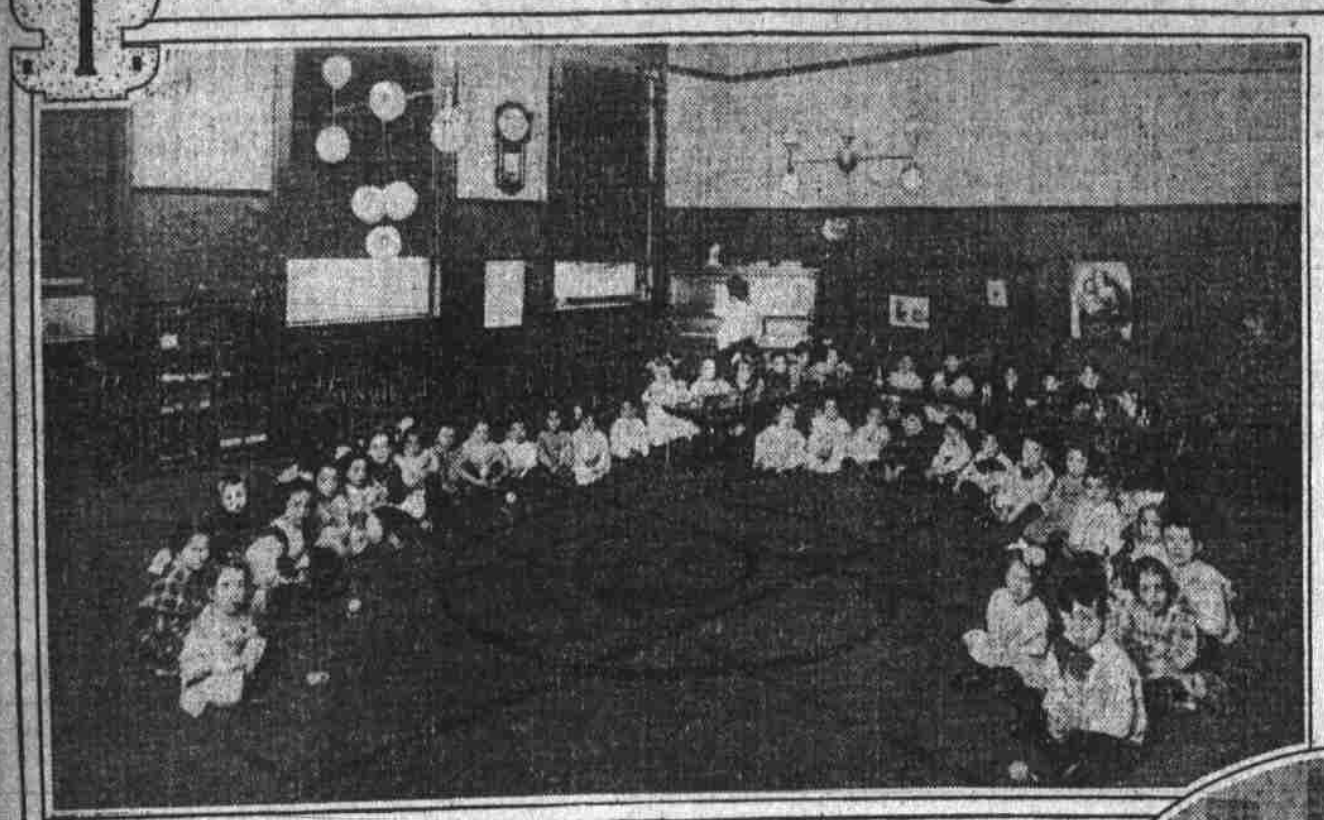


THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

THE VITAL QUESTION OF SCHOOL LUNCHES



Waiting for the Penny Lunch

THE old dictum of "a sound mind in a sound body" is still a working fact that should be observed by the educational systems throughout the land. To expect a child to answer problems that test mental powers when his breakfast has been weak tea and dry bread is cruel—barbarous. Yet thousands of little ones begin daily work in school with vitality at a low mark and malnutrition undermining health itself.

