

TIPS FOR HOME MAKING

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LUNCH BOX TIPS

Packing a lunch-box meal that's both high in food value and fun to eat is a challenge facing many homemakers today. If you're responsible for carry-along lunches, you'll want to check these helpful suggestions.

"MAIN DISH" IDEAS

If a sandwich is to be the "main dish" of the lunch, give it a high protein filling. Vary the fillings to avoid monotony. Try flaked tuna or salmon with chopped raw cabbage and mayonnaise or salad dressing, or cold baked beans moistened with chili sauce, diced sweet pickle,

and thinly sliced onion or cucumber. Use different kinds of bread, too. Cheese, for example, is as good on raisin bread as on rye.

Spread sandwich bread with butter or margarine; it prevents moist filling from soaking into the bread.

Sandwiches made with fillings of finely chopped meat, eggs, or fish with mayonnaise or salad dressing should not stand at room temperature more than three or four hours. If you make them ahead of time, store in the refrigerator and add to the lunch box at the last minute. It's a good idea to include salad-type sandwiches only if the lunch can be stored in a cool place for a short time span.

HOT DISHES

A wide-mouthed vacuum bottle makes it possible for you to pack hot soups, stews, baked beans, macaroni dishes, or creamed meats. Be sure to pack a soup spoon to go along, too.

Round off the meal with a fresh fruit or vegetable and a dessert.

SIMPLE SANDWICH IDEAS
Softened cream cheese and slices of ripe olives on rye bread.

Pimento cheese spread and ham on onion roll.

Sliced chicken or turkey and lettuce on oatmeal bread.

Cheddar cheese spread on thin slices of paupernickel.

Sliced hard-cooked egg and crisp-cooked bacon on whole wheat toast.

Peanut butter and jelly on raisin bread.

Ham salad on poppy seed roll.

TIPS FOR PACKERS

Cut sandwiches in halves or quarters for easy eating.

Wrap lettuce and tomato for sandwiches separately in foil or clear plastic wrap.

Place mayonnaise, mustard, pickle relish, or catsup in small plastic containers.

Use small glass jars, plastic or waxed containers with tight covers to keep desserts fresh.

Cut unpeeled fruit into wedges and wrap in clear plastic wrap.

Include a few crackers to go

September Busy Month Throughout N. Carolina

Time: September.

Location: The State of North Carolina.

Scene I: "Swing your partners," the man in the multi-plaid shirt sang out. His foot tapped out the rhythm with a staccato beat. The dancers pranced as the folk music was caught up in the crisp, clean mountain air.

Scene II: The lithe halfback took the kick, made a quick step, cut to the left and was free from his would be tacklers. He was touchdown bound. One side of the stadium roared its approval. The other side sat in silence, stunned by this dastardly deed.

Scene III: The boat captain slowed his craft to a trolling speed. Lures and lines went over the side. Soon the tip of an angler's rod twitched and then jerked. "A fine Spanish mackerel," the Captain called out.

These are short scenes from a preview of September, a delightful month full of activities in North Carolina.

With the largest number of advance reservations in history, the Great Smoky Mountains resort of Fontana Village will become America's square dance capital for the entire month.

King football takes over in September with North Carolina doing its part in the centennial year of college football. Wake Forest and N. C. State kick off action in the Atlantic Coast Conference when they battle in Carter Stadium at Raleigh on the night of the 13th. The other Tar Heel members of the ACC, Duke at South Carolina, UNC at State, Wake Forest at Auburn, get into action on the 20th.

The Raleigh Jaycee Football Classic, a pro exhibition game, is set for Raleigh's Carter Stadium on September 6. This third edition features the Philadelphia Eagles and the Detroit

along with a soup or stew in a vacuum container.

Add extra crunch and vitamins to lunch-box meals with celery sticks, carrot strips, radishes, or green pepper.

Package crushables--potato chips, cake, or cookies-in plastic or waxed containers.

Be sure to include a paper napkin or two.

Lions.

Fishing in North Carolina is at its best in September. Spanish mackerel anglers have exceptional catches. White marlin fishing is thought to be best during this month. The big king mackerel also start to move inshore. Inland fishing is also excellent for large and smallmouth bass.

Hunters take to the fields and marshes as dove and marshhen seasons get started on September 1.

September is also the traditional month for County Fairs with most counties sponsoring such an event. The Rocky Mount Agricultural Fair, September 15-20, is one of the oldest in the State. This is the sixty-eighth annual fair.

The sixteenth annual International Cup Power Regatta is to be held at Elizabeth City, September 6-7.

The Outer Banks Sailing Regatta will be held at Nags Head, September 13-14. The "Wilkes 400" stock car race is scheduled for North Wilkesboro September 21, while the "Buddy Shuman Memorial 100" will be at Hickory on September 5.

Two towns pay homage to the unusual during September. Cary holds the Gourd Festival, September 12-14, while Ben-

son holds its twentieth annual Mule Day Celebration, September 26-28.

September is a month of fairs, festivals and football. It's also the month when the mountain leaves begin thinking about changing colors for the fall, reaching a peak in October.

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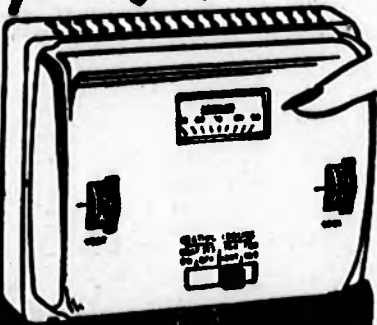
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Layer-it on!

It's the year of the great "put-on," as far as sweaters are concerned. Start with a bright turtle neck with ribs that really stand out. Top that with a knitted vest for a second sweater coating. To set your sweaters off, add a

flurry of pleats — like this tartan plaid by Garland.

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