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ISSUE No. 44—'28

The School Lunch

The great majority of school children get their lunches away from home. Usually a good lunch is obtainable at the school cafeteria, where the food is well prepared. But a large number of city children either snatch a sandwich at a lunch counter and the country children bring a box lunch from home.

The home-prepared lunch is the safest way to insure the proper nourishment. A box lunch should be as carefully planned as the meals you serve at home. There should be a hot drink, some fruit and a few appetizing sandwiches. Nothing has ever been able to compete with the sandwich when it comes to putting up a packed lunch. And nowadays so much attention is being paid to making sandwich fillings that are unusual, tangy and nourishing that a sandwich need no longer be prosaic and dry.

A good quality, close-grained bread should be used for sandwiches. And it should be fresh if the sandwich is to be moist. Nobody wants a dry sandwich, not even a hungry youngster. The slices of bread should be thin and the filling generous.

Sandwich Fillings

The number of ready-made sandwich fillings available in almost every grocery store stimulate an interesting variety in luncheon menus. Cheese of all kinds is put up in small and large packages. It is cheaper to buy the large size packages and, since they are so carefully packed, there is no waste. It's an economy of time and thought, too, to have these cheeses always on hand. Cheese spreads and other sandwich fillings are good as they come from the package, but may be varied a bit as suggested in the following recipes:

Cheese and Apple Butter

Mix equal portions of a creamy yellow cheese and apple butter. For variety you could add one or two drops of lemon juice. Place a generous portion between two thin slices of bread.

Cut green peppers and pimientos into slender strips, being sure that the pepper is not too strong and that all of the seeds are washed away. Between thin slices of bread spread a layer of a creamy cheese and lay pimiento strips on this. Then add another slice of bread spread with creamy cheese or a meat paste made of finely chopped meat and mayonnaise. Wrap in waxed paper, held in place with rubber bands.

Apricot Paste

Wash and clean dried apricots thoroughly. Soak for a few hours in a small amount of water. Cook them in this same water until they are soft enough to mash and have little or no juice left on them. Add sugar if necessary. This filling, when cold, may also be spread between sugar cookies.

Fish and Celery

Mix together chopped pimiento, chopped celery, minced tuna fish, chopped sweet green pepper and salt to taste. Moisten with mayonnaise. Use as a filling for white or whole bread sandwiches, making them thin and dainty.

Honey Nut Sandwiches

Shape and butter the bread and then spread lightly with honey, taking care not to spread it quite to the edge. Sprinkle with chopped nuts. Cover with the top layer, which has been buttered and spread with honey, and press the slices together.

Egg and Cheese Mixture

Spread one piece of bread with butter, then soft, yellow cheese, and cover with a piece of lettuce. Spread the second slice of bread with butter, a commercial sandwich spread, or one you have made yourself with a little mayonnaise, chopped lettuce and pickle. On top of the sandwich spread slice or dice a hard cooked egg. Put the sandwich together. It makes a delicious combination.

Date and Cream Cheese Spread

For a double deck sandwich which is delicious and filling try this one. Chop very fresh dates into a paste. Add a little lemon juice to give them a little tart taste and then mix with an equal portion of cream cheese. Butter three slices of bread and lay on two generous layers of this mixture. Cover with the third slice and wrap in waxed paper.

Egg Salad Sandwich

This one is very simple. Chop a hard cooked egg and mix with mayonnaise and diced green pepper. For very young children use chopped lettuce or celery instead of the green pepper. Place in a sandwich with leaf of lettuce.

Apple Tapioca Whip

Heat one and one-half cups of water to boiling point, add one-third cup of granulated sugar and one-half cup of tapioca. Stir constantly for five minutes. Cook in double boiler fifteen or twenty minutes or until tapioca is transparent. Remove from fire and beat in one and one-half cups of thick, unsweetened whites of two eggs. When well blended, pour into a small mayonnaise jar and chill overnight in the ice-box for the school lunch.

