

# BETTER LUNCHES HELP GRADES OF SCHOOL CHILDREN

Hot Lunches Bringing Results — Tin Pail Full of Hastily Packed, Poorly Selected Food Out of Date

School lunches aren't what they used to be—they're better. They're more appetizing, more thoughtfully planned, better balanced as to food values.

Each year fewer tin pails of hastily packed food go down winter roads to the little red schoolhouse. The hot lunch prepared on the school premises is supplanting the cold, carried lunch. And as the hot lunch project spreads to one school after another and from community to community, the children show a rising curve in grades for classroom work, daily school attendance, and gains in height, weight, and general health.

The Works Progress Administration reports one million undernourished children benefited by its school lunch program during the last year and a half. Boards of education sponsored this project in their districts, and parent-teacher associations and civic organizations gave it their active support.

Livingston Cited  
In many rural communities the co-operative extension service acting under local leaders has assumed responsibility for providing children who come from outlying farms, a hot mid-day meal at the schoolhouse. Extension work reports for 1936 show a total of nearly 600,000 children who participated in hot school lunches. In some places 4-H club girls of teen age organized, cooked, and served the lunch with only a little adult supervision and help. A few rural school officials slow to catch the point at first responded wholeheartedly once it was pointed out that just as they give the chickens a hot mash at noon in cold weather and warm the milk for the calf at each feeding, so children need warm, appetizing, well-balanced noon meal each day of the school week to help them reach their optimum in physical and mental development.

To aid leaders of school lunch projects where funds are limited and equipment must be of the simplest, the Bureau of Home Economics has prepared three weeks' menus and accompanying recipes to serve 50 children. The school menu of course needs to dovetail smoothly into the home bill-of-fare so that the child's diet as a whole provides him with the right amount of protein, minerals, vitamins, and calories. In some schools the lunchroom leaders urge children to take the menu home so their mothers can plan other meals in harmony with the week's schedule.

Have General Pattern  
Each of the weekly menus suggested by the home economics economists and built on the five school days as the unit, follows this general pattern:

First, for the hearty hot dish: once a week eggs in some form, creamed, scrambled, or combined with cheese, rice, or vegetables. On the other days a meat or fish and vegetable chowder or stew; or dried beans or peas in appetizing form; or a substantial milk soup.

Twice each week tomatoes come in to the menu for their good flavor and color and their high vitamin value. Milk is always present, as milk to drink and doubling some days as one of the chief ingredients in soup, sauce, or hot beverage.

Fruit likewise appears daily as the dessert, now and then plus a cookie.

## Everyday Cooking Miracles

BY VIRGINIA FRANCIS  
Director National Electric Cookery Institute

Here's a little girl that believes in helping mother prepare the refreshments for her very-own party and finds it almost as much fun as the party itself. Even mother is enjoying her first attempt at making the candy quickly and merrily bubbles along until the crucial moment arrives to slacken the pace; then a twist of the switch to LOW heat turns the "laughing," amber-colored liquid into a "smiling" mood.



For a pleasant treat for the children try these easy-to-make Taffy Apples in the Thrift Cooker of your electric range.

**Red Taffy Apples**, for it is all so simple. There's none of the "mess" she had expected—not even a boiled-over "dribble" on the range!

These Taffy Apples are ideal refreshments for children's parties, (they'd be grand for Halloween) because, in the first place, the children love 'em and, in the second place, they are such a wholesome "goodie" that other mothers will bless you. However, one thing to keep in mind is the fact that these taffy apples should be made the day they are to be eaten because the moisture from the apple will soften the candy and make it sticky. But you won't be inflicting any hardship on the youngsters if you tell them "every last apple" has to be eaten up.

