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Interest to Women

SCHOOL AND SHOP LUNCHES II.

(By Elizabeth O. Hiller)

Children are very fortunate who, for a small sum each day, can buy a nutritious, carefully prepared lunch at the school lunchroom. Mothers of children who must carry their lunches should make every effort to see that there is one hot dish available at the schoolhouse.

This may be prepared by the teacher of domestic science, or by one of the older girls in the cooking class, or perhaps one of the mothers who lives nearby might be able to prepare such a dish. If this is not possible, a place, with the proper equipment, should be provided where food, brought from home, could be reheated; or, if each child could own a half pint vacuum bottle, this important part of the lunch could be taken care of with little trouble and be much more satisfactory to the children. A great help to the mothers who have daily lunches to prepare will be found in an 'emergency shelf' on which the following articles should be kept at hand. A supply of waxed paper, paper cups, plates, spoons and straws and paper napkins, half and quarter pint glass jars with rubbers and close-fitting tops, two or three aluminum custard cups, bottles of olives, ripe, green and stuffed, sweet pickled gherkins, pimentos, mustard, horseradish and catsup, a jar of salad dressing and peanut butter, sardines, tuna fish, salmon, devilled ham potted chicken and tongue, figs, dates, raisins, crystallized ginger, sweet chocolate, nut meats and jam, jelly and marmalade, all of which can be used in making up the menus for the lunches. With such a supply at hand confusion and hurry at the last moment will be avoided.

Wrap each sandwich in waxed paper. Have a variety, such as savory sandwich, made of cold meat, sliced thin and spread lightly with a little mustard or horseradish; another with a filling of celery, lettuce, green pepper, onion and egg chopped fine and moistened with salad dressing; or a mixture of fish; and a sweet sandwich with a filling of dates, raisins, nuts, moistened with orange marmalade. The latter serves as a dessert when cookies and cakes are not at hand. It is surprising how many delicious sandwiches can be made with bits of leftovers. Stuffed eggs are always a favorite with children, and hard-boiled eggs made mildly acid by placing them in a jar of pickle beets for an hour or more will prove acceptable and furnish variety.

The following recipes for hot dishes that may be conveniently carried in the vacuum bottle are offered as suggestions for these lunches and the recipes for delicious breads will make most delectable sandwiches. The small cakes and cookies will furnish the dessert accompanied with fresh fruit.

Macaroni with Cream

Cook until soft three-fourths cup of macaroni, broken in inch pieces, in boiling salted water, to which has been added one half tablespoon of butter and one small onion stuck with one clove. Remove onion, drain in a strainer and pour over one half cup of hot cream, sprinkle over one half cup of cheese cut in thin small bits. Reheat, season with salt and a few grains of cayenne. For the children's lunch the cayenne may be omitted. Turn while piping hot into a vacuum bottle, cork, adjust the cover and pack in lunch box. This simple way of preparing macaroni has proved a favorite with children.

Cream of Spinach Soup

Wash, pick over one-half peck of tender spinach, cook for thirty minutes in the water that clings to the leaves. Drain, chop and rub through a strainer; add four cups of white veal stock and heat to the boiling point, bind with four tablespoons of butter rubbed to a creamy consistency with one-third cup of flour, pour on enough of the hot mixture to make thin enough to pour; combine mixtures, stirring constantly until well blended. Bring to the boiling point, add one cup each of scalded milk and cream, season with salt and pepper and pour the required quantity into a hot vacuum bottle, cork, adjust the cover and pack in the lunch box, together with some crisp crackers.

Date Bread

Into a mixing bowl put two tablespoons of butter or substitute, one teaspoon salt, one-fourth cup of molasses or brown sugar, one cup dates stoned and each cut in four pieces. Pour over all one cup of scalded milk and stir until well mixed and lukewarm, then add one compressed yeast cake, softened in one-fourth cup of lukewarm milk or water. Mix thoroughly, add three cups of whole wheat or graham flour and one cup of white flour. Mix to a dough, adding gradually enough white flour to make it stiff enough to knead until elastic and smooth. Cover and set aside in a warm place until double in bulk. Turn on a lightly floured board, knead slightly and shape into a loaf, cover, and when again light bake 45 minutes. This bread when cut in thin slices spread with a filling of chopped nut meats mixed with cream cheese, will make most appetizing sandwiches for the children's lunch box.

**SUCCESSFUL CAKES ARE MADE
BY RULE BUT NOT BY LUCK**

Who would think that a cookbook could be so funny, commented a young housewife. Listen to this cake recipe: Take a large lump of butter, some sugar, a number of eggs, some soda and some vinegar and enough flour to make a batter. Beat all together, for half an hour. If my great great grandmother had any luck with that cake it was a mere chance and the long beating that brought it. But how silly to waste so much time in beating.