Fruit Bread Pudding

Scald two cups of milk and pour over one cup of fine, stale, dry bread crumbs. Let stand until the crumbs are soft. Then add two beaten eggs, one-half cup of sugar, one-half teaspoon of salt, one cup of crushed fruit (apricots, pineapple or apple sauce) and one teaspoon of grated lemon rind or the juice of half a lemon. Pour into a well greased pudding dish and bake in a moderate oven (350 degrees) for 40 minutes or until firm and brown. Cut in squares. Place one square in a small jar and pour fruit juice to moisten it thoroughly.

The Lunch Box

There are small lunch boxes now on the market which are easy to keep in good condition. Each box contains a thermos bottle just large enough to hold a glass of milk, hot chocolate or whatever drink you wish to combine with the school lunch. These boxes have separate metal compartments for the sandwiches and fruit.

Panic-Mongers

Bryngwyn James in the Pall Mall (London): It is the commercial and industrial panic-mongers who have speed and noise. We have dethroned the recovery of British trade and industry from the blows inflicted on it by the war and its consequences. Their bletherings have been broadcast to the ends of the earth, and their sour bread has been cast upon the waters—and unfortunately found after many days. Is it a matter for wonder that in many parts of the Empire and in many foreign countries there is consequently a tendency to believe that the Old Country is done for?

IS THAT NICE?

"Yes, madam, I arrived at my present position with nothing to help me but my intelligence."

"How nice to be able to say that you started with nothing at all."—Pages Gales, Yverdon.

The appearance of things to the mind is the standard of every action to man.—Epictetus.

HAS SECURED 4,000 AUTOGRAPHS

Collection made by Antonio Hauptman, an Italian, includes 60 maharajas, 51 cardinals, 300 diplomats and 400 princes and kings.

Party Desserts

Glorified Cranberry Cake

Cream half a cup of butter and one and a half cups of light brown sugar and blend with them the well beaten yolks of three eggs. Sift together two cups of flour, a teaspoon each of cinnamon and nutmeg, half a teaspoon of cloves and one teaspoon of soda and add gradually to the eggs and sugar mixture. Have ready a cup and a half of cranberries that have been cooked but through the colander and slightly sweetened; fold into the cake and lastly the whipped whites of the eggs. Bake in two layers and ice with white icing colored with the strained juice of cranberries.

Virginia Fruit Cake

Mix one pound of currants, one pound of chopped raisins and a half a pound of shredded citron and sprinkle over them the juice of one lemon, the grated rind of two lemons, a good pinch of mace and a grated nutmeg; cover and set aside to blend. Cream half a pound of butter with one and one-half pounds of sugar, gradually adding the beaten yolks of six eggs. Then alternately beat in one and three-quarters pounds of flour and one pint of sour cream in which a level teaspoonful of soda has been dissolved. When beaten until smooth, add the stiffly whipped whites of the eggs, then the prepared fruit. Bake in a paper-lined pan two and one-half hours, keeping the top covered with buttered paper while baking.