**Miracle Method**  
I wonder if you know that you have an ideal candy kettle in the thrift cooker of your Hotpoint electric range. This handy equipment—handy because it can French fry, do waterless cooking, steam and be a Dutch oven—is deep enough so that you need never worry about your candy boiling over, and it can make large quantities at a time. In this particular instance, you remove the thrift cooker from its insulated well in back of the range, and place it on the large surface calrod unit. There,

the emphasis, however, is on the fruit; whatever is fresh and seasonable. Local merchants often cooperate with school lunch managers in quoting wholesale prices on oranges by crate or bushel. Local committees band together and can fruit and vegetables for the school pantry, thus utilizing surplus products from home gardens and orchards. The bumper crop of apples this year assures a winter-long supply of school lunch use east and west.

**Many Used Canned Milk**  
In communities where market milk is too expensive to use freshly in the school lunchroom or where quality is questionable, canned evaporated milk or dried skim milk have been found a good substitute.

One scant cupful of dried skim milk diluted with 8 1/2 cups of water equals about 1 quart of fresh skim milk in solids. Used with 1 1/2 ounces of butter the food value is about equivalent to a quart of whole fresh milk.

The dried skim milk in powdered form can also be mixed with potatoes as they are mashed or sifted with the

**Red Taffy Apples (Makes 12 Apples)**  
4 cups granulated sugar  
1 cup light corn syrup  
1 1/2 cups water  
4 teaspoons cinnamon  
Red liquid coloring, few drops  
12 red apples

1. Wash apples thoroughly and dry them. Insert skewers in blossom end.  
2. Place sugar, corn syrup, water, cinnamon and food coloring in thrift cooker and cook over HIGH heat of calrod unit until mixture begins to thicken and darken; then turn switch to LOW heat and continue cooking until the temperature 300° F. is reached—the brittle ball stage.

3. Remove from heat and dip apples in syrup, coating them smoothly.

At this point, if this were not an electric range story, you would probably be told to set the syrup kettle in a pan of boiling water as the syrup begins to cool. However, there will be enough heat stored in the calrod unit to keep the syrup warm and pliable until all of the apples are coated with this luscious cinnamon-flavored

other dry ingredients in making bread, cookies, and baked goods. Used in a more-than-fluid-milk ratio, it supplies to children more of the calcium they need for building of bones and teeth without adding to the bulk of the meal.

Children with small stomach capacity find it difficult sometimes to take all the milk they need in fluid form and yet have room for the fruits, vegetables, and other foods needed to round out their diet. These concentrated forms of milk are therefore a convenience on the school pantry shelf and may be the means of fortifying the diet with food substances in which it tends to be on the low side.

**Cream Is Lost**  
Homogenized milk is another recent development in the milk supply for school children. A study of the near-empty milk bottles left by school children after they had drunk their milk through straws, showed that the half inch or so left in the bottom sometimes contained a sixth of the milk fat from the whole bottle. By

falling to shake the bottle and merely inserting the straw and beginning to drink from the bottom, the cream remained on top and was left to be thrown away.

Since the vitamin A of milk is associated with the fat, waste of cream means waste of a food element that plays a conspicuous part in the growth and well being of young children. Modern dairies are now putting their milk through a homogenizer that divides the fat globules into such fine particles and mixes them so thoroughly through the milk that they cannot rise to the top as cream.

Where homogenized milk is not available, those in charge of the school lunch can at least take precautions to see that the cream is well mixed with the rest of the milk, so that every child will get all the food value that is coming to him.

**Menus Provided**  
For use in nursery school groups the home economics specialists of the U. S. department of agriculture have also worked up sample menus for a two-weeks' period. These two sets of school lunch menus for the very young and for older children are printed as Miscellaneous Publication 248: "Menus and Recipes for Lunches at School."

A copy of this pamphlet may be obtained by any teacher, school lunch manager or parent-teacher group from the U. S. department of agriculture, Wash., D. C. Begun as an emergency measure, many communities are planning to make the hot school lunch a permanent institution.

## CHRISTMAS SEALS TO RAISE \$55,000

PORTLAND — (Sp.) — Filled with 16,000,000 Christmas Seals and the envelopes and other supplies required for their distribution, box after box has arrived at the headquarters of the Oregon Tuberculosis Association in preparation for the thirty-first annual sale which officially opens the day after Thanksgiving.