The question of school lunches is indeed a vital one. Since the future of our country is in the hands of our children, it is not our present duty to build up healthy beings who will be able to give their best to the country and the race.

An underfed child is mentally slow; his moral powers of resistance are not strong and his ability to combat disease is small. When the penny lunch can ameliorate these conditions that obtain to an alarming degree, we owe it to the state and to humanity to organize and carry the scheme to success. The theft of a loaf of bread was the starting point of Valjean's tragic life. Who can tell how many unrecorded stories similar in theme and horror can be traced to hunger? There were no penny lunches in Hugo's time. There are now. Then why the hesitancy?

No group of men or women is too small to answer the vital question in a tangible way. Test your own powers of organization. The result will prove to the most pessimistic that a penny is as big as you wish to make it. Let Mrs. Wade tell you how. She knows.

By Mrs. Florence R. Wade

Director.

"**A** H! HERE'S richness," said Mr. Squers, smacking his lips, as he tasted the milk and water. "A shocking thing hunger is, isn't it?"

It is, indeed; and even as the five little hungry boys looked eagerly at the milk and at the bread and butter that snowy morning so long ago, even so did my little pupils follow me wistfully with their eyes as I sat down to eat my luncheon. Suddenly a thought occurred to me and on the spur of the moment I asked:

"Tony, what did you have for breakfast this morning?"

"Coffee and bread," was the timid reply.

"And you, Pete?" I continued. There was no reply.

"What is it, Lucia?" seeing that his little sister wanted to speak. "Please, teacher, we eat no breakfast."

"How many of you little boys and girls would like some luncheon?" I inquired.

"All of us," they all cried, and I did not take my assistant and me long to distribute all the crackers and

cheese and apples we had brought with us. And how they devoured the food! Poor little things! Later on we found that among the forty children in the kindergarten half had had no breakfast.

"How would you like to be required

to do a morning's work on an empty or an almost empty stomach?"

Yet at a moderate estimate 2,000,000 children between 4 and 14 years of age, 12 per cent of the total number, attend our schools in an underfed condition; especially is this the case among our Italian and Polish immigrant classes.

When it is remembered that food is at the base of most of the evils of child-degeneracy, perhaps we can appreciate the importance of the problem. To be properly nourished is the primary need of a child—infinite more importance than any mental training; nevertheless, half of the little ones who daily enter the school gates in the congested centers of our cities are sadly underfed and faint for want of a midday meal.

Even when the poor mothers do not have to go out to supplement the family income, my own experience as teacher and social worker has familiarized me with the fact that the children, running in, breathless, at noon from school, rarely, if ever, sit down to a comfortable or well-prepared meal. Mothers have not the time, the means nor the knowledge to furnish suitable food for their hungry brood.

One girl to me: "We just eat what we can find and where we find it." And I found, upon investigation, that her people were nearly always on the verge of destitution. In the homes of hundreds of children there are only scraps and leavings to fall back on, and these scraps and leavings beggar description.

I asked, as soon as I could command my voice. "Annie," he replied; and then the children stopped eating and gazed at me.

"Is Annie your sister?" "Yes, ma'am; Annie takes care of us while mother's out cleaning. Bessie and Mamie goes to school every day," pointing to the little girls on the floor. "But the snow's too deep and Annie went to borrow some coal from Mrs. Carney."

The door opened and in came a wan, childish little figure, shrewd and older looking in the face than was natural for so young a girl, carrying a heavy basket of coal. She was so out of breath she could not speak at first. "O, here's Annie!" cried the boy. The baby stretched forth its arms to be taken; and the two little girls came close to her and held fast to her woman-looking apron.

"Annie, Annie," I cried, "how old are you?"

Going on 10, Miss Mother goes to work at a half-past 10, and I don't come home till past 6, and I clean and cooks and takes care of Tom and the baby. Mamie and Bessie goes to school most generally, but it's too awful cold today."

