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### School Cafeteria Is Big Business; Profits Seen In Improved Health

#### Mrs. Hall Speaks To Rotary Club At Village Inn

Mrs. L. T. Hall gave businessmen of the Southern Pines Rotary club an interesting glimpse of a business they knew little about, at their luncheon meeting held Friday at the Village Inn.

This was the business of serving some 500 meals a day at the Southern Pines school cafeteria, for 20 cents a meal. The business operates on a budget of about \$21,000 a year, or about \$2,000 every 20 days; its profits are not cash, but health, vitality and better school work for the children of the community.

Mrs. Hall, a home economist for 10 years, is in her third year as manager of the cafeteria.

All meals are planned to be not only appetizing but nutritious. Each is required by state and federal law to contain "the Basic Seven," the food elements which make up a balanced meal. Since charges must be kept at a minimum this represents quite a problem. It is accomplished with the help of the federal government, which diverts surplus commodities to the school lunch program and lunchrooms operating under its regulations. Eggs, canned goods, meats, fresh and dried fruits and other products arrive from time to time, and menus are planned to use them most purposefully. This week, for instance, 700 pounds of turkeys were delivered; the Wednesday menu was revised to provide a delicious and nourishing turkey lunch.

Only nine of the children are unable to pay for their lunches. These receive free meal tickets, and get the same lunch as the rest. There is no difference in the tickets, and no child knows which schoolmate is getting this benefit.

Mrs. Hall said she tries as far as possible to give the children the dishes they ask for, but where there are so many, with diverse tastes, it is obviously an impossibility to please all, every day. By the trial-and-error method, however, she has found which are the most and the least popular dishes, and keeps these in mind as she plans her menus.

Good results of the program have been apparent almost from the start, in the benefits to the children of hot food in the middle of the day. Many who in the beginning felt the program was unnecessary, a "useless frill" and too much for the school to take on, have been won over.

Special attention has been paid to certain children suffering from dietary deficiencies, and their improvement in health and responsiveness has been one of the pleasures of her job, said Mrs. Hall. For some children, it is the first time in their lives they have received well-balanced meals. Poor nutrition, she remarked, is not restricted to the poor in purse.

There have been criticisms of the lunch room but these are usually the result of misconceptions, she said. Some have, for instance, felt that ice cream should not be sold to the children, as it might affect their appetite. However, they are not allowed to have ice cream until, and unless, they have eaten their lunch.

President Russell Lorenson presided over the meeting. He appointed H. L. Brown membership chairman succeeding Earl Hubbard, who has had to resign from the club on account of the press of other business.

It was voted also to withdraw sponsorship of the annual Christmas party for the highway prison camp, which the club has sponsored for three years. Costs of the Halloween party, amounting to almost \$400 aside from the merchandise prizes, which were donated, have left the treasury too low to undertake it. President Lorenson expressed this thought, however, that the project is a most worthy one, and the hope

### Elks Hold Annual Memorial Service

The annual memorial service held by all Elks Lodges on the first Sunday of December was conducted by Southern Pines Elks Sunday afternoon at the Southern Pines Country club.

The memory of Elks who died during the past year was honored in the solemn ceremony. For the local Elks, though, it was a memorial tribute to members of other lodges, as none from this lodge had passed on during the year.

The regular ritual for the ceremony was employed, led by Exalted Ruler D. W. Whitehead and other officers of the lodge. John E. Cline made the memorial address and music was provided by Mrs. L. D. McDonald at the piano. Mrs. Bryan Poe sang a solo, also a duet with Mrs. McDonald.

### School Cafeteria MENUS FOR WEEK DECEMBER 15-18

- MONDAY**  
Thick Chili Beans and Beef on Steamed Rice  
Cabbage Carrot Raisin Slaw  
Whole Orange  
Corn Bread, Margarine, Preserves  
Milk
- TUESDAY**  
Egg Salad Sandwich  
Beef Vegetable Soup  
Crackers, Margarine  
Warm Gingerbread with Custard Sauce  
Milk
- WEDNESDAY**  
Tomato Juice  
Baked Ham  
Candied Sweet Potatoes  
Turnip Greens  
Wheat Bread, Margarine  
Milk
- THURSDAY**  
Turkey Fricassee on Hot Biscuit  
Buttered Green Peas  
Frozen Fruit Salad  
Christmas Ice Cream  
Dinner Rolls, Margarine  
Milk
- FRIDAY**  
Holiday Begins

that some other club would take it over. "Happy Birthday to You" was sung to Rotarian Al Howlett, and the following visitors were welcomed: Fred B. Howland, of Titusville, Pa., and Bill Brown, of Troy.

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