## illsén Crops

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THE SUNDAY SCHOOL

The Hot Lunch in the Schiool
During the last few years there has lights the fire, sets the kettle contain-
been a very great many improvements
made ing the district school. In place the milk and water onto it with
withe turned medium. At 11.45 been a very great many improvements ing the milk and water onto it wi.
made in the district school. In oplace the flame turned medium. At 1.4
of the unsanitary school house and the cocoa paste is turned into the big of the unsanitary school house and
poor teachers, proper ventilation and
light and a first-class teaching staff

6. Two poundis of beef stew, cer
rather small, with a little fat and
bone or two for favor, oree quart cat
rots cut in coarse pieces, one pint
watch,- the people detire in the rural onions slicedy two quarts of potatoes,
to improve the conditons in
d.stricts, and this time by instaling in pieces the size of a walnut, a little a permanent system by which the flour and five quarts of water. Put
children might be given a warm lunch the beef and water on as soon as pos-
at noon. They are not doing this in sible in the marning. At recess put at noon. They are not doing this in sible in the morning. At recess put
terms of pies and pudding, but are all the vegetabies in and stir up the
giving the children good strengthen- flour thickening. At 11.45 stir in tho

rural schaol girl's or boy's lunch iss of water, coid, at recess. Milk and
unsatisfactory for many reasons, cheese, salt and pepper added at 11.4.5.
chiefest, it it is. always a cold lunch. Thee pounds of mace:oni and $1 / 4$ preparing it, and in the thild's seyen whole milk and two ounces des.rablease again. cold repast makes ithermos uot- these recipes have proved satisfac-
tory in regard to time, talking abso-
tles are very
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