Poor little child-mother and poor little children. And this is what poverty means to thousands of our people, miserably, you know not why; to see



Are Not These Future Citizens Worth Feeding?

your fathers and mothers tell sore and gain nothing; to be tired and cold and hungry, and to lift up your pitiful little faces and dumbly ask the reason why.

We soon had a good fire in the stove and something nourishing to eat, and later, some of those good clubwomen to whom I told the story gave ample help in the way of food and clothing. It was made possible for "Annie," as well as her sisters, to go to school, and "Tom" was placed in the Children's Hospital for treatment.

This is the case with the Italian and Polish kindergarten are not exceptional. Social workers and investigators bear witness to the existence of hundreds of children in every large city; but they are the means of starting the system of penny lunches in that particular city.

With infinite tact we worked over the plan that first school board to permit those lunches to be served! Nay, we begged and pleaded before they would give the children a chance. The bare school entrance hall is all they grudgingly gave in some of the schools. Tables, stoves, dishes, all necessary and convenient equipment, as well as service of a domestic science teacher, have to be paid for by clubwomen or by some benevolent association. And then there is the objection of the sanitarians to overcrowding the school. The most of them seem constitutionally opposed, as it is, to much work of any kind, and the additional sweeping of the floor after serving a lunch is gall and wormwood to them. The attitude of many of the teachers is also extremely trying.

There is a small number of some, as though the server of the lunch were

engaged in some mental occupation, is highly amusing as well as provoking to a trained dietitian. Perhaps they feel, as did some persons I met further east, "as if their social position was endangered by being asked to cook." (Their name for a domestic science teacher.)

As to expense, the price of the food supplied for the penny lunches is almost entirely met by receipts. The salaries and equipment, as before stated, have to be contributed. If the board of education would assume the responsibility, they are ought and has done in some cities, the cost would be much lower, as all food supplies could then be purchased in wholesale quantities and at wholesale prices.

Most of the penny lunches are served at the first recess—about 11:15 a. m. and I can testify from sad experience they are often the first food many children have for that day. The menus are varied, as will be seen from the records published, and invariably offer one warm dish or drink every day.

The choicest item is soup, especially bean soup. All soups are made of the best material undiluted. They are palatable and delicious, commending the article to the teachers in many cases. Rice, lentil, split pea, cream of corn, tomato and vegetable soup, as well as navy and lima bean soup, are all served for a penny a cup or bowl. There are also onion, corn and clam chowder. Two large slices of bread are served with a bowl of soup for 3 cents. Macaroni with cheese or tomato is a great favorite with the Italian children; baked beans go off like hot cakes, and rice and farina pudding are in demand. Cocoa, sugar cakes, crackers, sweet potatoes, apples in all styles, gingerbread, spice cake, jelly and cranberry sauce, prunes, pears and bananas, half oranges on a graham wafer, dates and figs.

All these dishes are most nourishing and form, with bread, crackers or wafers of the best quality, a well-balanced meal.

In those schools where a noon 3 or 5 cent luncheon has been established, each morning before school, there are children who need lunch, but are not able to pay for the lunch (which is ascertained by investigation), checks are given them and the money is collected from the women's club or from some other reliable source; but the pupils do not know which of their numbers are helped and which pay.

Word is then sent to the domestic science teacher as to the number to be served. Providing arrangements are such as they should be, a person can prepare a lunch for 20; but she will need assistance in serving. Most domestic science teachers buy the supplies and supervise the cooking and serving and cleaning up. An ordinary cook is secured at \$1 a day to cook, wash, brush up, etc.

Promptly at the noon hour the soup or cocoa or rice is brought to the room or hall where the meal is served. The bowls, spoons and individual trays are laid out, and the children, who are in readiness, to have smooth sailing, there must be co-operation as to time and serving on the part of teachers and pupils.

