

# For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

## LUNCH BOX MAGIC

A packed school lunch can offer as much excitement as a picnic basket. Homemakers can stimulate appetites with a lunch box packed with the variety of taste-tantalizing and nutritious foods a picnic offers.

The noon meal should include one-third of the essential nutrients for the day. For the school child, follow the pattern set by the school lunch program. Include a two-ounce serving from the meat group such as meat, fish, poultry, cheese or peanut butter. Use a serving of bread, spread with butter or margarine, and three-fourths cup vegetable or fruit. Include a pint thermos of milk if it cannot be bought at school.

You can vary the menu but keep the combinations simple to please young appetites. In general, avoid bulky sandwiches and heavy foods. Be sure to keep in mind the likes and dislikes of the person eating the lunch. On the other hand, an occasional surprise in the lunch box will usually be well-received.

Peanut butter is an old favorite stand-by. For a flavorful surprise, add sharp American cheese, minced ham and pickle relish, or chopped bacon and apple, grated carrot and raisins or chopped figs and dates.

Slap a salad into a sandwich. Make any type of meat sandwich on any kind of bread in a plastic bag, put two lettuce leaves with a salad filling between them. Use slices of well-drained canned



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pineapple, thin slices of onion and slices of well-drained beet pickles, tomato slices, cabbage slaw or combined onion, tomato and cucumber slices. Add the lettuce and salad to the sandwich at meal-time. Another novel salad sandwich idea uses split

frankfurter buns. Overlap two or three slices of meat to cover the bun surface. Put a salad mixture on the meat, roll the meat over the salad and fasten the bun together with picks, if necessary. Salad fillings include combined cottage cheese, celery, radishes, and parsley, or combined chopped hard cooked egg, chopped ripe or stuffed olives, pickle relish and prepared mustard.

Use crunchy finger foods for lunch. Try celery, radishes, carrot slices, unpeeled cucumber slices, turnip sticks or a cauliflower floweret. Stuff a piece of celery with cheese or spread cheese or peanut butter between apple slices.

For desserts, use cupcakes, fruit turnovers or, for a surprise, custards varied with coconut, fruit, chocolate or butterscotch sauce in the bottom of the custard cup. Put pie filling in a plastic dish and top with a slice of baked pastry or a slice of pound cake.

This hearty soup, served with oyster crackers, will be a welcome lunch box surprise for any growing boy or girl.

### HOT 'N HEARTY SOUP

1 (1-pound, 4-ounce) can

minestrone soup  
1/4 pound ground beef  
3 tablespoons grated Parmesan cheese

Combine soup and ground beef, stirring to break meat into small pieces. Bring to a boil; simmer until meat is cooked. Add cheese; stir and cook 1 minute. For lunch box, pour into a wide mouth thermos. Makes 2 to 3 servings.

Everyone loves a surprise, and this Deviled Ham-Pineapple Sandwich proves the point. The combination introduces a pleasant change, with just the right sparkle of horseradish and chopped celery for "crunch." Spread the deviled ham mixture on hamburger buns. Pack lettuce leaves separately. Also include favorite finger foods—cucumber strips, radishes, shoestring potatoes and oatmeal-raisin cookies. Milk carried in a thermos or purchased at school completes this nutritious meal.

### DEVILED HAM — PINEAPPLE SANDWICH

1 can (4 1/2 ounces) deviled ham  
1 can (8 3/4 ounces) crushed pineapple, drained  
1/2 cup chopped celery

2 teaspoons prepared horseradish  
6 hamburger buns, split  
Butter or margarine, softened  
Lettuce

In small mixing bowl combine deviled ham, pineapple, celery and horseradish. Spread top and bottom halves of buns with butter or margarine. Place 1 lettuce leaf on bottom half of each bun; spread deviled ham mixture on bun tops. Close sandwiches.

This sandwich includes "grow" and "glow" for good health. Hidden Gold Peanut Butter Sandwich combines popular peanut butter with grated carrot. A subtle touch of spicy nutmeg adds flavor, and mayonnaise or salad dressing in the mixture makes for smooth spreading. Spread on bread slices. Tuck lettuce, wrapped in plastic wrap, in to the lunch box, too, for your youngster to add to the

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