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HOUSEKEEPERS' CHAT

Friday, January 11, 1929.

NOT FOR PUBLICATION

Subject: "Sandwiches for the School Lunch Box." Also menu and recipes from Bureau of Home Economics, United States Department of Agriculture.

Bulletins available: "The School Lunch."

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Early in the fall, when Junior was just starting to school, I broadcast half a dozen school lunches which I thought he might like. Each lunch included sandwiches, fruit, and cookies or cake, or a pudding, and each lunch was to be supplemented with milk, hot soup, cocoa, or a drink made of fresh fruit juices.

Today I shall give you half a dozen more menus for the school lunch box. These are well-balanced menus, suggested by mothers who have children in school. Before I give you the lunch menus, perhaps I'd better say something about sandwiches in general, since they represent the bulk of the meal. When you make sandwiches for children, cut the bread evenly, not especially thin, but in nice, even slices. Butter both sides of bread, to form a coating, and to keep the filling from soaking into the bread. Be sure there's enough salt in the filling. When the sandwiches are made, cut them into two or three pieces. They will be easier to handle, and more attractive. Cut them into unusual shape, sometimes, just for the sake of variety.

Now you may write the six lunch box menus. With each lunch, the child is supposed to have milk, hot soup, or cocoa -- something to warm him up, these cold months.

(Read slowly.)

Lunch Number 1. One peanut butter and graham bread sandwich, a hard-cooked egg, an apple, and a cup cake.

Lunch Number 2. Two sliced chicken sandwiches, celery, fruit cup (made of pineapple, grapefruit and orange), and a fancy cut cooky.

Lunch Number 3. Two brown bread sandwiches spread with cottage cheese, one lettuce and mayonnaise sandwich, an orange or apple, and a piece of candy.

Lunch Number 4. Two chopped egg sandwiches, a cube of cheese, and an apple tart.

Lunch Number 5. Two sandwiches of sliced cold roast meat, with a leaf of lettuce in each, a few potato chips, dried figs or dates, and spice cake.

Lunch Number 6. Two cream cheese and jam sandwiches, a slice of cold meat or a devilled egg, figs, and a cooky.

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That's six, isn't it? Well, here's one more, for good measure: Crackers, and a thermos bottle of chowder, junket, and an orange.

And here's one more -- one of Billy's favorite combinations: One brown bread and butter sandwich, baked beans, a graham cracker spread with chocolate, and a bunch of grapes.

Now I want to ask you for something. There are hundreds of mothers who are packing lunch kits every day. And I know that you are making these lunches as nutritious and as appetizing as possible. What I'm asking for is this -- won't you sit down today, as soon as you have time -- and send me one or two of the menus which appeal most to your children? It would be a great help to me. I won't broadcast your name, if you ask me not to, but I shall be very glad to broadcast your suggestions.

There's something else I'd like to have, too. If your school is serving a hot lunch, and doing it successfully, I'd like to know how it's being done.

Records show that in schools where one or more hot foods are served, the scholastic rating is higher, and there are fewer underweight children. The serving of the hot lunch is a matter which affects the entire community, and in many places it has the support of the Board of Education, the Parent-Teacher Association, or other civic organizations. Perhaps you belong to a Parent-Teacher Association which is sponsoring a hot lunch project; as I said before, I'd like to hear about what is being done in your community, with the hot lunch problem.

Here we are -- ready for a Friday fish menu, and who could ask for a better dish than Hot Salmon with Cooked Salad Dressing? Or a better dessert than Jellied Apricots?

This is the dinner the Menu Specialist suggests for today: Hot Salmon with Cooked Salad Dressing; Parsley Potatoes; Peas; Sour Pickle; Hot Biscuits; and Jellied Apricots.

For the Hot Salmon with Cooked Salad Dressing, only three things are necessary:

A large can of salmon
Salad Dressing, and
Parsley

Everybody hear that? (Repeat)

Put the unopened can of salmon in a saucepan, surrounded by boiling water. Let the water boil for 10 to 15 minutes, to allow the fish to be thoroughly heated through. While the fish is heating, prepare the salad dressing. When opening the can of fish, place the cloth over most of the can, make a small hole in the top to allow the steam to escape, and cut around the entire edge, so that the fish can slide out, without breaking, onto a hot platter. Pour the hot dressing over the salmon, sprinkle with finely chopped parsley, and serve at once.

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Fresh salmon may of course be simmered and served in this same way.

The recipe for the cooked salad dressing is on page 47 of your Radio Cookbook.

The next recipe is for the Jellied Apricots. Five ingredients for Jellied Apricots:

1/2 pound dried apricots	2 tablespoons gelatin
3-1/2 cups cold water	1 cup sugar, and
	1/4 teaspoon salt.

Five ingredients: (Repeat)

Wash the apricots. Soak them overnight in 3 cups cold water. Cook the apricots for 10 minutes, in the water in which they were soaked, and then drain. Soften the gelatin in 1/2 cup cold water, and add with the sugar and salt to this hot apricot juice. Stir until the gelatin has dissolved, and set aside to chill. In the meantime, cut the apricots into small pieces. When the gelatin mixture has partially set, stir in the apricots, put in a cold place for 3 or 4 hours, until thoroughly set. Turn onto a plate, and serve with whipped cream, and a few chopped nuts sprinkled over the top. If preferred, the mixture may be moulded in cups for individual servings.

To repeat the menu: Hot Salmon with Cooked Salad Dressing; Parsley Potatoes; Peas; Sour Pickle; Hot Biscuits; and Jellied Apricots.

Monday: "How to Care for Ferns."

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1912

THE UNIVERSITY OF CHICAGO
DIVISION OF THE PHYSICAL SCIENCES
DEPARTMENT OF CHEMISTRY

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AND

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FOR THE YEAR 1912

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