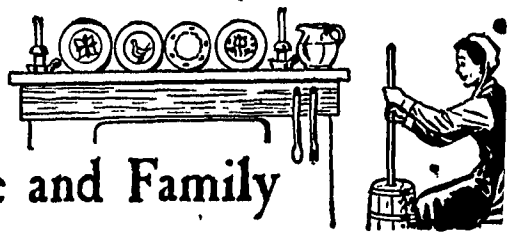


# For the Farm Wife and Family



## Make A Packed Lunch Interesting

By Mrs. Richard C. Spence

A packed lunch for the school child or employed adult can be a good, nutritious meal instead of just a "sack of snacks". In addition to foods with needed nutrients, a good packed lunch might include a "surprise" of some kind, as well as variety in the kinds of foods packed in the lunch box.

Everyone gets tired of eating the same kind of food every day and there isn't any reason why a packed lunch can't be just as interesting as a meal served at home.

Any meal — including a packed lunch — should contain foods with the essential nutrients. Daily requirements for everyone include four or more servings of fruit and vegetables and of breads and cereals and two or more servings of meat poultry or eggs and of milk or cheese.

Sandwiches are not the only fare suitable for the lunch box. Vacuum bottles, especially the wide-mouthed type, make all kinds of main dishes adaptable to the packed lunch, even including salads and desserts.

A vacuum bottle might carry such main dishes as chili, all kinds of soup, spaghetti, frankfurters stew, barbecued meat or other hot sandwich fillings. Cold chicken or seafood salad, shrimp cocktail, potato salad and other perishable foods can be kept cold in a vacuum bottle.

For hot dishes, pre-heat the vacuum bottle by filling it with boiling water. To pre-cool the bottle for cold dishes, place the open vacuum bottle in the refrigerator over night and then place the cold food in it in the morning.

Sandwiches are a traditional

ana, date or nut bread and many other kinds.

Unusual sandwich fillings and filling combinations add variety to the packed lunch too. You might try some of these — cheese and egg slices with chili sauce or mayonnaise, hard-cooked eggs and sliced frankfurters, roast pork and apple butter, sliced ham with jelly, meat loaf with pickle relish, peanut butter with bacon, raisins or sliced cucumbers, egg or tuna salad with chopped olives or nuts. Thin slices of meat make a better sandwich than one thick slice. To accompany meat sandwiches, place lettuce, slices of onion and tomato in a small plastic bag to be added to the sandwich at lunch time. This will prevent a soggy sandwich.

Perishable foods such as egg, potato, fish, meat or chicken salad and custards or custard fillings should not be kept longer than four hours if the temperature is above 50 degrees. These foods should be very cold when put into the lunch box, and it's preferable to carry them in a whole wheat or cracked wheat pre-chilled vacuum bottle. Another way to keep them cold is to freeze portion-size cans

of fruit juice for the lunch. It will keep cold and serve as the beverage — but don't forget the can opener. Be sure to include spoons or other utensils necessary for the meal, along with sufficient napkins.

A lunch that might rate top score with the teen-age crowd might contain a hearty meat loaf sandwich, olives and pickle sticks, a fresh pear or apple and a frosted cupcake. Include a tomato slice and some lettuce to add to the sandwich. You might make this meatloaf for dinner some evening and then slice it down cold for lunches.

**MEAT LOAF**  
1 1/2 pound ground beef  
3/4 cup rolled oats, quick or old fashioned, uncooked

1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup chopped onion  
1 can (1 1/2 ounces) cream of mushroom dry soup mix  
1 egg, beaten  
1/4 cup milk

Combine all ingredients thoroughly. Pack firmly into an 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Bake in preheated moderate oven (350 degrees) about one hour and 15 minutes. Let stand 5 minutes before slicing. Makes 8 servings.

Other sandwich filling suggestions:

**ORANGE BEAN-WICH SPREAD**  
1 8-ounce can pork and beans or kidney beans, drained (1 cup)

(Continued on Page 15)

lunch box item but they should be varied from day to day, using different kinds of breads and rolls as well as a variety of fillings. A main dish might be served in the vacuum bottle along with a hard roll, biscuits or muffins for variety. Bread for sandwiches might include enriched white bread, cheese, pumpernickel, rye, whole wheat or cracked wheat bread, poppy seed rolls, frankfurter or hamburger buns, ban-

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