One often is amused in reading very old recipes for making cake before the use of baking powder was understood and before cake making had become an accurate science. Yet even today one frequently hears a housewife complain that sometimes her cake is good and sometimes it is not. She never can be certain when preparing a company dinner that her cake is coming out all right. She has not learned that cake making is a science. Definite proportions, proper mixing and correct oven temperature comprise the principles of making cake. If these are followed a reliable recipe will not fail. In butter cakes the fat should be well creamed

and thoroughly blended with the sugar. The eggs next should be mixed with the butter and sugar, or the yolks of the eggs if only this part is designated. Milk and flour, sifted with baking powder and other dry ingredients, should be added alternately to the first mixture, if best results are to be obtained. If whites of eggs are to be beaten separately they should be folded in last—folded instead of beating, as beating breaks down the air cells.

Oven temperatures required for cake baking varies with the size and kind of cake. Loaf cakes require a slower oven than layer cakes. For accuracy an oven thermometer should be a part of the housewife's equipment. A slow oven registers from 250 to 300 degrees Fahrenheit, a moderate oven 350 to 375, a hot oven 400 to 450 and a very hot oven 500 to 550 degrees. If one has no thermometer the flour test should be used. A small amount of flour sprinkled in a baking pan will brown in two minutes in a hot oven, in three minutes in a moderate oven and in five minutes in a slow oven.

BAKED ONIONS

The very best way to cook an onion according to chefs and connoisseurs in onions is to bake them. Why? Because all the delicacy is preserved, the fine flavor, but the strong part evaporates in the cooking. Also, the onion, baked, doesn't cling to the breath so affectionately. The onion broiled is as delicate but a little more trouble to prepare. In either case the onion should be parboiled as a starter, the water poured off, save only a little in which to bake it and for basting purposes. Large onions are, of course, the sort to be used, such as the Bermuda types.

Boil in milk and water until tender. Place in baking dish or frying pan, buttered, add a little of the liquid and bake until browned.

Another and more elaborate method is to cut the onions in half crosswise make a paste of butter, chopped parsley, lemon juice and pepper, adding finely chopped garlic if desired. Spread upon the cut side of the onion place in covered baking dish with a little water or milk and cook for about three-quarters of an hour. If desired, a nice finish is added by sprinkling bread crumbs upon the cut surface, which of course is underneath in the baking dish and browning.

If you wish to keep your oven hot for cooking don't draw off any hot water, as that sends a rush of cold water to replace it and cools off the oven.

SHORT-CUTS

Before washing new lace curtains you should soak them all night in water in which salt has been dissolved. This takes out all the lime and saves much soap and labor.

Large sheets that have become worn in the middle should be torn in halves and what were the two outer edges joined together. The shabby part, which is now the outside, should then be trimmed away and the raw edges neatly hemmed.

Dishes in which flour and eggs have been mixed can be quite easily cleaned if they are allowed to stand in cold water for a few minutes before washing. Hot water hardens the mixture and makes it difficult to remove.

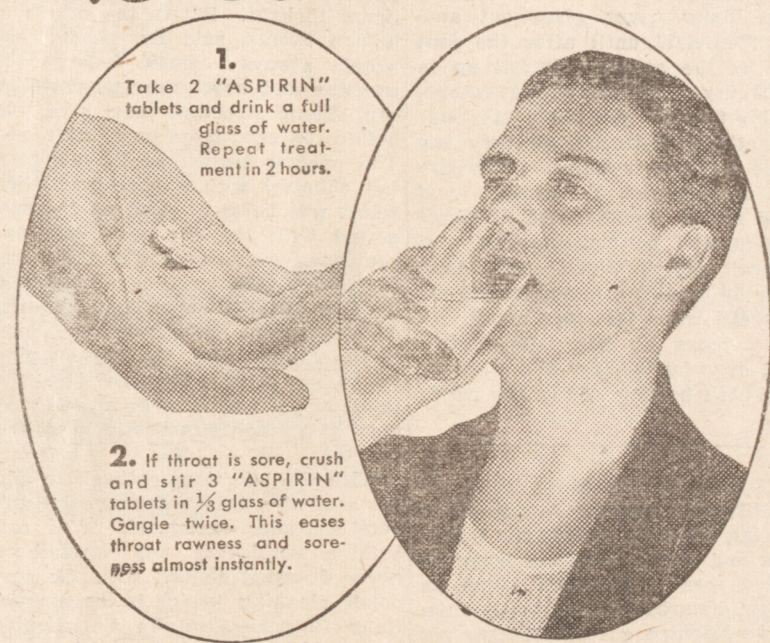
In case of illness, when ice is not procurable for cooling the head of a feverish patient, cut a strip of cucumber peel rather thick and lay the inner part on the forehead. It is deliciously cool, and remains so for some time.

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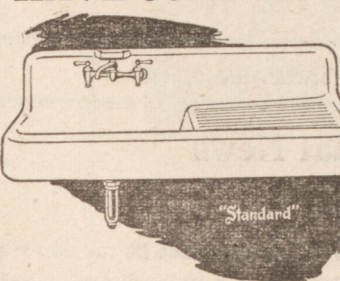
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