In New York, Boston and Chicago the biggest boys and girls are pressed into service. Dressed in white caps and aprons, they are only too delighted with their privilege. One boy ladles out the soup, and a girl, her hands in white cotton gloves, hands out the slices of bread from a closely packed basket.

Another girl handles the crackers in the same way. The hungry children file past the serving table in an orderly procession, receiving each a tray, a hot bowl of soup and bread, and pass quickly over to the long dining tables, where they sit and eat. The tables are usually long boards placed on saw horses, put up and taken down each day. Extra pennies can be spent for fruit, cake or candy. If you know anything about children, you can imagine how long it takes for these lunches to finish. Each child, as he finishes, should take his dishes to the end of the room, pour out or scrape anything left in cup or bowl into a waiting can, then return empty vessels to a boy ready to receive them and pass out.

At 12:30 the room should be empty except for the pupils who remain to care for the soiled dishes and help the cook with the dishwashing. For such service they receive lunch and training free. When the meal is over the empty vessels are taken to the kitchen to be cleaned and free from crumbs.

Where lunches are served at the 10:30 recess, in a school hall or entrance, it is almost impossible to maintain such order. The congestion following upon



The Larger Ones Can Help

the dismissal of so many children at once and all eager to be served as quickly as possible, and by one pair of hands, creates confusion and beguets ill-will among the pupils. Here is where teachers should gladly help. In the west the spirit of helpfulness and service in all forward movements for the uplift of the child is greatly to be praised.

The physical gain in three months in one New York school where lunches were served averaged 12 pounds to each child, showing conclusively how widely malnutrition prevails among the poorer sections. Among 25 children, 68 per cent were in the habit of drinking tea and coffee once each day, and 25 per cent twice a day. Room congestion was found also to influence the condition of the children.

Milwaukee started her admirable system of penny lunches in November, 1904. John McCoy, one of the aldermen, suggested the plan, and the city board of health, with a contribution of \$200, and other humane and kindly men and women contributed without solicitation.

Three centers were opened, one in the school for the deaf and two others where local conditions were bad. Women cooked and served the lunches in their homes at first, and committees were formed for buying and adjusting matters. In any movement for the good of mankind there is always conservatism and suspicion to combat; but it is not too bad that innocent children should suffer because, forsooth, parents might be encouraged to be indolent and to shift the responsibility of caring for their children on the municipality?

We can no more make bricks without straw today than could the children of Israel centuries ago. We cannot have able-bodied, able-brained children unless we provide them with the best of food, the well-to-do and the rich are benefited by properly cooked and well served meals at school; and that the attractive, gracefully laid out lunch counter, with its choice of nutritious, dairy dishes, appealed to them quite as much as it did to their less fortunate schoolmates. Table manners are taught and insisted upon at these "dinners" and a gradual improvement has been observed from week to week.

Many of the mothers show interest in these lunches and often ask what this or that costs and how it is prepared. On one occasion I went, by request, to a large gathering of these mothers in the parish house of their church, and spent an entire evening in demonstrating how to purchase good food and then how to cook it economically. They then partook of the dishes they had seen me prepare, and the result was a most gratifying one.

The welfare of the child is the slogan of today. "Not while there is one starving baby in the world will I waste money on superfluous luxuries," cried a woman reformer in a public meeting. Amen! So be it!

"What percentage of children to the total membership buy these 'penny lunches'?" I was asked. In a populous school they range as high as 800 a month, and average from 90 per cent to 22 per cent. The midday meal averages \$20 a month, with percentages of from 20 to 13 of the total membership. This midday lunch is more substantial than that served at 10:15, and is intended for such children as, for various reasons, would otherwise go dinnerless at home.

In many small towns, like Brockton, Mass., the high school girls cook and serve the lunches at cost under expert, practical supervision; and here, as elsewhere, it was found that the children of the well-to-do and the rich are benefited by properly cooked and well served meals at school; and that the attractive, gracefully laid out lunch counter, with its choice of nutritious, dairy dishes, appealed to them quite as much as it did to their less fortunate schoolmates.

