY SPONGE CAKE COCOA

### Thursday

COTTAGE CHEESE AND CHOPPED WALNUT SANDWICHES  
CARAMEL PUDDING MILK  
GRAHAM WAFER

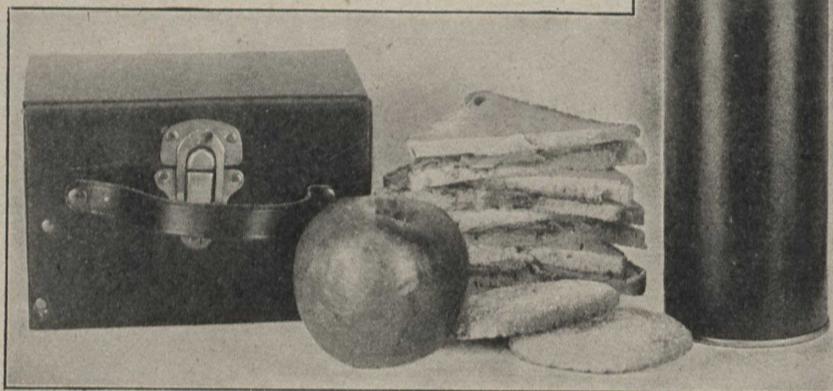
### Friday

EGG SANDWICH CELERY  
CARAMEL JUNKET COCOA  
SPONGE CAKE

For the High School Student:—

### Monday

THERMOS PLAIN BROTH  
BEEF SANDWICH  
FEW OLIVES STUFFED DATES  
ORANGE PLAIN CAKE



The Child's Luncheon should be well and attractively made up.

### Tuesday

TUNA FISH SALAD CHEESE STICKS  
CELERY  
APPLE CAKE MILK

### Wednesday

DATE AND NUT SANDWICHES WITH BROWN BREAD  
EGG SANDWICH  
ORANGE JELLY CHOCOLATE SQUARES  
MILK

### Thursday

LAMB SALAD SANDWICH CELERY  
CHOCOLATE CORNSTARCH PUDDING  
STUFFED FIGS

### Friday

HALIBUT SALAD BISCUIT AND BUTTER  
CANDY LADY FINGERS MILK

## RECIPES EMPLOYED

### Stuffed Egg

Boil egg till hard—remove from shell. When cool cut in half, remove yoke, careful not to break the white. Mix with a piece of butter, very little pepper and salt, a little chopped tomato, return to egg-halves roll in waxed paper.

### Custard Cups

One large cupful milk—1 egg well beaten—1 tablespoonful sugar—nutmeg, pinch of salt.  
Heat milk in double boiler—add milk to egg well beaten—with sugar and salt—put into custard cups; place in dish of water in oven and bake.

### Chopped Chicken Sandwich

Chop chicken (or veal) and put through mincer with a little celery—add a little cream, very little salt to flavor. Put between thin buttered brown bread.

### Rolled Ham Sandwich

Cut bread very thin—butter, add Ham, dampen the fingers and roll. Press edge, use tooth pick to hold.

### Cocoa Junket, 1 Pint

One pint sweet milk, 1 pinch salt, 2 tablespoonfuls sugar, 2 tablespoons cocoa, few drops vanilla, 1½ Junket tablet dissolved, 2 tablespoons water.

Mix cocoa till smooth in ¼ cupful of the milk. Put milk on to warm in double boiler with sugar, salt and cocoa. When warm add vanilla and dissolved Junket tablet. Stir once, turn into mould, do not move till set then put on ice.

### Lemon Jelly, 2 Servings

One tablespoonful gelatine, ½ cupful cold water, ½ cupful sugar, little more than ¼

cupful lemon juice, 1 cupful boiling water.

Soak gelatine in cold water 5 minutes and then dissolve in boiling water, add sugar, stirring until dissolved. Add lemon juice and strain through a cheese cloth into molds which have been dipped in cold water, chill.

### Sponge Cake

Four eggs, 1 cupful granulated sugar, 1 cupful flour, ¼ teacupful water, 1 teaspoonful Baking Powder, pinch salt, Vanilla.

