



**Lunch Box Are Hints Given**

"What shall I give the children for lunch today?" is one of the daily problems of the mother of children who have to carry their lunches to school. The chief reason why it is such a problem to many mothers is because they fail to plan ahead for the school lunch. After the lunch is packed in the morning the mother usually puts it out of her mind and forgets about it until the next morning when there is another frantic search for something that can be packed in a hurry.

**Watch the Capital Cash Store Grow—A List for Saturday's Selling**

- 3 lbs. Crisco.....\$ .50
- 6 lbs. Crisco.....1.14
- 22 bars Bob White Soap...1.00
- 14 oz. Pineapple......20
- 20 oz. Sugar Corn......10
- 1 lb Calumet Baking Powder .30
- 1 gallon Oil can......10
- Hominy, per can......25
- 7 rolls Toilet Paper......25
- 1 qt. Cider Vinegar......20
- 3 cans Libby's Red Beans.. .25
- 1 bottle Monopole Cane and Maple Syrup......19

456 State St.

The mother should think of the cold lunch the child is having, when she plans the evening meal. If the heaviest meal of the day is at noon, when the child is away, the evening meal should give at least one hot dish in order to satisfy the child's needs.

**Attractive Packing Desired**  
The first thing to observe in the packing of the school lunch is general appearance. It must be neatly and attractively packed if the child is to get the most benefit from it. Wrap everything in oiled paper and pack carefully so the basket will not become "mussed up." Anything liquid which is apt to spill should be put in a screw top jar or glass.

The main part of the lunch may well consist of sandwiches if good nourishing filling is used and enough variety given to avoid having the child tire of them.

**Add Little Dainties**  
Hard cooked egg, mashed and mixed with a little salad dressing is usually liked. Peanut butter sandwiches are common but if a little jam is put in the sandwich with peanut butter it will not be so dry and the combination is quite pleasing to most children. Raisins, dates, figs or prunes are always good and may be substituted for by the addition of nuts occasionally.

Grated cheese moistened with cream to which a few chopped nuts are added is liked by many children. Left over meat may be finely cut or ground and mixed with salad dressing. Various jams or preserves may be used.

Prune marmalade is particularly good for children. The recipe follows:

Prunes, 1 pound.  
Raisins, 1c.  
Sugar, 1 c.  
Lemon sliced, 1/2 lemon.  
This will make one quart of marmalade.

**Custard Simply Made**  
A cup custard is a dish which is easily prepared and easily packed. It may be varied by the addition of raisins, nuts, coconut and so forth. Stuffed eggs if well wrapped in oiled paper will be relished more than just a cold, hard-boiled egg in the shell. There should be plenty of fruit in the child's lunch. Baked apple is always good, as is also canned fruit of any variety.

Occasionally the children like sweets for dessert. Sugar or oatmeal cookies and sponge or plain cake are quite permissible once in a while. Avoid rich cakes and pastries entirely. Fruit caramels are a good substitute.

8 or 10 dates.  
4 T raisins.  
1 t. powdered sugar.  
1 t. lemon juice.  
The fruit is put through a food chopper and all ingredients mixed. Mold into little squares. This will make about 14 three-four inch cubes. They may be on hand for some time.

**FAVORITE RECEIPTS**

Fig and date sandwiches. Wash equal quantities of figs and dates and then stone the

dates. Add blanched almonds in quantity about one-half the entire bulk, then run the whole through a meat chopper. Moistened with orange juice and pressed tightly into a baking powder tin. When ready to use dip the box in hot water, turn out the mixture, slice and place between thin slices of buttered bread.

**Cheese and Nut Sandwiches**  
Cream three tablespoonsful of butter and add to three tablespoonsful of creamed fresh cheese. Work the mixture together and add chopped walnut meats. Spread between thin slices of bread.

**Date Cookies**  
1-3 cup corn meal.  
2-3 cup of flour.  
1 teaspoon baking powder,  
6 dates cut fine.  
1-3 teaspoon each of cinnamon, cloves and salt. 2 tablespoons sugar, 1 tablespoon fat or peanut butter, 1/2 cup of water.

Mix as for baking powder biscuits. Drop from a spoon on a greased or floured tin. Bake in a medium oven.

**Milk-Vegetable Soups**  
2 cupfuls of milk.  
1 tablespoonful of butter.  
1 tablespoonful of flour.  
Salt.  
2-3 cup of thoroughly cooked vegetable, finely chopped, mash-

ed or put through a sieve. Thicken the milk with flour as for milk gravy, add other ingredients. If the soup is too thick as it is apt to be with starchy vegetables, thin it with milk or water. Milk-tomato soup is not recommended for the youngest children.