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Penny Lunch Menu
Any one of the articles on penny: Kindergarten, dren.

Monday:
Cocoa, 1 cup milk.
Graham wafers, 4.
Milk crackers, 2.
Spice or fruit cakes (large), 2. 35 200

Tuesday:
Rice and milk, 1 saucer.
Sugar, 1 saucer.
Wafers, 4; milk blanchet, 2.
Stewed fruit, 1 saucer. 50 225

Wednesday:
Bean soup.
Two slices bread.
Milk, 1 saucer. 25 200

Thursday:
Baked potato.
Stewed fruit, 1 saucer.
Crackers, wafers. 25 150

Friday:
Cream toast, 1 slice.
Milk, 1 saucer. 25 150

Saturday:
Milk, 1 saucer. 25 150

Three-Cent Lunch Menu
Kindergarten, dren.

Monday:
Sandwiches, 2.
Peanut butter and dates.
Milk, 1 saucer.
Graham wafers, 4. 25 80

Tuesday:
Bean soup.
Toasted milk.
Crackers, wafers. 25 80

Wednesday:
Onion chowder.
Wafers, 4; milk blanchet, 2.
Milk and crackers. 25 90

Thursday:
Stewed apple.
Cocoa and milk.
Bread and cakes. 25 70

Friday:
Baked beans.
Biscuit and bread. 25 60

Saturday:
Milk, 1 saucer. 25 60

Sunday:
Milk, 1 saucer. 25 60

These two menus taken from a year's record do not by any means contain the entire selection of foods offered, which are varied according to the season of year; more fruit being furnished in the warmer months, and more of the Jewish and Catholic requirements always being considered.

May the time soon come when the boards of education in all our towns and cities are so interested in the needs of the school children in this vital matter of school lunches as to assume the responsibility for the equipment, administration, and maintenance, and not till then shall we give to the nation the best possible output of manhood and womanhood from all our homes.

Menus and Recipes for a Week From an Expert in Cookery

This department will be in charge of a different instructor every month. The plan will give the housewife the benefit of wide and varied experience, and will present topics of interest to all.

By Edith Hall

Institute of Domestic Science, Northern Illinois Normal School.

IF THE housekeeper only knew by sight and by name the different cuts of meat, she would fare much better with the butcher. This is one of the most difficult matters in buying. The housekeeper must have perseverance, interest and intelligence, and the butcher must have patience to show her. The University of Illinois Agricultural Experiment Station at Urbana has put out a bulletin No. 158, which shows pictures of all the different cuts of meat, giving the names and the relative economy in buying. To illustrate: There are four kinds of sirloin steak, the hip bone, that next to the porthouse, being the best, but one pays just the same price per pound for the poorest as for the best. If you ask for a sirloin steak and want a good one, ask for a hip-bone sirloin. Again, in buying chops, of which there are two kinds, rib and loin, corresponding to the ribs of beef, and a porthouse steak, we pay the same price for each. If you will ask the butcher to show one of each, you will readily see that there is much more bone for the money in the porthouse rib chop than in the loin chop. In addition, the loin chop has a piece of tenderloin in it, which is the best part of meat on any animal, while the rib chop has not.

In buying roasts to be cooked in the oven, if we buy ribs we pay from 18 to 20 cents per pound. A roast from the front of the rump, which contains very little bone, may be bought for 20 cents a pound, and if from a well-fattened animal may be cooked in the oven and to still but an ounce will be as satisfactory as a rib roast.

In buying the cheaper cuts of meat it is not safe to judge of their economy simply by the price per pound, which includes bone. One must consider the relative amount of meat. For stew, neck is the best cut of meat to buy. Using these cheaper cuts of meat at from 10 to 12 cents a pound, with a low temperature over a simmer burner or in a pressure cooker, materially decreases the amount of the meat bill. Recently the front of the rump of beef was served at a dinner to an educational as-

sociation of ninety people. The cost of the dinner was \$1.00. Croquettes, stew-meat loaves, etc., enough to feed sixty-five people, can be bought for \$1.20 to \$1.50.

