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monds. Serves 6 to 8.

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THE MIXING BOWL

BY ARMS ALLAN

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

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

Cakes, cookles and individual tarts can be used occasionally. They do add that child's favorite. Avoid dry lunches, Everything taxtes better with a hot or cold cup of soup or beverage. Bend

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. Ginger-

bread men or cereal candy for the tiny tota 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 broad and butter 1 fresh tomato Package cookles

Milk (3) Minced liver sandwich Whole cooked egg Buttered roll Celery and radishes Slice of jelly roll, apple

4) Scrambled egg and tomato wedge in container Cucumber anndwiches Chocolate cup cake

Orange fulce Bean soup Crackers and cheese Grated carrot sandwich Fruit cup in container

THE QUESTION BOX Mrs. G. T. sales for: PEPPER BANDWICH FILLING

6 red sweet peppers 6 red hot peppers 6 chopped peaches (peeled) 3 lemons

3 pounds white sugar (7 cups) 2 cups elder vinegar

Mince peppers, removing atoms and seeds, and cover with boiling water. Allow to stand I hour. Drain dry. Add peaches, sugar and 1948. rind of lemon tled in cheesecloth. Boll 15 minutes. Remove rinds, add lemon juice and vinegar and boil until mixture fellies. Use us andwich filling with cheese.

. Mrs. T. C. requests: PEAR MERINGUES

6 pear halves 15 cup orange juice

2 egg whites 4 tenspon salt 4 tablespoons fruit augar

2 tablespoons chopped orange

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 agg whites, sugar and salt. Bake at 300 dogs.

Mrs. J. M. requests: LAYERED BANANA PUDDING

and serve warm. Serves 4 to 6.

in an electric oven for 30 minutes

1 cup sugar 214 tablespoons flour

's teaspoon salt 2 egg yolks -

4 tablespoon grated lemon rind 114 cups water

24 vanilla wafers 4 bananas, sliced

2 tablespoons lemon juice Combine augar, flour, salt, egg

yolks, lemon rind and water. Cook The Socialist Lag until thick. Cool. Line bowl with vanilla wafers then bananas. By Joseph Lister Rutledge Sprinkle with lemon juice. Cover with custard mixture. Repeat

The fixed bellet of those who layers. Chill in electric rotrigcling to a planned economy is that erator 2 to 3 hours. Garalsh with it will so inspire mon that, forwhipped cream and colored algetting its limitations, they will be driven by a universal urge to make the planning effective. That is the rather peculiar belief that About 17,000 furnaces and heat- John Jewkes discusses in his "Oring bollers were produced in Can- deal by Planning" - that once a ada during the first quarter of socialist state is established, people who had looked forward to

> ed 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 incontive-conscious United States the output per man hour is 2.8 times what it is in socialized Britain. The British worker has accepted the promises but he hasn't made

good on the hopes.

such a state because it would mean

less effort and more gain, would

reverse themselves and be prepar-

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% In paper 7 to 2!!; in Iron and steel I to 1% and in clothing 1 to 1%. It still lookes as if men worked better under incentive than under any other known system.

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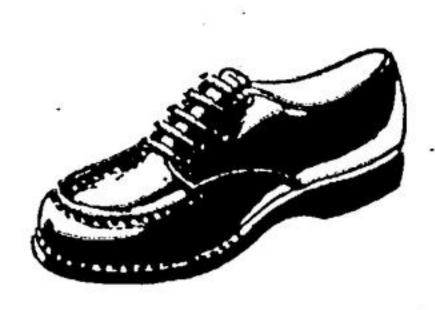
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