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 twoounce 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 pineapple, thin slices of onyoung appetites. In general, ion and slices of well-drained avoid bulky sandwiches and beet pickles, tomato slices, heavy foods. Be sure to keep cabbage slaw or combined onin mind the likes and dis- ion, tomato and cucumber likes of the person eating the slices Add the lettuce and lunch. On the other hand, an salad to the sandwich at mealoccasional surprise in the time. Another novel salad funch box will usually be sandwich idea uses split well-received.

Peanut butter is an old fa-, worste 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.

Shp 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

or three slices of meat to cov- 1/4 or the bun sunface. Put a 3 salad mixture on the meat, woll the meat over the salad and fasten the bun together with picks, if necessary. Salcottage cheese, celery, radishchopped hard cooked chopped ripe or stuffed olives, pickle relish and prepared mustard.

For desserts, use cupcakes, firt it turnovers or, for a surprise, custards varied with coconut, firuit, chocolate or butteriscotch 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

frankfurter buns. Overlap two

es, carrot slices, unpeeled cucumber slices, tunnip sticks or a cauliflower floweret. Stuff a piece of celery with cheese or spread cheese or peanut butter between apple slices.

for any growing boy or girl.

HOT 'N HEARTY SOUP (1-pound, 4-ounce) can

minestrone soup pound ground beef tablespoons grated Parme- 6 san cheese

Combine soup and ground beef, stirring to break meat into small pieces. Bring to a egg, pour into a wide mouth thermos. Makes 2 to 3 servings.

Everyone loves a surprise, Use crunchy finger foods and this Deviled Ham-Pine tops Olose andwiches, for lunch Try celery, radish apple Sandwich proves the point. The combination introchased at school completes your youngster to add to the this nutritious meal.

> DEVILED HAM -PINEAPPLE SANDWICH

can (4½ ounces) deviled

can (8% ounces) crushed pineapple, drained cup chopped celery

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teaspoons prepared horseaadish

hamburger bunk, sphit Butter or margarine, softened Lettuce

In small mixing bowl comad fillings include combined boil; summer until meat is bine deviled ham, pineapple, cooked. Add cheese; stir and celery and horsenad.sh. Spread es, and parsley, or combined cook 1 minute. For lunch box, 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

> This sandwich includes duces a pleasant change, with "grow" and "glow" for good just the right sparkle of health. Hidden Gold Peanut horseradish and chopped cel- Butter Sandwich combines ery for "crunch." Spread the popular peanut butter with deviled ham mixture on ham- grated carrot. A subtile touch burger buns. Pack lettuce of spicy nuitmeg adds flavor, leaves separately. Also in- and mayonnaise or salad clude favorite finger foods- dressing in the mixture makes cucumber stripts, radishes, for smooth spreading. Spread shoestring potatoes and oat- on bread slices. Tuck lettuce, meal-raisin cookies. Milk car- wrapped in plastic wrap, inried in a thermos or pur- to the lunch box, too, for

> > (Continued on Page 11)

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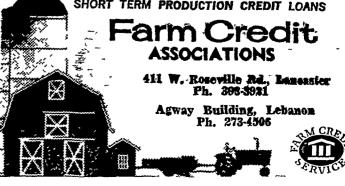
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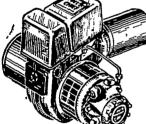
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