Dried Fruits

There are certain months in the year when it is either difficult to get fresh fruit or those fruits which can be secured fresh are very expensive. Then it is that the housekeeper must resort to buying dried fruits. These fruits, however, will not seem at all like fresh fruits unless they are prepared so that the result is a very soft fruit, not resembling the original dried fruit in texture. To do this, wash and soak the fruit in water several hours. Cook it until soft in water, which it has soaked. Fruit such as dried peaches or apricots will need sugar. Prunes need but little, if any, but require the addition of a little lemon juice to make them palatable.

Reactor's Chicken Hash

Two cups chicken cut in small cubes, 1 cup diced potatoes, 1 hard-boiled egg, 1 cup pimento. Mix these ingredients. Add to them a sauce made of 1 cup of milk, 1/2 cup chicken stock, 1 tablespoon flour, 2 tablespoons butter, 1 teaspoon salt, a small pepper, speck of celery salt, few drops of onion juice. Melt the fat, add dry materials, then liquid, bring heat to boiling. Serve hash on toast.

Cheese Souffle

One cup of milk, 5 tablespoons flour, 2 tablespoons butter, 1/2 teaspoon salt, 1/2 teaspoon pepper, speck red pepper, 1/2 cup cheese, 3 eggs. Melt fat, add flour, salt and pepper. Add milk and stir until it boils. Remove from fire and add the finely cut cheese. Add yolks of eggs, then fold in the stiffly beaten whites. Bake in a moderate oven about 30 minutes.

Veal Birds

In pieces of veal cutlet about 3 by 4 inches cut gashes to form pocket. Fill these pockets with a bread-crumbs dressing seasoned with a little onion. Roll the cutlets and fasten with a small toothpick or sew. Dredge with flour and on top of each one place a small piece of bacon. Cook in a moderate oven about 40 minutes.

Sour Milk Gingerbread

One cup molasses, 1 cup sour milk, 2 1/2 cups flour, 2 tablespoons melted butter, 1/2 teaspoon ginger, 1/2 teaspoon soda. If 1 egg is used decrease the amount of flour 1/4 cup. Mix dry materials together, add to sour milk and molasses, then add the melted fat.

All measurements in these recipes are made level. The cup used is a half pint cup, not a favorite tumbler. In all batters and doughs, flour is measured after sifting. A cup is filled by letting the material fall lightly into it rather than by scooping or shaking. If it is shaken, from a fourth to a third more will be put into the cup, thus making quantities which may not be twice alike.

Rice Pilaf

Two cups cooked rice, 1 cup tomatoes, 1/2 cup onion juice, 1/2 cup butter, 1/2 cup salt, 1/2 cup grated cheese, bread-crumbs. Mix all materials, except cheese and bread-crumbs. Put in baking dish which has been buttered, sprinkle cheese on top, then bread-crumbs. The bread-crumbs are put on top of the cheese to prevent the toughening of the latter. Bake in oven until brown.

Drop Biscuits

Make like baking powder biscuits, but add a little more liquid so that they will drop easily from a spoon.

Cocoa

Two cups water, 2 cups milk, 1/4 cup sugar, 2 tablespoons cocoa, 1 tablespoon cornstarch, 1/2 cup cold water, 1/2 cup cocoa and starch with a little cold water until it forms a thin paste. Add to boiling water and boil 5 minutes. Add scalded milk, beat thoroughly with an eggbeater, and serve. The cornstarch added thus gives to the cocoa a body and smoothness which makes it seem more like chocolate than cocoa.

Prune Jelly

Two and one-half tablespoons of granulated gelatin, 1 cup of sugar, 1/2 cup of lemon juice, 2 cups of cold water, 15 prunes; wash prunes and soak for several hours in 2 cups cold water, cook in same water until soft. Stone prunes and cut in quarters. To water in which prunes are soaked add enough to make 2 cups, heat to boiling, add sugar, lemon juice and gelatin, strain, cool and when it begins to thicken, add prunes. Mold and chill. Serve with cream.

