Milk Should Be Feature For School-Day Lunches

(By the Bureau of Home Economics, U. S. Department of Agriculture)

Returning school days bring back the problem of the school-day lunch. School cafeterias lessen the lunch problem for some mothers, but most children must carry lunch to school or come home to eat it. What, then, shall they have for lunch?

shall they have for lunch?

Growing children, food specialists say, have special needs in the way of food. Even when they eat all their meals at home, it is no easy matter to see that they are properly fed, and when they eat part of their meals at school, the difficulty is greater. This, the because the second of the property fed, and the property fed, and when they eat part of their meals at school, the difficulty is greater. This,

to see that they are properly fed, and when they eat part of their meals at school, the difficulty is greater. This, the bureau points out, is not because healthfulness and cleanliness are more important in this meal than in any other, but because they are harder to secure. It is not easy to keep food clean and attractive when it must be packed and carried to school. Unfortunately, too, most of the foods that children need for the development of strong, healthy bodies cost more than some of the foods that are more filling. Many families can not afford unlimited quantities of milk, eggs, butter, fruits, and vegatables. Cereals and sugar are cheaper, they furnish more body fuel, and are more filling. So these carbohydrate foods are relied on to a great extentions are relied on to a great extentions are relied on to a great extention is healthful. In fact, in the light of present knowledge of the requirements of the human body in childhood, one of the worst diets that could be devised would be made up chiefly of bread and sweets.

It is feasible, however, the bureau easys, to keep down the cost of the diet by getting a large part of the necessary fuel from those cheapest sources, provided proper quantities of other necessary foods are supplied first; that is, if each child has each day a pint and a half or a quant of milk, at least a serving of tomato, or an orange, a green-colored vegetable and an ounce of butter.

At many schools where no lunches are served, the children can get milk. In such cases, the rest of the lunch is less of a problem. If the child can not get milk as school, and can not carry it to school, then more care is necessary to balance his daily diet. A cheese sandwich—cottage cheese, cream, or American cheddar— with plenty of butter, will help to meet the child's requirements for calcium and vitamin A otherwise supplied by milk. A fresh tomato, an orange, or other fruit—always desirable—are the more important if the child must do without milk at lunch.

With waxed paper, paper napkins, paper cu

more important if the child must do without milk at lunch.

With waxed paper, paper napkins, paper cups, plates and covered containers, nowadays so cheap, the paper hag has largely taken the place of the school lunch box or lunch basket. This makes for cleanliness and convenience in packing the lunch.

In hot weather, the use of soft, moist foods abould be avoided. Although chopped meat, moistened with

moist foods abould be avoided. Al-though chopped meat, moistened with a dressing of some kind makes a good sandwich filing, such foods are less desirable in hot weather than slices of meat, peanut butter, cheese, or other foods, which are not so likely

te spoil.

For lunches to be carried to school, the following suggestions are offered:

1. Sandwiches with scrambled egg filling and lettuce. A firm tomato. Cookies. Mills

Cookies, Milk.

2. Chopped cold cooked meat aand-wiches, filling moistened with chilisauce, lettuce leaf. Apple or grapes.

Milk.

4. Peanut butter sandwiches—or ground shelled roasted peanuts moistened with cream or top milk—on whole wheat bread. Raw crisp cucumber sticks or celery. Cup custard or rice pudding. Milk.

5. Sandwiches of dried beef "frizzied" in butter, with crisp lettuce, cress or chopped parsley. Banana or dried fruit. Milk.

6. Baked bean sandwiches on brown bread, the beans moistened with chill sauce or catsup and mashed to a smooth paste. Raw carrot sticks. Raisins. Milk.

For school day lunches at home.

Raisins. Milk.

For school day lunches at home, here are some suggestions:

1. Baked potato and bacon. Fresh tomato and lettuce. Bread and butter. Milk. Muskmelon.

2. Milk. vegetable soup. Scalloped cabbage and apples. Buttered toast. Milk. Raisin cup cake.

Milk. Raisin cup cake.

3. Brown rice. Buttered kale. Milk.
Stewed dried apricats. Oatmeal cookle.

4. Sieved Lims beans with bacon.
Baked tomato. Bread and butter, Milk
Apple becom better or anyther. Apple brown betty or apple sauce.