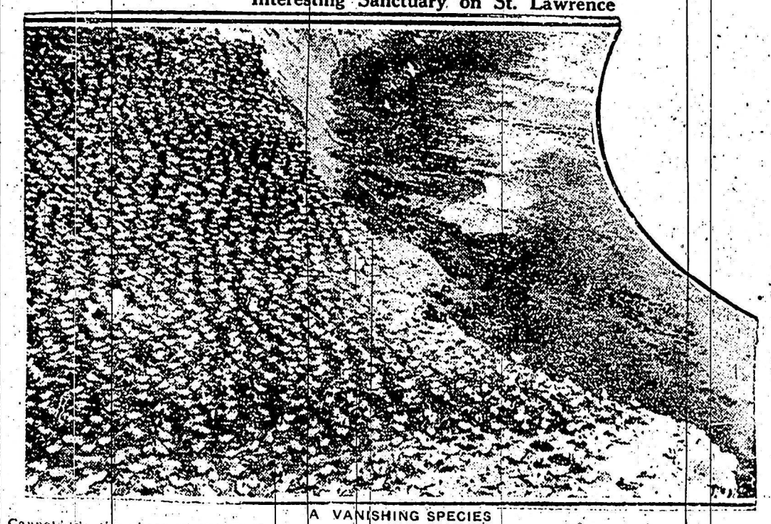
Washington Angel Cake

Beat one cupful of egg whites until foamy, then add one teaspoonful of cream of tartar; when stiff add gradually one cupful of granulated sugar. Sift one cupful of flour with one-fourth of a teaspoonful of salt four times. Cut and fold into the egg mixture, add a teaspoonful of vanilla and bake in two layers in ungreased pans in a moderate oven thirty-five to forty minutes. Make an icing by cooking two and one-half cupfuls of sugar, eight tablespoonfuls of water and the same amount of light corn syrup together until the sugar is dissolved, stirring, then cook until the firm ball stage; have two egg whites whipped to a froth, add the above to them gradually, beating constantly. Take about a third of it and color a delicate pink and add a quarter of a cupful each of chopped candied pineapple and cherries, and half a cupful of chopped pecans.

New Model

Lost—Fox Terrier; rough coat; black on head, side tail.—Ad in a California paper.

Interesting Sanctuary on St. Lawrence



A VANISHING SPECIES

Gannets on the shore of the St. Lawrence River. These birds, once very plentiful, are disappearing. The gannet lays but one egg, which takes 45 days to hatch.

The Vegetable Alphabet

Asparagus tips! Asparagus green.
Asparagus, food that is fit for a queen.
Beans that are flowery and Beets that are sweet,
Are always to side with fine, juicy meat.
Celery and Cauliflower, cool, delicious Cucumber,
Are lovely, but never to eat just before slumber.
Dandelion flowers they say, make good wine,
When gathered quite fresh in the early Spring time.
Egg-plant is nice when fried golden brown,
To say that I like it, I really must frown.
F is for Farmer, who cultivates the land,
And for all these vegetables he gets great demand.
Greens are delightful, meaty and healthy
Within people's means, the poor and the wealthy.
Horse-radish sauce, the pickle it is,
You will pull a queer face and say, "O, gee whiz!"
I is for Irish, all vegetables do eat,
You buy them on the market and they're sold in the street.
J is for Judges, they're sure to be there,
To examine the vegetables that are at the Fair.
Kale is the Scotch word for Vegetable Soup,
But after eating it don't loop the loop.
Lettuce for Salads, and Leeks for good Hash,
Both you can get for just a little cash.
M is for Market the place where you buy,
All those fine vegetables, to boil or to fry.
Nasturtiums are strong and pungent, but good,
And the flowers are so pretty in garnishing food.
Onions, dear me, nearly forgot,
They're fine when boiled in a close-covered pot.
Potatoes, Parsnips and Peas, how delicious with lamb,
And Parsley, oh, yes, for decorating the ham.
Questions are asked how best to prepare,
All Vegetables you see on the great Bill of Fare.
Radishes piquant, all white and pink,
See how a dish disappears in a wink.
Squash, oh, how, funny, the shapes that they take,
Mash them up well or put them to bake.
Tomatoes and Turnips all red and gold,
One you eat hot, the other quite cold.
U is for Uproot if you eat all together,
And you'll certainly die if you don't get better.
Better food in the world you really can't eat,
W is for Weed that grow up so quickly,
They keep you at work till you really feel sick.
X is for Xantippi, wise Socrates' shrew,
But I'm sure she ate all the vegetables he grew.
Y is for Youth, the time Farmers' hoe.
To bring to high grade the vegetables they grow.
Zea, grasses, Indian Maize, Indian corn.
We love it for dinner, supper and early morn.
And you know I've not mentioned Chard, Pimento and Corn.
And a great many others which do our tables adorn.
So please think them out, its quite a big task,
You'll find some in books, and others, some friends you will ask.

—Grace Sorel.

Democracy in the East

H. J. Temple in the Empire Review (London): Europeans who have lived in the East shake their heads at the idea of democratic institutions in the East. The Oriental politician is a professing democrat on a platform, but democracy, as a working principle, is alien to the Oriental mind over which race, caste, and creed have the strongest influence. We must recognize, however, that the East is undergoing rapid change. The development and increasing use of easy and rapid communication, the influence of newspapers, and other adjunct of Western civilization, coupled with the spread of education, are weakening and even wearing down barriers that divide the population. Nevertheless, Eastern instincts, rooted in the traditions of generations past, are not to be supplanted in a few years, and, when a time of test and trial comes, they will be apt to assert themselves over new ideas.