Baked Corn Beef Hash

Four cups chopped corn beef, 2 cups milk, 4 tablespoons flour, 2 tablespoons butter, 1/2 teaspoon salt, 1/2 teaspoon pepper, bread-crumbs. Melt fat, add flour, salt and pepper. Add milk and cook to the boiling point. Mix with meat, put

in baking dish, sprinkle with bread-crumbs. Bake in moderate oven about 20 minutes. This makes hash which is creamier than the ordinary method and not so greasy as when fried.

Apricot Souffle

Whites of 3 eggs, 3/4 cup apricot pulp made from dried apricots which have been soaked overnight in cold water, sugar to taste. Beat whites of eggs until stiff, fold in apricots and sugar, bake in moderate oven 25 to 30 minutes.

Perfection Salad

One tablespoon granulated gelatin, 2 1/2 cups cold water, 1/3 of a cup of milk, vinegar, juice of 1 lemon, pint of boiling water, 1-3 of a cup of sugar, 1 teaspoon salt, 2 cups chopped celery, 1 cup finely chopped cabbage, 1/2 cup of pimentos finely chopped. Soak gelatin in cold water, add boiling water, sugar and salt. When gelatin is dissolved strain and cool. When it begins to harden add chopped material. Place in individual molds and serve on lettuce.

Frozen Chocolate Pudding

One and one-half cups milk, 1/4 square of bitter chocolate, 1/2 tablespoons water, 3/4 tablespoons sugar, 1/2 teaspoon salt, 1/2 tablespoon cornstarch. Cook chocolate, sugar, salt and water to a smooth paste, add gradually, bring to boiling point. Stir cornstarch with a little cold water until smooth, add to hot mixture and stir constantly until it thickens. Then cook over boiling water for twenty minutes, cool and freeze, or pack in ice and salt.

MONDAY

BREAKFAST
Bacon Cereal with Cream Coffee

LUNCH
Scalloped Tomatoes Sugar Cookies

DINNER
Reactor's Chicken Hash Baked Rice

SUNDAY
Caramel Junket Boiled Apples

TUESDAY
Bacon Cereal with Cream Coffee

LUNCH
Bread Cheese Souffle Jelly

DINNER
Veal Birds Fried Apples

GLAZED BEANS
Whipped Cream

WEDNESDAY

BREAKFAST
Liver and Bacon Roasted Oats

LUNCH
Poached Eggs on Toast with Tomato Sauce

DINNER
Boiled Hamburg Steak Mashed Potatoes

THURSDAY
Baked Corn Beef Hash Baked Rice

FRIDAY
Bacon Cereal with Cream Coffee

LUNCH
Rice Pilaf Cocoa Drop Biscuits

DINNER
Baked Creamed Fish Pickles

SATURDAY
Bacon Cereal with Cream Coffee

LUNCH
Clear Tomato Soup with Rice

DINNER
Baked Corn Beef Hash Baked Rice

SUNDAY
Bacon Cereal with Cream Coffee

LUNCH
Roast Veal and Gravy

DINNER
Potatoes on the Half Shell

SUNDAY
Bacon Cereal with Cream Coffee

LUNCH
Roast Veal and Gravy

DINNER
Potatoes on the Half Shell

SUNDAY
Bacon Cereal with Cream Coffee

LUNCH
Roast Veal and Gravy

DINNER
Potatoes on the Half Shell

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Bacon Cereal with Cream Coffee

LUNCH
Roast Veal and Gravy

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FRIDAY

BREAKFAST
Liver and Bacon Roasted Oats

LUNCH
Poached Eggs on Toast with Tomato Sauce

DINNER
Boiled Hamburg Steak Mashed Potatoes

THURSDAY
Baked Corn Beef Hash Baked Rice