5. Creamed fish with vegetables.
Buttered toast. Milk. Peach or apple

d. Scrambled eggs. Panned cab-bage. Tosat. Milk. Fruit gelatin. Low-Cost Menn for School Day. Breakfast. Tosat

Whole grain cereal Toast
offee (adults) Milk (children) Coffee (adults) Milk (children)
Lunch Carried to School.
Baked Bean and Cateup Sandwiches
on Whole Wheat or Brown Bread
Baw Carrot Sticks

Milk Raisins Noon-day Meal at Home, Noon-day Meal at Home.

Baked Beans—Cathup
Chopped or Ground Raw Carrot Balad
Whole Wheat Bread and Butter
Stewed Ralains or Prunes
Milk for Children
Supper.
Berambled Eggs — Pried Potatoes

If Your Ears Ring With Head Noises

People who are growing hard of hearing and who experience a stuffy feeling of pressure against their eardrums accompanied by burging rumbing sounds in the head like waterfalling or steam escaping, should take prempt and effective measures to stop this trouble.

Secure from Jarmin & Woods or rour druggist 1 or. Parmint (Double-Steament). Take this home and add in pint hot water and a little sugar the tablespoonful four times a day should quickly relieve distressing on tarrhal head holes, open clogged mostrills make breathing easy stop and the property muraus dischara. All calary of the present about the sugar and the property of the present and the property of the present and the property of the present and the present according to the p ufferers should give Parmint

Rolls and Butter-Jelly Milk for All

RECIPES

2 pounds lean beef 1 cup diced salt pork (about 1/2

pound)
4 tablespoons flour
1/5 cups milk
1 cup chopped paraley
1/6 cup chopped onion
1 cup fine, dry bread crumbs

2 teaspoons salt

I cup fine, dry bread crumbs
2 teaspoons sait
1 is teaspoon pepper.
Put the meat through a grinder.
Fry the diced salt pork until light
brown and crisp and remove the pieces
from the pan. Make a sauce of the
pork drippings. Cook the parsley and
onion for a few minutes in the rest
of the pork drippings, and add to this
of the pork drippings, and add to this
the bread crumbs and seasonings.
Combine all the ingredients and use
the hands to mix thoroughly. The
mixture will have a sticky consistency.
Lay a piece of heavy paper on a rack
in an open roasting pan. Mold the
meat loaf on the paper with the
hands. Bake the loaf in a moderate
oven (350 F) for 1½ hours. Do not
cover the pan and do not add water,
Much better results are obtained by
making the meat loaf in this way
than by packing it like a loaf of bread. Remove the meat loaf from the paper
and serve hot or civill it and serve in

move the meat loaf from the paper and serve hot, or chill it and serve in thin silces with watercress garnish.

HONGKONG, Oct. 14.—(AP)—The British steamer Helikon, en route from Hongkong to Saigon, was seized by a group of Chinese passengers and looted, it was reported here to-

day.

The steamer was held for 36 hours while the loot was transferred to junks in Helchechin bay. The captain was taken off as a hostage, but

One Chinese passenger jumped overboard and drowned and four were kidnaped for ransom. British destroyers rushed to the spot, but arrived too late to inter-

opot, but arrived too late to inter-cept the pirates.

One of the women passengers, a Miss E. B. Boynton, is an American, and the other, Mrs. Dirk VanDriest, is a Canadian.

Milk. 3. Sandwiches filled with cottage cheese saited and mixed with any of these: Chow chow, chill sauce, chopped dill pickle, green pepper, celery, parsley, onion, or other salad vegetable, chopped nuts. Cup cake. Milk. 4. Peanut butter sandwiches—or ground shelled roasted peanuts mota.

TABLE ROCK. Oct. 14.—(Spl.)— Some 250 wood ducks hatched in this district are making their headquar-ters at the pond on the Nealon ranch. In past years, although protected by federal laws, similar birds have by receral laws, similar birds have been killed by hunters, which fact has aroused several lovers of this species of waterfowl, and an effort is being made to cooperate with the game officials to protect them.