"Now-a-days when one smells tobacco on a child's breath one knows it has an affectionate mother."

Or What Have You?

Room for gentlemen or legislators.—Ad in the Baton Rouge (La.) State Times.

Hostile Riffians Termed Nordics by Harvard Expert

C. S. Coon, of Peabody Museum Staff, Passed Summer at North Morocco

Cambridge, Mass.—Discovery of evidence that the warlike Riffians of North Africa really are a north European people, of fair-haired Nordic attributes, is announced at the Peabody Museum of Harvard College by Dr. C. S. Coon, of the museum staff. He recently returned from a summer of research in the Riff, his fourth journey to northern Morocco.

With the ethnological findings goes a story of adventure by an American young fellow traveling as a civilian, with his wife as his only regular companion. During one of the summers Coon was in and out of the French and Spanish Riffian fighting lines. Riffians became so well acquainted as to tell Coon about their fights. One such concerned a French column that halted for the night in the valley of an apparently friendly Rifian village.

The villagers first sold the French supplies and then warned them that an unfriendly tribe lived in the hills, advising them to remain away from the hills that night, while they, the friendly Riffians, stood guard in the hills. That night the village "defenders" opened fire on the French and bombed their camp. The French fought back.

In the morning the villagers, their arms put away, called upon the French to relate their story of "defending" the visitors. They said that they had lost twenty men in the night and asked the French commander how many he lost. He replied "sixty." The villagers boasted that they received an official note of thanks for their "defense."

Another story was of a party of Riffians going sniping at night against Spanish lines. One of their number was caught in a bear trap which the Spaniards had set against snipers. The Riffians said they were unable to release their comrade and that they took away his arms and led to him a cow which he held by its tether. At daylight the Spaniards, finding the sniper, asked how he came there. He replied that he had been trailing a strayed cow. So the Spaniards made amends for his injury by giving him good care and freedom.

From the measurements of hundreds of them Dr. Coon found the predominant skeletal characteristics of the Riffians to be Nordic. There was also some Alpine or mid-European, and Mediterranean or south European white stock. He found Negro blood to be a separate caste not crossed with the Riffians.

Japan Buys Mexican Opals

Mexico City.—Mexican opals are finding favor in Japan. Jewelers of that country are preparing to import them in considerable quantities. Mexico is one of the greatest opal producing countries in the world.

The Grand Tour

Frances Warfield in Scribner's (New York): To the true college girl the European venture, as soon as possible after commencement, is well-nigh indispensable. It is the accepted thing, the cultured thing. Years ago, on that first day of her freshman year, when she faced the registrar with her health certificate and her father's check for the semester's tuition, the college girl forswore virginity for all time. At that moment she dedicated the future to the conventional, the cultured, and the cultural. During four years of expensive mental hardship she has learned what every astute bachelor of arts must know—namely, how to separate those cultural things she must do from those she can pretend to have done. The trip abroad falls into the latter class; it cannot be faked. The year of dinner gives final shine to that conversational front which, for her, is all the beginning and end of culture. And, even for tea-table purposes, the travelled manner must be worn.

The Curse of Progress

Blackwood's (Edinburgh): We are forgetting our ancient habits of tranquility and calm. We have no time for our worship. We have lost the power of doing so much in recognizing beauty in literature and the decent things of life, and put in their place the results of science and machinery. We have given to progress always a foolish thing—a fresh meaning. According to the new meaning of the word, progress consists of hastening with insane rapidity from one thing to another.

Explorers to Fly Over Antarctic

Eielson Tells of Plans for Expedition to Regions Near South Pole

Buenos Aires, Argentina.—Plans for hazardous flying over unexplored antarctic wastes are revealed in an interview here by Lieut. Carl B. Eielson, who was the companion of Sir George Hubert Wilkins on his north pole flight.

