



SCHOOL LUNCH EXPERTS . . . Brother and sister enjoy inventing their own soup-and-sandwich combinations for the school lunch box. Mom provides the ingredients.

School Lunch Box Fun; Also Trains Junior Chefs

AP Newsfeatures

THE LAST DAYS OF SUMMER vacation offer a golden opportunity for mothers to offer basic training to junior chefs. Preparing picnic lunches can be a starter toward fixing their own school lunches when school starts.

Practically all children, both boys and girls, like to putter around the kitchen. And a little direction can prove to them that it's just as much fun to prepare balanced nutritious meals as to embark on an orgy of candy making.

Children from the age of five up enjoy inventing their own combinations of soups and sandwiches, says Seymour Cagan, health conservation class instructor at Public School 177 in New York City, who developed a pioneer health education project last term, using chef play activities to improve children's below-par eating habits.

"Preparing short-order soup and sandwich menus right in the class room improved the children's appetite interest in these nutritious foods much more effectively than just talking about good nutrition," says Instructor Cagan. "It's a do-it-yourself technique that any mother could copy easily on the home front."

"It's important, however, to give the children some latitude in planning their own combinations, as long as they don't violate good nutrition principles.

Let them experiment with imaginative soup garnishes—for example, cracker sailboats and pretzel initials were popular with school chefs. Some of the children enjoyed concocting "hero" sandwiches of various types of cheese combined with peanut butter."

To achieve brother-sister teamwork on the school lunch preparation front, it's a good idea to assign specific activities at the start, Cagan believes. An older brother for instance, could take charge of filling the vacuum bottle with soup while a small sister could spread and wrap the sandwiches.

A variety of toy kits planned for preparing nutritious lunch menus are available this year. They include miniature cans of soup, spaghetti, beans and other foods, plus all utensils and serving dishes required for the meal. It's an easy rainy-day project to stitch up chef's caps and aprons for both brother and sister, to help inspire them to qualify as school lunch chefs cum laude.

WAIST AWAY

"High-rising fashion" is AMERICAN GIRLS' description of a new fall style. "A hand-span waistline, or at least, such is the illusion created by the white corded area outlining Empire and natural waistlines, a row of candy buttons sweetening its center.

MORE ABOUT 120 Teachers

(Continued from Page 1)

Sara W. Murray, J. B. Cook, Lojann G. Cooper, Bessie Boyd, Billie F. Kitchin, Ruth B. Parris, Annie P. Ledbetter, Eva Price Cole, Vera K. Moody, Lois B. Harrold, Ruth M. Painter, Eula S. Patterson, Lucille W. Davis, Ina H. Duvall, F. Braxton Crocker, Daisy M. Boyd, Mary Lou L. Moody, Flora A. Knight, Gussie M. Palmer, Mary Reed Moore, Cumi B. Stamey, Janice Louise Smathers, Mattie Sue M. Smart.

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Maye Burr M. Davis, Mayme L. Seay, Frances Robeson, Lura Mae N. Connatser, Evaloe S. Fulbright, Frances L. Ratcliffe, Peggy R. McCracken.

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A few vacancies are yet to be filled.

ABOUT CHILDREN

Children are to be seen and not hurt, is a principle car drivers should keep in mind.

More to be noted: bow-tied neck, cap sleeves, a skirt billowing out from soft pleats."



YOUNG MEN on the campus will look their best with clothing and accessories from Turner's Store at the corner of Main and East streets in Waynesville. Among Turner's complete stock of fall clothing for men and boys are these shoes and sport coats.—Adv. (Mountaineer Photo).

Classroom Clothes Take On Trim New Look For Fall

There's a brand new look ahead for the children who are going back to school this fall. It is a look of trimness and neatness for classroom appearances and comes flowering into existence under the influence of the good grooming trend that is sweeping through all age levels.

A swing away from the sloppy carelessness of "all purpose" clothes which dominated the

scene note so many seasons ago, it is a recognition of the fact that children, like adults, are career people. What they wear should suit their occupation, which in this case is learning.

It is the application (for youngsters love to behave and dress like their elders) of grown-up fashion trends to children's fashions.

As a result, young careerists will wear classroom clothes back

to school and rough-and-tumble playtime clothes after school hours—just as their parents differentiate business clothes from leisure wear.

Doubting but hopeful mothers need have no fears about wash—and wear—ability. New fabric developments have produced launderable woolsens, crease-resistant and no-iron materials of all types, color-fast prints and rugged durability in the "dressediest" school-wear.

Classroom clothes for the young careerists are ready for selection n.c.w. New dresses, suits, coats

and sweaters abound in well-styled variety for the grade schoolers.

Dyed-to-match separates provide little girls as well as big ones with the coordinated look that fashion endorses and that combines a trim costume appearance with mix—and match—ability. Jumpers (a great favorite) and blouses, sweaters and skirts, jackets and blouses and skirts—all these wardrobe mainstays can be worn individually or in perfectly matched sets.



