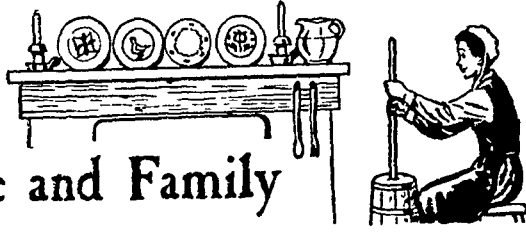


## For the Farm Wife and Family



(Continued from page one.) for several lunches, use it within two or three days, keeping it thoroughly cold at all times. Lunches containing these mixtures are best refrigerated if they have to stand more than three or four hours before they are eaten.

### SALAD IDEAS FOR THE LUNCH BOX

1. Ham and Egg—For each serving, use one chopped hard-cooked egg, one-fourth cup chopped cooked ham. Add onion, celery, green pepper, pickle, and salad dressing to taste.
2. Meat and Macaroni—Mix equal parts of cooked meat and macaroni. Add chopped pickles and celery and moisten with salad dressing.
3. Meat and Bean — Use shredded chipped beef, or chopped cooked corned beef. Mix with any kind of cooked dry beans; add diced onion and tart dressing.
4. Potato with Meat — Mix cut-up ham or crumbled bacon

with potatoes. Add cup-up pickles, onion, and salad dressing.

5. Meat and Fruit — Mix any cut-up cooked meat with celery and raisins or raw dried apricots. Add salt and salad dressing as needed.
6. Egg and Beet — Combine sliced hardcooked eggs and pickled beets. Add shredded endive or other salad greens. Pack dressing separately.
7. Kidney Bean — Combine drained cooked kidney beans, cut-up celery, dill pickles, and cubed cheese. Add mayonnaise.
8. Fish — Shred leftover cooked fish — halibut, salmon, or sardines. Combine with cutup celery, cooked peas, lemon juice, and salad dressing.
9. Chicken — Mix equal parts of cut-up cooked chicken and crisp celery. Add salad dressing and thin slices of sweet pickle or stuffed olives.

### SANDWICH FILLINGS

1. Sliced Meat or Cheese — Use two slices with vegetables between. Good combinations are: Beef with parsley or thinly sliced tomato and salad dressing; tongue with watercress and salad dressing or prepared mustard; cheese with either of the above combinations, or with jam, jelly, or marmalade.

2. Bacon — Crumble crisp fried bacon, and add it to one of the following Cottage cheese, sliced tomato, diced hard-cooked egg, raw carrots, onion or dill pickles.
3. Baked Beans — Mash cold baked beans and moisten with thick chili sauce. Add diced sweet pickle and thinly sliced onion or cucumber.
4. Peanut butter — Mix equal parts of peanut butter and chopped raisins or other raw dried fruit. Or, mix the peanut butter with diced pickle and chopped onion.
5. Cheese Salad — Dice cheese fine. Add a little chopped onion and green pepper or parsley season, and moisten with salad dressing.
6. Cottage cheese — Mix cottage cheese with cutup celery, a little grated carrot, diced pickles and nuts.
7. Fish — Mix flaked cooked fish with chopped cabbage, salad dressing, and salt to taste. Or mash sardines with hard-cooked egg.
8. Egg — Combine diced hard-cooked egg, celery, and pickles with prepared mustard and salad dressing.

### OTHER MAIN DISHES FOR THE LUNCH BOX

1. Hot soup — Add thin slices of frankfurter or Vienna sausage to split-pea or bean soup. Pack some cheese to go with vegetable or cream soup or corn chowder. Heat soups very hot; pack in insulated container.
2. Meat stews — A favorite stew with vegetables and gravy kept hot in an insulated container until lunch time, is a welcome winter dish.
3. Baked Beans, Corned Beef Hash, Creamed Meats, or Eggs —

These are cold weather dishes. Pack hot in special insulated container.

4. Cheese — A large slice of cheese or serving of cottage cheese teams well with fruit in summer lunches.
5. Deviled Eggs — Mash, season, and moisten hard-cooked egg yolks as usual. Add finely chopped peanuts or cooked meat before stuffing the egg whites with the yolk mixture.
6. Chicken or Chop — Yesterday's drumstick or pork chop makes a main dish to eat out of hand.
7. Sliced Meat — Spread two slices of ham or other meat with chopped vegetables and salad dressing. Roll, and fasten with toothpicks.
8. Smoked Fish — Bone and skin pieces; pack by themselves. Drain oil-packed sardines; wrap well.
9. Luncheon Meats — Many ready-to-serve meats — liver, sausage, bologna, salami, spiced meat loaves — give as high protein value per pound as fresh meats. Keep cold, add to lunch last.

### TO COMPLETE THE LUNCH-BOX MEAL

Plan the lunch-box meal to include contrasts in flavors and textures. It is more appetizing when it contains something moist to offset the dry foods, tart foods to offset the sweet, and crisp foods as well as soft.

1. Relishes — Raw vegetables and pickles add crispness to the sandwich lunch. Try carrot and celery sticks, pieces of cauliflower or turnip, sliced cucumber or onion, or crisp lettuce leaves rolled together.
2. Desserts — With soup or salad, use cake or cookies for contrast. If the main dish is

sandwiches, choose a juicy fresh fruit.

Fresh fruits are easy to pack and popular. As a change from the often-used apples, oranges and bananas, try plums, grapes and pears in season.

Baked and canned fruits travel well in covered containers — glass, plastic, or paper. Try an occasional baked pear or peach, as well as apple.

Sweet fruit desserts like pie or fruitcake or fruit-filled cookies taste best after a tart salad or a milk-flavored soup.

Baked custards are good to use when the main dish is low in protein. It is best not to use cake with cream filling, or cream pie or cream puffs. The fillings spoil easily in hot weather, or even in winter if the lunch is not kept in a cool place.

Following are some recipes for some foods you may want to use in the lunch-box.

(Continued on page three)

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"Bud" Hooper (extreme right) International Harvester Dealer at Intercourse, is pictured above with Melvin L. Hershey (left) R1 Kinzers, winner of the pony at Hooper's Field Day Saturday. Hershey's "three happiest boys in the world" are (left to right) Glenn, J. Melvin, and Irvin. A large crowd attended the field day, which featured actual field trial plowing demonstrations by the New International Harvester plow and tractors. (adv.)

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