Eielson, who will be Wilkins' companion on his coming antarctic exploration trip, said the expedition expects to get within 800 miles of the south pole, but would not attempt to reach the pole itself. He said the expedition probably would leave Montevideo for Deception Island, in the Antarctic Ocean, which will be the main base.

Eielson revealed that a base will be established on the fringe of the Antarctic from which reconnaissance flights of a thousand miles or possibly longer, would be made. Later, a flight of 2,500 miles to the Bay of Whales would be attempted. The flight would follow the Antarctic coastline, along a route over which Wilkins would establish meteorological stations to be used in forecasting seasonal conditions.

The expedition will carry two planes, in one of which Wilkins and Eielson will fly. The other will carry Joseph Crosson, pilot, and Orval Porter, mechanic. The trip is not expected to take more than six months. The planes will be equipped for landing on the ice and will be well provisioned.

Canada's Native Clowns

QUEBEC GAS[illegible]

BATTLED FOR A LOLLYPOP

"Kid" Cub and [illegible] a two young fighting bears, and staged a one-round bout before [illegible] in northern Quebec. Ringside seats were free. The [illegible] opponent was awarded to "Kid" Cub.

"The Black Boar [illegible] of canny, backwoods cleverness, willing for nothing but a full [illegible] complete freedom from contact with men armed with rifles, [illegible] spent in the wilderness I have had more than my share of opportunities to get acquainted with them, and to my mind he is not a bad [illegible] for his migratory propensity for investigating camp storerooms. [illegible] he is altogether too adept, and he goes at his work like a [illegible] ransacking the home of a wealthy member of the bourgeoisie. When a bear gets through spreading around in a lumber-camp storeroom, the [illegible] of cleaning up the wreck is to touch a match to the works and [illegible] bear.

"Bruin is on the [illegible] time. There is no record of any hunter ever finding a bear [illegible] during the period of annual hibernation. In his normal state [illegible] is alert as a modern burglar alarm, and he can get away [illegible] that want to a movie [illegible] that would turn Nurmi green with [illegible] Joe in 'Forest and Stream.'"

FILM STAR WHO SWAM THE TIBER

Signora Kordi, [illegible] screen actress, [illegible] the Tiber when garbed in aluminum [illegible]

Empire Marketing

Glasgow Evening Citizen: The economic prosperity of [illegible] has a very important bearing upon the problems of emigration, unemployment in this country, [illegible] settlement and Empire [illegible] hand in hand. From the purely economic point of view, perhaps matter where [illegible] and other necessary [illegible] this is not a question [illegible] and selling.

The Australian Labor Crisis

Paris Temps: Strike [illegible] cause or another, among the seamen or the watersiders have made the name of Australia a byword. They have dragged the reputation of the country in the dust. That trade and the financial situation are involved [illegible] is only incidental to the real issue, which is that lawless men are preventing law-abiding workers from obtaining employment.

The stalk left a little baby boy at the home of Mr. and Mrs. Edward Mayberry on Sunday.—Lynchburg

Mickey Likes Bible Stories

Princess Helen Daily Reads Bible to Rumanian Ruler

Miraja Rumanian King Michael, seven-year-old sovereign of 18,000,000 Rumanians, has finished a remarkably summer's vacation at his palace on the Black Sea. His majesty's days were not wholly given up to play. Princess Helen, his mother, is a firm believer in the rule that "all play and no work does not sharpen little minds."

The young ruler passes a half hour daily in Bible study with his mother. He was enraptured over the story of David and Goliath and said that he would like to be a king like David.

Character

Never does a man portray his own character more vividly than in his manner of portraying another.—Jean Paul F. Richter.

The Kilt Will Ever Be Popular

PROMINENT CANADIANS ON THE LINKS AT BANFF

From left: Ralph Connor, the author (Rev. G. W. Gordon), J. W. Jenkinson, Sir A. Macdonald, Col. Alex. Fraser, aide to the lieutenant-governor of Ontario, and Hon. William Egbert, lieutenant-governor of Alberta.