Tribal Kids Go Hot-cha And Old Heads Worried

Obedience and tribal pride have terday to the county sheriff, been taught the young since the days when their chief led the Seminoles into a wilderness of sawress. into a wilderness of sawgrass and slime for a last stand against the white man's ways, the white man's ways, the white man's whisky and the white man's gunpowder. But now the tribal wise men say a spirit of rebellion has entered the camps.

The Seminoles consider the situation extremely wave because have

By JAMES H. STREET ever their own customs and follow LITTLE RIVER, Pia., Oct. 14.—(AP) their own laws.

RECIFES.

1 cup corn meal and I cup rye meal, or 2 cups corn meal and I cup rye meal, or 2 cups corn meal.

1 cup Graham flour

1 teaspoon sait

2 cups mollasses

2 cups sour milk, and ill teaspoons baking powder.

3 cups sour milk, and add the milk. Beat the mixture thoroughly, and pour into greased moids until they are about three-fourths full. Cover loosely to keep out the moisture, and steam for a looked to the moisture, and steam for a looked to a mud and grass temptation for a mid and grass temptation manning the source of the Swinglass because the onlideren they bore far out on the mothers go far away on the hummocks of the everglades for the order and inclination to go "hot-chs".

It is a serious tribal crime for a proud of his heritage, that's why the paintainent in which the offender is confined to a mud and grass temptation among the source of the Swinglas customs say children cannot be born within the camps so the mothers go far away on the hummocks of the everglades for the order.

It is a serious tribal crime for a proud of his heritage, that's why the paintainent in which the offender is confined to a mud and grass temptation among the source of the Swinglas custom is only the born within the camps so the mothers go far away on the hummocks of the everglades for the order.

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It is a serious tribal crime for a proud of his heritage, that's why the paintainent in which the offender is confined to a mud and grass temptation and the born within the camps so the mothers go far away on the hummocks of the everglades for the order.

It is a serious tribal crime for a proud of his heritage, that's why the proud of his heritage, that's water heritage, that's proud of his

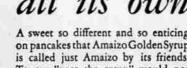
Now some of the bucks and maidns threaten to go modern. Many
bake the bread in a moderate oven bucks have deserted the sweeping.

A Hattrem former president of the for about 10 minutes to dry it off. gaudy dresses of their tribe and wear
If the bread seems likely to crumble, pants. The girls still pack 20 or 30
parts ground the loaf and pounds of beads around their necks state prison in Salem, to begin an cut alices by pulling the ends of the adventurous maidens have ridden in adventurous maidens have ridden in any's funds. He averaging the company's funds are averaging to the company's funds. He averaging the company's funds are averaging to the company's funds. He averaging the company's funds are averaging to the company's funds. He averaging the company's funds are averaging to the company's funds. He averaging the company's funds are averaging to the company's funds are averaging to the company's funds. He averaging the company's funds are averaging to the support to t PORTLAND. Oct. 14—(P)—Weber Hattrem, former president of the funicipal Reserve & Bond company, was to leave Portland today for the

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Congressman Fred A. Britten of Illi- sought refuge in quiet. nois, attacking John N. Gerner, the

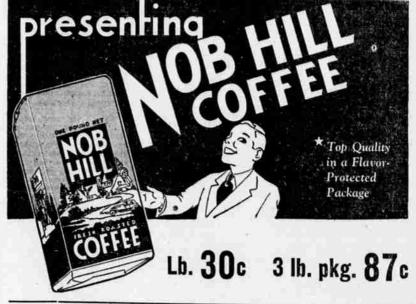
day issued a statement, attributed to first time the Texas congressman has Portlanders Fall

"Garner apparently realizes that he Democratic vice-presidential candi- might say something he would re-

On Slippery Pave

PORTLAND, Oct. 14 -- (P) -- Slippery. HELD BEST POLICY

The statement quoted Representative Britten as saying that "Garner; steen in the past is evident from the steen that on numerous occasions he which has led to reports that he had been "muzeled" by the Roosevelt campaign which has led to report that he had been "muzeled" by the Roosevelt campaign as suppressed numrous speeches which he has made on the floor of thom were nedestrians. No one was seriously hurt.



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Lb. 23с

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