



FOR THE
**FARM
WIFE
AND
FAMILY**

Magic In The Lunchbox

by Mrs. Richard C. Spence

For lunchbox magic—a lunch box with taste appeal—add variety. And make that lunchbox meal a nutritious one, not a sack of snacks.

The packed meal should include one-third the essential nutrients for the day. For the school child follow the pattern set by the school lunch program.

Include a 2-ounce serving of a protein-rich food such as meat, fish, poultry, cheese or peanut butter. Use a serving of bread

spread with butter or margarine, and vegetables or fruit. Don't forget a pint thermos of milk if it cannot be bought at school.

Vary the menu, but keep combinations simple to please young appetites. Avoid bulky sandwiches and heavy foods—keep them light and dislikes in mind, too. Don't forget color, flavor and texture, put some-

thing crisp, something chewy and a bright dash of color in every lunch.

Use crunchy finger foods, such as celery, radishes, carrot slices, cucumber slices, or a piece of cauliflower, these add flavor, texture and nutrition. Or, stuff a piece of celery with cheese or spread cheese or peanut butter between apple slices.

Add a main dish or soup to the standard sandwich, a wide-mouth thermos will keep them hot and easy to eat. For a main dish, try potato salad, spaghetti and meat balls, beef stew or beef barbecue. Make enough extra for dinner so you can freeze and reheat later for an easy lunch-box meal.

It's easy to keep hot foods hot and cold foods cold with modern vacuum bottles. Pre-heat or pre-cool the container for best results.

Frozen cakes, pies or cookies or frozen small cans of fruit or tomato juice will keep other foods chilled and provide a refreshing drink or dessert. To use gelatin salads, reduce liquids in the recipe by one-third cup.

Lunchbox sandwiches should be fresh and moist but not soggy. Use day-old bread spread with softened butter or margarine

to prevent filling from soaking into the bread. Wrap crisp greens, tomatoes and pickles separately to add to the sandwich when eaten. To prevent drying, wrap sandwiches tightly and refrigerate or freeze—if you don't pack them into the lunchbox immediately.

For a switch, slip a salad into the sandwich. Use any type of meat sandwich—sliced ham on oatmeal bread, ham and cheese on whole wheat, or sliced roast pork or beef on white bread. In another sandwich bag, arrange a salad combination—with the filling between lettuce leaves. Slip this into the sandwich at mealtime.

For the "salad" part, use pineapple slices; onion and beet pickle slices; onion, tomato and cucumber slices, or even coleslaw.

A meat roll sandwich is one version of the submarine or hero sure to meet with approval. Split frankfurter buns in half lengthwise and spread with butter or margarine, overlap two or three thin meat slices to cover bun. Spread salad mixture down center of meat, roll meat over the mixture and fasten bun together with toothpicks.

Use cottage cheese mixed with onion or celery for the sal-

ad filling. Or combine chopped hard-cooked egg and olives with pickle relish—or make a mixture of shredded cabbage and cheese plus green pepper and chili sauce.

Try a different dessert by using cupcakes, fruit or fruit turnovers. For a surprise, try custards varied with coconut, fruit, chocolate or butterscotch sauce in the bottom of the custard cup. Be different—top pie filling with a slice of baked pastry or a slice of pound cake.

Lunchbox meals can be varied and appealing even if you're a busy working mother. Have a special drawer or shelf for things you use to pack a lunch. Keep the lunchbox in mind when you plan dinner menus. Pack lunch—and refrigerate—in the evening to avoid a morning rush.

LUNCHBOX MENU SUGGESTIONS

Sandwiches are especially appealing when the crusts are removed from the bread and butter or margarine is spread to the very edges of each slice of bread. This helps to keep the bread moist until lunchtime.

MENU 1 Place several slices of thinly sliced smoky thundering
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