Orders for seals and supplies from several County Health associations already have been received and filled. Oregon's quota of money to be raised this year to fight tuberculosis has been set at \$55,000 in comparison with the \$52,000 raised in the state last year. This is close to the all-time record of \$58,000 raised in 1929. "All sales forces of the state are being mobilized," reports Mrs. Baidie Orr, Dunbar, executive secretary. "In hopes that the quota may be reached or passed."

This year's seal has a background of dark blue with an old-fashioned bell ringer in the foreground smiling and shouting his Christmas greetings. Behind him is a snow-covered home. As a concession to stamp collectors, the four educational seals which are included with each sheet of 100 seals are so arranged as to be perforated on all four sides.

## Legion, Auxiliary Invited To Ashland

Members of Medford post and auxiliary of the American Legion have been invited to attend the annual installation of officers of Ashland post No. 14 to be held at the neighboring city Saturday night.

During the evening a national citation in memory of Paul B. McDonald, former post commander of Medford post and state vice-commander of Oregon, will be presented. Following the business session a program of entertainment will be enjoyed and the evening will be concluded with a "feed." Commander C. L. Macdonald urges a large attendance of local veterans for the important inter-city meeting.

The United States has paid \$25,000,000 for the Danish West Indies. Columbia requires that all immigrants be able to speak Spanish.

# LUMAN BROTHERS

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MAIN AND BARTLETT STS.  
Telephone 353 or 354—4 Free Deliveries Daily—Telephone Your Order

Stock Up with New, Fresh, Fine Quality Foods from

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## GROceries

Meats, Fruits, Vegetables

Right now is a good time to stock up with nice, new stock foods. Prices are decidedly reasonable at Luman's in the face of advancing prices on practically everything you buy. Never have we been better equipped to handle your every need in Foods. We bought heavy in order to hold prices at the lowest possible level. It is to your advantage to buy NOW!

<b>GOLDEN WEST COFFEE</b> Extra Fine Ground 1 lb. tin or glass <b>28c</b> 3 lb. tin or glass <b>79c</b>	<b>CRISCO</b> 6 Pound Pail <b>\$1.15</b> 3 Pound Pail <b>59c</b>	<b>SUGAR</b> 10 Pounds for <b>57c</b> 100 Pounds for <b>\$5.29</b>	<b>MILK</b> Peter Pan or Libby's 4 tall cans <b>29c</b> 48 tall cans <b>\$3.35</b>	<b>PILLSBURY'S FLOUR</b> 49 lb. sack <b>\$1.89</b> 5 lb. sack <b>29c</b> Pillsbury Sno Sheen cake flour large pkg. <b>27c</b>	<b>APPLES</b> Fine quality Delicious Spitsberg Jonathan 6 pounds <b>25c</b> Per box <b>\$1.20</b>
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**PEAUNT BUTTER** FRESH STOCK **No. 1 Grade 2 lbs. 25c**

### Flour at Low Prices

It Will Pay You to Buy at These Prices

MOON BRAND Montana Hard Wheat Flour, 49 lb. sack	<b>\$1.55</b>
KITCHEN QUEEN—An all purpose flour, 49 lb. sack	<b>\$1.69</b>
KLAMATH BOUQUET 49 lb. sack	<b>\$1.35</b>

Prices You Can Afford to Pay

## Choice Cut MEATS

**SATURDAY**

You'll Like the Prices and the Quality of Our Meats

### HERSHEY SPECIALS

1-1 lb. Breakfast Cocoa	17c
1-16 oz. Chocolate Syrup	10c
1-8 oz. Baking Chocolate	13c
1 Index Recipe Book	25c
<b>Total</b>	<b>65c</b>