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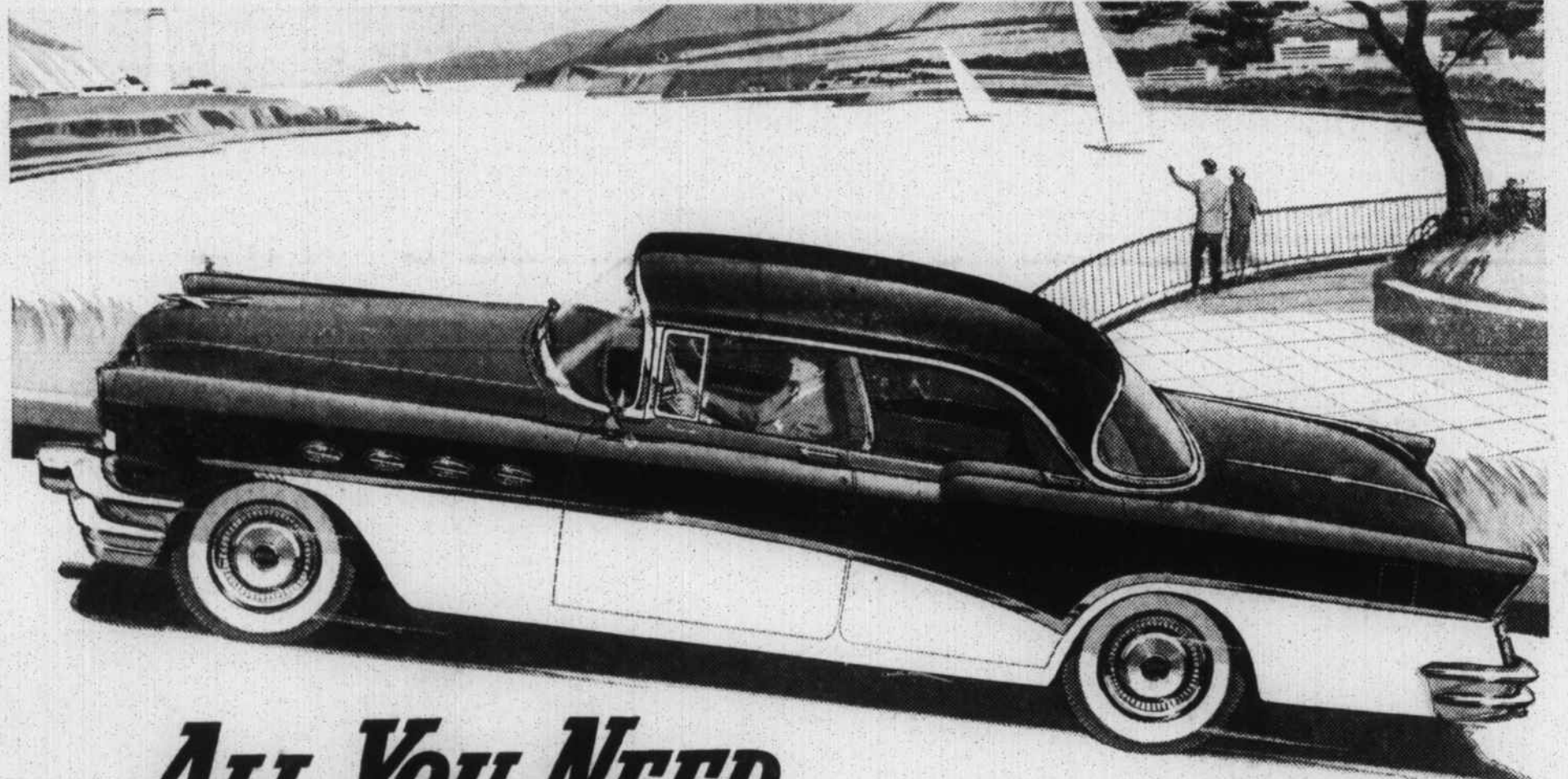
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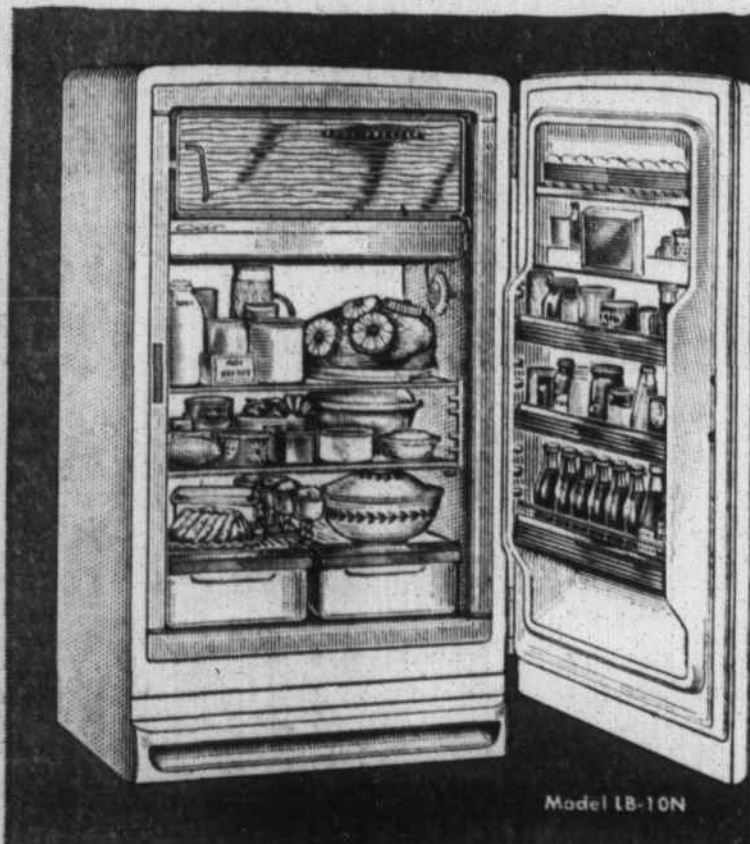
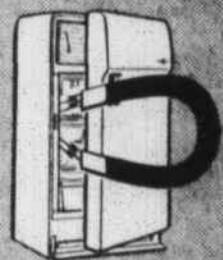
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