

FOR THE **FARM** WIFE AND **FAMILY**

line, and vegetables or fruit

Don't forget a pint thermos of

rulk if it cannot be bought at

Magic In The Lunchbox

by Mis. Richard C. Spence spread with butter or marga-

For lunchbox magic—a lunch box with taste appeal-add vari ety And make that lunchbox nieal a nutritious one, not a seck of snacks

set by the school lunch program flavor and texture, put some with softened butter or marga-with onion or celery for the sal-

Include a 2-ounce serving of) a prote noich food such as mout fish poelie cheese or peanut butter Use a serving of breat

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every lunch

cucumber slices, or a piece of drying, wrap sandwiches tight chili sauce cauliflower, these add flavor, ly and refrigerate or freeze—if Try a different dessert by ustexture and nutrition Oi, stuff you don't pack them into the ing cupcakes, fruit or fruit to ina piece of celery with cheese or, lunchbox immediately srread cheese or peanut butter between apple slices

Add a main dish or soup to the standard sandwich, a widemouth thermos will keep them hot and easy to eat For a main another sandwich bag, arrange Lunchbox meals can be varied dish, try potato salad, spaghetti for dinner so you can freeze and reheat later for an easy lunchbox meal

vacuum bottles Pre-heat or precool the container for best re-

nutrients for the day For the keep their likes and dislikes in be fresh and moist but not sog-together with toothpicks school child follow the pattern mind, too Don't forget color, gy Use day-old bread spread

and a bright dash of color in ing into the bread Wrap crisp hard-cooked egg and olives with gicens, tomatoes and pickles pickle iclish — or make a mix-Use crunchy finger foods, such scharately to add to the sand-ture of shiedded cabbase and as celery, radishes, carrot slices, with when eaten To prevent cheese plus green papper and

> pork or beef on white bread In a slice of pound cake mealtime

A meat roll sandwich is one version of the submarine or hero Frozen cakes, pies or cookies sure to meet with approval or frozen small cans of fruit or Split frankfurter buns in half tomato juice will keep other lengthwise and spread with but-realing when the crusts are refoods chilled and provide a re ter or margarine, overlap two moved from the bread and but-Vary the menu, but keep freshing drink or dessert To or three thin meat slices to cov ter or margarine is spread to combinations simple to please use gelatin salads, reduce liquids et bun Spread salad mixture the very edges of each slice of The picked meal should ingoing appetites. Avoid bulky in the recipe by one-third cup down center of meat, roll meat bread. This helps to keep
clude one-third the essential sandwiches and heavy foods—
Lunchbox sandwiches should over the mixture and fasten bun bread moist until lunchtime.

thing crisp, something chewy rine to prevent filling from soak- ad filling. Or combine chopped

For a switch, slip a salad into terds varied with coconut, fruit, the sandwich Use any type of chocolate or butterscotch sauce meat sandwich—sliced ham on in the bottom of the custaid cup. oatmeal bread, ham and cheese Be different - top pie filling on whole wheat, or sliced roast with a slice of baked pastry or

salad combination—with the and appealing even if you're a and meat balls, beef stew or beef filling between lettuce leaves busy working mother Have a barbecue. Make enough extra Slip this into the sandwich at special drawer or shelf for things you use to pack a lunch. For the "salad" part, use Keep the lunchbox in mind It's easy to keep hot foods hot pickle slices; onion and beet when you plan dinner menus. and cold foods cold with modern vacuum bottles Pre-heat or pre-

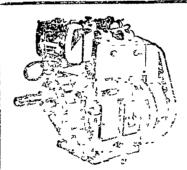
LUNCHBOX MENU SUGGESTIONS

Sandwiches are especially apdown center of meat, soll meat bread. This helps to keep the

MENU 1 Place several slices Use cottage cheese mixed of thinly sliced smolly thuringer (Continued on Page 11)

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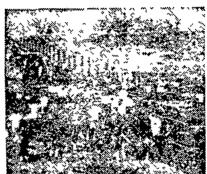
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