

Little Tricks Help To Solve School Lunch Problem

By ELIZABETH TOOMLY

NEW YORK (U.P.)—There are tricks to the business of fixing interesting lunch boxes for school children but they're quick tricks, well worth the time and effort. The eating habits children develop probably will trail them all their lives to affect their health and disposition.

Youngsters as well as adults respond to the usual appeal of color, surprise and variety, so use those elements to fill their lunchboxes, vitamins and minerals out of the humdrum class.

Why not decorate the bread that goes to school? Roll it in green or another bright color with a name applied with nail polish and triglyceride.

Variety in the food and color of bread and rolls used for lunch will help the child to eat the color of the day's beverage and the color of the day's main course.

The color requirements of the teenagers are high. A 12-year-old boy needs a much better lunch as someone doing hard labor, more than his mother's. Every lunch box should fill the color requirements.

Five Requirements

1. Protein food, such as meat, fish, cheese or fish in salad or sandwich.
 2. Vegetables, at least one in sandwich filling or salad.
 3. Fruit.
 4. Bread.
 5. Milk.
- Many nourishing sandwich fillings can be made up the night before, some of them served in advance and kept in covered jars in the refrigerator. A trick for adding variety to a meat sandwich is spreading the bread in morning with mayonnaise blend with mustard, chili sauce or pickle relish. Peanut butter is a good food for youngsters but vary it with it one day with orange juice and chopped raisins, another day add chopped celery.

Here's a tested recipe from The Wheat Flour Institute for crisp butterscotch refrigerator cookies, which can be made up in advance and baked as you need them for an appealing lunch box treat. The dough can be kept a week or more in the refrigerator. Decorate one batch with confectioners' sugar icing and top another with sliced dates for something new and different.

Butterscotch Refrigerator Cookies

- 4 cups sifted flour
 - 1/2 teaspoon salt
 - 1 teaspoon soda
 - 1 teaspoon cream of tartar
 - 1 cup butter or margarine
 - 2 cups brown sugar
 - 2 eggs
 - 1 teaspoon vanilla extract
 - 1 cup chopped nuts
- Sift together flour, salt, soda and cream of tartar. Cream together butter or margarine and brown sugar. Add two well beaten eggs and vanilla and mix thoroughly. Add flour mixture to creamed mixture. Then add one cup of chopped nuts and mix well. Shape dough into a roll, wrap in waxed paper and refrigerate until very firm. Slice thin and bake in moderately hot oven (400 degrees F.) 8 to 10 minutes. Recipe makes about six dozen cookies.
- Large scale manufacture of grease began in the 1880's.

Drum Majorette School

AP. New features

SEGUE, Tex.—Those high-stepping girls who lead the band, twirl the baton and turn cartwheels before the cheering section at the football game don't just happen. They go to a special school to learn the tricks of a Grade A drum majorette.

For four weeks each summer students and leaders of high school bands get their basic training at the music recreation school at Texas Lutheran College here. The session is directed by the Vanhook School of Music in Chicago.

One of the pretty girls leading the high school bands this fall learned up on the tricks of their trade at last summer's session. Others are looking forward to next year's course. These include special classes in twirling, flag-carrying, high kicking, marching and drumming.

Only out-of-town boys by about three to one at the drum major school. A highly satisfactory ratio, says the comment.

It is never seen so many good-looking girls in one bunch before.



HIGH KICKERS . . . Instructor Norma Kniffen with all her medals for drum majoring, instructs three blonde Texans (l. to r.) Kathleen Korvach, Betty Ann Timmerman and Eleanor Luckett, all of New Braunfels.



GOING UP! Patsyruth White, of Anahuac, Tex., adds razzle-dazzle to her repertoire at Texas Lutheran College.



FLAG SWINGING . . . Billie Gault (l.), of Round Rock, and Gay Kirk, of Carizo Springs, Tex., brush up their style.

Two-Year-Old Boy Has Wild Car Ride

ST. LOUIS (U.P.)—A two-year-old lad discovered recently that he wasn't quite ready for a solo jaunt in an automobile.

James McCaleb's first attempt to drive landed his sister in the hospital and resulted in damaged fenders to two autos.

Climbing into his father's auto, the youngster released the brake, allowing the car to roll down the street—backward.

His six-year-old sister tried to stop the boy, but was knocked down by the car, suffering cuts and bruises.

James' ride came to an end after half a block when his auto smashed into a parked car on the other side of the street. The young driver was uninjured.