**HOUSEHOLD HINTS**

Before boiling or scalding milk, rinse out the dish with hot water. This will prevent the milk from sticking to the bottom of the dish or burning. The dish will not be as hard to wash and time will be saved for it takes much scrubbing and scouring to remove burned milk from the bottom of a dish.

If you bake your pie shells on the bottom of the pan try putting a cracker under the center of the shell when you put in the filling. This prevents the crust from breaking when the filling presses down on this slightly raised portion of the crust.

**How to Brighten Carpets Told**

Having cleaned your carpet with the broom or the vacuum cleaner, what else can be done to brighten it up? A number of ways to renovate and clean rugs and carpets are given here. The life of the rug may be prolonged by careful use and wear.

**To Remove Spots**  
Ink—if the spot is fresh, remove as much of the ink as possible by absorbing it with blotting paper. Salt may be used, as it absorbs the ink if frequently changed. Remove the remaining spot with milk. Or, first pour clean cold water on the spot, taking it up again with a spoon by pressing the spoon down into the pile of the carpet. Be sure to lay a cloth or blotting paper around the spot to prevent its spreading, then apply a weak solution of oxalic acid, sponging it up quickly. Apply ammonia water if the color is altered.

**Ordinary Spots**  
Carpets are usually of woolen material. So the general rules for cleaning woolen fabrics can be applied to them.

**Cleaning Compounds**  
Carpet cleaning compounds which do not contain alcohol are very hard to find. However, here are two recipes which do not contain the forbidden liquid.  
1. Make a suds of good, white soap and hot water, add fuller's earth to this until of the consistency of thin cream. Have plenty of clean drying cloths with-

in reach, also a small scrubbing brush, a large sponge and a pail of clear water. Dip the brush into the cleaning mixture and brush vigorously over a small section of the carpet, then wash with the sponge and cold water. Squeeze the sponge out and dry the carpet as much as possible with the dry cloths and proceed to another section of carpet. When the whole carpet has been cleaned, brush it first against the nap and then with the nap. Otherwise, the carpet would be likely to have a woolly or patchy looking surface. Then let it dry.

2. Steep a quarter of a pound of smoking tobacco in a gallon of water for 12 hours. Strain, and add three tablespoons full of ammonia to the water. Dip a clean cloth into this water and wring it out. Go over the carpet surface with it. The tobacco is said to restore and brighten the colors.

Note—In cleaning carpets with any methods similar to the above, it is always best to brush the carpet as suggested in recipe (1) before leaving it to dry. To remove musty odor from carpets which have been in storage, spread the carpet on clean, damp earth. Let it remain out all day. The next day lay it right side up upon the grass or floor; cover it thickly with fine salt and leave it in the hot sunshine for six or eight hours. Sweep the carpet once against the nap and once with the nap.

Small rugs should never be shaken by the ends. When shaken in this manner the crosswise threads are drawn apart, causing the rugs to ravel at the ends. Instead, shake the rugs by holding them at the side. Small rugs and carpets sometimes curl up at the corners due to lack of sizing.

**To Size a Rug or Carpet**  
Take a gallon of hot water and one quart of powdered or dry glue. Place the mixture on the stove and let it stand until the glue is dissolved. Have the carpets or rugs stretched and tacked wrong side up on the floor. Lay papers under the edges to keep the glue from getting on the floor. Apply the hot or warm glue to the carpet with a cheap whitewash brush. Be sure that every inch of the carpet is wet, especially the edges. The solution does not dampen or gather dust. The process can be done repeatedly, as found necessary. It does not injure fine rugs or carpets or harm waxed or polished floors. The rugs will last much longer if so treated. Do not fold carpets or rugs—always roll them.

Colored fiber rugs may be cleaned by using a solution of water, borax and white soap. Rinse well. Apply the solution as carpet cleaning compound.

**To Freshen or Brighten Carpets**  
1. Sweep with broom dipped in hot water containing a little turpentine.  
2. Scatter dampened bran, corn meal or paper over carpet and sweep carefully.  
3. Scatter grated potato over the carpet; then sweep carefully. This method will revive colors without injury to delicate shades.  
4. After careful sweeping, wipe the carpet with vinegar and water in the proportion of a tea-cupful of vinegar to a pail of water. Do not use carpet until dry.  
5. For dark carpets that need brightening, wipe with a cloth wrung out of a solution of one-half pail of tepid water, one-half



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