



Tomatoes for Children

SOME months ago in Kansas City, mothers and teachers made an agreement to conduct a great educational experiment. The purpose was to determine how much success in school is affected by what the child eats.

A local parent and teacher association carried on the experiment with children who were starting to school the following fall. Rules on child feeding were laid down and they included only the very simple foods carefully arranged and measured. The diet consisted of milk, vegetables, and fruit, and the meals were so planned that the child received in each one the sufficient caloric value with all the food properties in correct proportion.

This is what happened: In checking the progress of these children during the first year of school, it was found that "The usual number of failures was reduced by an enormous amount." Rules on the diet of growing children had brought about these desirable results.

Tomatoes are among the important items to be served to the child regularly, for these have the maximum amount of vitamin A and also the greatest possible content of vitamins B and C. There is no more important food on the health lists than tomatoes, either fresh or canned, and a growing child should have tomatoes in some form every day of the year.

The mother's difficulty is to arrange her menus not only so that the child has the correct food values but also so that he does not realize he is eating the very same food as often as it is necessary that he should eat it. She must find new and unusual ways of fixing tomatoes so that her child will eat them willingly and with pleasure the year round.

There are many ways of varying the daily appearance of tomatoes at the family table. As they come in cans of five different sizes, almost any tomato dish may be prepared without any waste or left-overs. Tomatoes are equally healthful for both adults and children and great care should therefore be taken to serve them in likeable and appetizing forms. Here are several suggestions for helping your family enjoy this health-giving food.

Blushing Bunny

Unlike other rarebits, Blushing Bunny or tomato rarebit is a healthful food for children. The tomatoes counteract any undesirable effects from the cheese and also supply their usual excellent vitamin contents. It can be made very easily by heating a No. 2 size can of tomatoes with a can of American cream cheese. When the cheese is melted, add three eggs well beaten and stir until thick. If you do not care to use eggs, another

good method combines a can of tomato soup with a pound and a half of melted cheese. Serve on toast.

Remove contents from one can of tomatoes and drain some of their liquor from the tomatoes. Season with salt, pepper, and a few drops of onion juice, and sugar if preferred sweet. Cover the bottom of a buttered baking dish with buttered bread crumbs, cover with tomatoes, and sprinkle thickly with buttered crumbs. Bake in hot oven until crumbs are brown.

Cream of Tomato Soup

- 1 small can of tomatoes
- 2 teaspoons sugar
- 1/4 teaspoon soda
- 1 quart milk
- 1 slice onion
- 4 tablespoons flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup butter

Scald milk with onion, remove onion, and thicken milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps; cook twenty minutes in double boiler, stirring constantly at first. Cook tomatoes with sugar fifteen minutes, add soda, and rub through a sieve; combine mixtures, and strain into tureen over butter, salt, and pepper.

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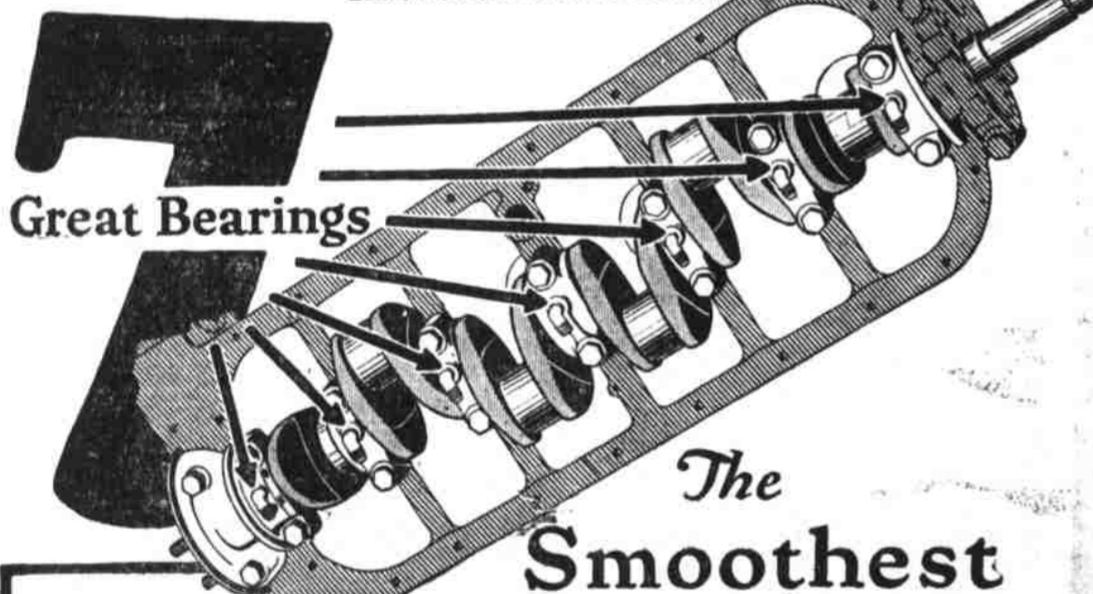
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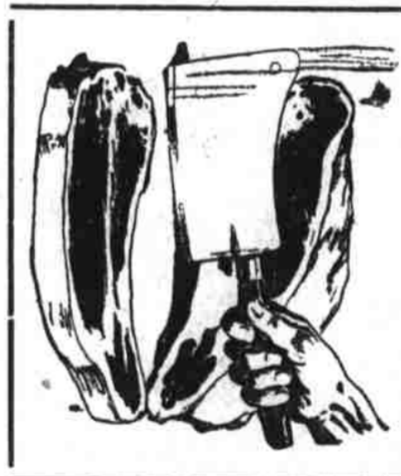
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