**All for 33c**

### SPECIAL SALE NUBORA

1 Nubora Soap Flakes, pkg.	23c
1 Mixing Bowl, genuine Stoneware	35c
<b>Total Price</b>	<b>58c</b>

**Both for Special Price 29c**

**SURE-JELL . . . 2 for 23c**

**Candy Bars <sup>5c</sup> Size 3 bars 10c**

**NUT MARGARINE 2 lbs. 29c**

**NEW NUCOA lb. 20c**

WHILE THEY LAST

### FREE CEREAL DISH

With Three Standard or Two Large Kellogg's CORN FLAKES

**3 for 20c**

Hams, half or whole	lb. 29c
Pork Chops or Steaks	lb. 25c
Yng. Fat Fryers, choice R.I. Reds	lb. 25c
Hens, choice young	lb. 20c
Leg o' Lamb, choice quality	lb. 25c
Veal Roasts, boned and tied	lb. 20c
Beef Short Ribs Fine for Baking	lb. 12 1/2c
Bacon, sugar cured, eastern	lb. 30c
Prime Rib Roasts Boned and Tied	lb. 20c
Fresh Side Pork	lb. 20c
Hamburger, fresh ground	lb. 15c
Country Style Sausage	lb. 15c
Shortening	3 lbs. 39c
Lard, home rendered	lb. 15c
Beef Pot Roast, extra fine	lb. 15c
Swiss Steak from Prime Beef	lb. 20c
Veal Roasts, shoulder	lb. 20c

### POTATOES

No. 1—50 Pounds	<b>73c</b>
No. 2—50 Pounds	<b>45c</b>
No. 2—25 Pounds	<b>25c</b>

**SPECIAL OFFER!**  
PARING KNIFE 25¢ value for 5¢  
WITH PURCHASE OF ONE PACKAGE EACH STALEY'S ALL for 24c  
LIMITED QUANTITY ACT AT ONCE!

### FRUITS & VEGETABLES

SATURDAY ONLY

Field Grown Tomatoes	3 lb. 10c
Bunch Vegetables	3 for 10c
Local Fresh Tender	
NEW CABBAGE	lb. 2 1/2c
LETTUCE Large crisp heads	2 for 13c
COOKING APPLES	6 lbs. 25c
LOCAL STRING BEANS	3 lbs. 14c
ONIONS Home Grown—Sweet Spanish, mild and sweet	10 lbs. 25c

### LUMAN'S Bakery Specials

SATURDAY ONLY

## DANISH BUTTERFLIES

For your breakfast with a cup of good, hot coffee—boy, are they good! A rich Danish Pastry with butter rolled in. Your choice of four fillings—Fig, Orange, Date or Cinnamon Sugar. Special tomorrow—

**Dozen 28c**

## An Oregon Hint for Better Babies



Gives rich new flavor to cooking

There is no finer milk in the country than this wonderful quality milk coming from Oregon's farms

• It still sounds unbelievable to some mothers—an evaporated milk made specially for families living here in the Northwest. But it's all true. The milk of this region is so very nourishing and fine that The Borden Company uses it to make all the Borden's Irradiated Evaporated Milk distributed here.

That means every Oregon baby may have it—every baby whose doctor prescribes evaporated milk for his bottle! Ask your doctor about it. It's so easy to digest, so uniform and reliable. And it's good for all your family! Men, especially, go for its golden, delicate flavor in coffee. Ask for Borden's when you buy.

**Borden's IRRADIATED EVAPORATED Milk**

★ PRODUCED AND MADE IN THE NORTHWEST ★

### Cream of Corn Soup

2 cups chopped corn	1/2 teaspoon pepper
1 cup water	3 tablespoons butter
3 slices onion	2 tablespoons sugar
1 teaspoon sugar	1 1/2 cups Borden's Evaporated Milk
1 teaspoon salt	2 1/4 cups water or white stock

Simmer corn with water, slices of onion, sugar and half of salt and pepper, until very soft. Force through puree sieve. Melt butter in double boiler. Add Borden's Evaporated Milk and sugar. Blend thoroughly. Cook 10 minutes. Add water slowly, stirring until mixture thickens. Cook 10 minutes longer, stirring occasionally. Blend corn mixture with cream sauce; season; garnish with parsley and croutons or pop-corn. Serves 8.