Household HINTS

The bright color and tart flavor of cranberries can be used in many ways to enliven meals. Cranberry sauce and jelly go as well with chicken, pork, game, and other meats as with the traditional turkey. Fresh cranberries can be used in many different desserts and are recommended as good pie fruit. Combined with apples, they give color and extra flavor to pie filling; combined with raisins they add tartness to keep the pie from being too sweet. Chiffon cranberry pie made by following recipe is both decorative and delicious.

Cranberry Chiffon Pie: Ingredients: 3 cups cranberries; 1 cup hot water; 1 cup sugar; 1/4 teaspoon salt; 2 eggs, separated; 3/4 cup cold water; 1 1/2 tablespoons gelatin; 2 tablespoons confectioners' sugar; pastry. To make: Wash and pick over berries, discarding those that are soft or imperfect. Boil the berries in the hot water until soft, and press through a fine sieve. Add sugar, salt, and well-beaten egg yolks and cook over hot water a few minutes. Soak gelatin in cold water and then stir in hot mixture until dissolved. Chill. When it begins to set, fold in whites of eggs which have been beaten with confectioners' sugar. Blend well. Pile into a 9-inch baked crust with a high rim. Chill.

Research on cooking foods shows that potatoes boiled whole in their skins retain practically all of their vitamin C and thiamine. It shows, on the other hand, that potatoes peeled before boiling lose 20 to 30 per cent of their vitamin C and lose some thiamine as well.

Boiling potatoes in their jackets—when potato and jacket are sound—is a good start toward serving them sliced, mashed, creamed or in other ways, say the food specialists. Peel after cooking is a quick task. Mashed potatoes prepared from potatoes that had just been boiled in skins, the specialists found, retained most of their nutritive value.

If cooked potatoes are held in the refrigerator they will lose further vitamin C, but keeping their jackets on helps retain this vitamin which is so sensitive to air, heat, and water.

NEWS TRAVELS FAR

DURHAM, N. H. (U.P.)—An Australian veteran and gardener sent a request half-way around the world to inquire about a new strawberry plant developed by the University of New Hampshire. He said he learned of the new berry in a Sydney newspaper.

LAFF-A-DAY



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Atom Poison Shows Delayed Effect

OAK RIDGE, Tenn.—(AP)—Proof that the harm done to heredity by radioactivity can lie dormant many generations and then act like poison, has been found here in the Biology Division of the Oak Ridge National Laboratory. This happened in paramacia, slipper-shaped, single-cell creatures that live in fresh water ponds. Paramacia differ from men by reproducing for 20 generations or more without mating.

In this mateless period, a paramacium simply divides into two to reproduce. After a score or more such generations, the slipper-shaped animals pair off and mate. X-rays were given to the paramacia during the mateless period. These rays have the same effects as those of radioactive atoms. All during the no-mating generations, nothing happened.

After mating it was different. The paramacia in the succeeding generations were less vigorous. This loss of vigor was permanent. It appeared even though only one paramacium among the ancestors had been given only one shot of x-rays. This delayed poisoning is like the harm expected in human beings, never yet found though known in certain animals and plants. In human beings the theory is that radioactive damage to heredity will not show up until after mating, and probably not until after many generations.

TOWN BRINGS DP MEDICO TO U. S.

A POLISH PHYSICIAN, Dr. Joachim-Bernard Bronny is shown with his wife and daughter in New York after arriving with 813 displaced persons aboard the Army transport General Black. Dr. Bronny was sponsored by the village of Fairchild, Wisc., population 650, which has not had a doctor in 10 years. Wisconsin law will not allow foreign graduates to practice in the state, so the village is prepared to put the doctor through an American college so that he can qualify. (International)

Parents Held In Stuttering

NORMAN, Okla. (U.P.)—Children of stuttering parents are more likely to be stutterers themselves, according to a study by Dr. Carl Hovav, University of Oklahoma.

A large number of children of stuttering parents are blamed on speech therapy, but Hovav's study shows that the children of stuttering parents are more likely to be stutterers themselves.

Fathers usually blame the mother for the child's stuttering. Hovav said the mother is usually the one to be blamed for the child's stuttering, but the father is usually the one to be blamed for the child's stuttering.

BRUKELIN (U.P.)—NEW YORK (U.P.)—A group of children of Brooklyn, N.Y., are being treated for stuttering in the Helmsville public school, from which they were expelled.

TRUCK (U.P.)—Tobacco or Call RALPH BORN, Phone 15-84, Waynesville, N.C.

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