Beat eggs separated, bring sugar and water to a boil, pour boiling syrup on eggs, after mixing them, then beat for 10 minutes before adding flour which you sift 4 times with Baking Powder, then stir in lightly, add salt and flavoring. Bake in a pan with a funnel in the centre, sprinkle top lightly with sugar before putting in the oven. Bake slowly 40 minutes. Do not open oven the first 15 minutes.

### Cottage Cheese and Walnut Sandwich

Mix equal quantity of cottage cheese and chopped walnuts, add salt and pepper to taste and a little mayonnaise dressing. Spread a goodly portion on thin buttered bread.

### Caramel Pudding

Half cupful brown sugar, ½ cupful milk, ½ cupful water, butter size of an egg, pinch salt, 1 heaping tablespoonful corn starch diluted in water, Vanilla.

Caramelize sugar, add butter, milk, water, salt, boil till sugar is dissolved. add corn starch, boil till corn starch is thoroughly cooked. Add vanilla, chill.

### Brown Bread

Three cupfuls Graham flour, 1¼ teaspoonful soda, 1 cupful white flour, 1½ teaspoonfuls salt, ¾ cupful molasses 1½ cupfuls sour milk. Mix dry ingredients, add molasses and milk, stir until well mixed, turn into greased mold, filling it ¾ full, fasten cover on securely steam 2½ hours. Then bake ½ hour in slow oven.

### Date and Nut Sandwich

Wash and stone dates, chop, put on to boil with ½ cupful water and sugar, boil till pulp and tender, put away in glass.

When required for use mix equal amount of date pulp and nuts, spread between buttered bread.

### Orange Jelly

Two and a half tablespoons gelatine, ¾ cupful sugar, 1 cupful cold water, ½ cupful orange juice, pulp of 1 orange skinned and finely chopped, 2 cupfuls boiling water.

Soak gelatine in cold water 5 minutes, then dissolve in boiling water, add sugar, stirring till dissolved; strained orange juice and orange pulp, put into mold, which has been dipped in cold water, or fill some individual molds for the children. Chill.

### Small Chocolate Cornstarch Pudding

Three-quarter ounces bitter chocolate, ¼ cupful corn starch, 1¼ cupfuls milk, ¼ cupful sugar.

Melt chocolate in double boiler, and add the milk and sugar. Heat to boiling point and add corn starch which has been wet with cold water and mixed till smooth. Stir frequently until thickened and cook 15-20 minutes in double boiler. Pour into cups first dipped in cold water. Chill.

### Halibut or Fish Salad

Flake sufficient cold boiled halibut, add little chopped green pepper and a little chopped celery and salt to taste, mix with dressing made as follows:

One egg yoke, 1 cupful iced olive oil, paprika salt, juice of 1 large lemon.

Have plate and silver fork ice cold, beat yoke, drop oil, drop by drop, beating all the time, when all the oil is finished and egg and oil are of jelly consistency add lemon juice, salt and paprika to taste, keep on ice.

## FURTHER CHOICE

BANANA AND PEANUT SALAD  
BREAD AND BUTTER SANDWICH  
LEMON JELLY COOKIES

BAKED SALMON SANDWICHES  
CELERY  
CUP CUSTARD WITH FIGS WAFERS

KIDNEY BEAN AND WALNUT SALAD  
CRESS FINGERS  
ORANGE CAKE

PEANUT BUTTER SANDWICHES  
CELERY PINEAPPLE JELLY APPLE

BREAD AND BUTTER SANDWICHES  
EGG STUFFED WITH SARDINES  
ORANGE JELLY BISCUIT

WALNUT SANDWICHES  
CRESS ROLL GLASS MILK  
ORANGE JELLY ROLL

### Banana and Pea Nut Salad

Banana, ¼ cupful chopped peanuts, mayonnaise.  
Slice bananas, roll in mayonnaise and then in chopped peanuts. Pack in papier mache cup.

### Baked Salmon Sandwich

Left-over salmon, chopped, 2 ripe olives finely chopped with a little celery.

Mix together with oil salad dressing and spread well between brown bread.

### Kidney Bean Salad

Three-quarter mache cupful kidney beans, 10-12 walnuts chopped, mix with mayonnaise.

### Egg Stuffed Sardines

One egg hard boiled, 2-3 sardines, if desired, dressing.

Cut egg lengthwise, remove yolk, bone sardines, mix with yolk till smooth, season, add dressing if desired, return to cases.