



THE MIXING BOWL

By ANN ALLAN
Home Home Economist

Hello Homemakers! School days mean a change in household routine in many homes where lunches must be packed every morning. No easy job, with foodstuffs, especially butter and meat—necessary for a good sandwich—sky-high in price. Unless a lunch box provides variety, no matter how healthy the appetite, a youngster soon loses interest.

The child appreciates having an attractive container in which to carry his lunch and this should be cleaned and aired every day. A small thermos for hot beverage or soup on chilly days will be just what he needs.

A general rule for lunch-packing to maintain good health would be to include something hearty, something raw, something sweet, something good to drink and something for a surprise.

Sandwiches top the list of lunch-box energy foods. The fillings usually are rich in proteins which help ward off that let-down feeling. For example, cheese, minced meat, chopped egg, and vegetable relish—mixture of chopped cucumber, tomato and celery or grated carrot and nuts. A bottled salad with dressing and butter is not any trouble (as some think). Don't forget the salt and pepper and another small jar of carrot sticks, celery and radishes.

Easy to pack desserts are more of a problem. A wedge of melon, an apple, an orange cut in sections, make good eating. In cold weather, gelatin, cornstarch and rice desserts can be included, but avoid them in warm weather.

Cakes, cookies and individual tarts can be used occasionally. They do add that child's favorite. Avoid dry lunches. Everything tastes better with a hot or cold cup of soup or beverage. Send chocolate or plain milk or cream soup in a vacuum bottle, keeping in mind that the school child should have a quart of milk a day.

For surprise, well, that depends on the age of the child. Gingersnaps or cereal candy for the tiny tots and potato chips or a few peanuts or colored serviettes for the others.

LUNCH BOX IDEAS

- (1) Vacuum bottle of tomato soup
1 buttered roll filled with meat relish
1 sandwich of cheese
Carrot sticks
1 fresh peach
- (2) Potato and ham salad
2 sandwiches bread and butter
1 fresh tomato
Package cookies
Milk
- (3) Minced liver sandwich
Whole cooked egg
Buttered roll
Celery and radishes
Slice of jelly roll, apple
Milk
- (4) Scrambled egg and tomato wedge in container
Cucumber sandwiches
Chocolate cup cake
Orange juice
- (5) Bean soup
Crackers and cheese
Grated carrot sandwich
Fruit cup in container

THE QUESTION BOX
Mrs. G. T. asks for:
PEPPER SANDWICH FILLING
6 red sweet peppers
6 red hot peppers
6 chopped peaches (peeled)
3 lemons
3 pounds white sugar
(7 cups)
2 cups cider vinegar

Minced peppers, removing stems and seeds, and cover with boiling water. Allow to stand 1 hour. Drain dry. Add peaches, sugar and 1/2 of lemon tied in cheesecloth. Boil 15 minutes. Remove rinds, add lemon juice and vinegar and boil until mixture jellies. Use as a sandwich filling with cheese.

Mrs. T. O. requests:
PEAR MERINGUES
6 pear halves
1/2 cup orange juice
2 egg whites
1/4 teaspoon salt
4 tablespoons fruit sugar
2 tablespoons chopped orange peel

Peel pears, halve and dip in orange juice. Arrange pears in a baking dish, cut side up. Fill centres with orange peel and cover with a rounded spoonful of meringue made from the egg whites, sugar and salt. Bake at 300 degs. in an electric oven for 30 minutes and serve warm. Serves 4 to 6.

Mrs. J. M. requests:
LAYERED BANANA PUDDING
1 cup sugar
2 1/4 tablespoons flour
1/4 teaspoon salt
2 egg yolks
1/4 tablespoon grated lemon rind
1 1/2 cups water

24 vanilla wafers
4 bananas, sliced
2 tablespoons lemon juice
Combine sugar, flour, salt, egg

yolks, lemon rind and water. Cook until thick. Cool. Line bowl with vanilla wafers 1/2 in bananas. Sprinkle with lemon juice. Cover with custard mixture. Repeat layers. Chill in electric refrigerator 2 to 3 hours. Garnish with whipped cream and colored almonds. Serves 6 to 8.

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The Socialist Lag

By Joseph Lister Rutledge

The fixed belief of those who cling to a planned economy is that it will so inspire men that, forgetting its limitations, they will be driven by a universal urge to make the planning effective. That is the rather peculiar belief that John Jewkes discusses in his "Ordeal by Planning" — that once a socialist state is established, people who had looked forward to such a state because it would mean less effort and more gain, would reverse themselves and be prepared to work harder for less.

Both common sense and established fact deny this absurdity. The facts, as pointed out by the National Institute of Economic Research and reported in the London Economist, are that in incentive-conscious United States the output per man hour is 2.8 times what it is in socialized Britain. The British worker has accepted the promise but he hasn't made good on the hopes.

It is only fair to admit that war weariness may be some excuse but hardly for a ratio of almost 3 to 1. Considering the urgent need for production, and the fact that the worker is operating under the leadership of his own people, and that his own private needs must urge him on, the comparison of industrial output between socialized Britain and free enterprise United States is too definite to be disregarded. In motor vehicles it is 1 to 3, in machinery 1 to 2 1/2, in paper 1 to 2 1/4, in iron and steel 1 to 1 1/2, and in clothing 1 to 1 1/4. It still looks as if men worked better under incentive than under any other known system.

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