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HOT LUNCHES IN RURAL SCHOOLS

By Katherine Jensen.

The hot lunch problem for the rural school is one that is worthy of consideration.

Long, cold winters prevail in Montana and the distance between the school and the home is often very great. In getting ready for the hurried leave-taking each morning the child for the moment forgets that he has an appetite. He begrudges the time given to eating his breakfast and often refuses the "bite" that has been prepared for him, with the remark, "I am not a bit hungry, mamma."

He carries with him a lunch basket or dinner pail containing a lunch often hastily prepared and just as often very unattractive. Frequently, when the child opens the pail he finds butter on his cake, icing worked into his sandwich, and pie or sauce spilled over the entire contents of the box. An unpleasant odor always accompanies each lunch where the pail or basket has not been given the proper attention (the box scalded and left uncovered until ready for use). Unless the child is a boy with a real boy's appetite this lunch cannot be eaten with any feeling of satisfaction or enjoyment.

A cold day and a growing school boy or school girl! Picture the situation! How can we expect good results either physically or mentally where such conditions exist?

One hot dish prepared in school each day supplemented with a few bread and butter sandwiches, a cookie or two and possibly an apple or a few dates or figs brought from home, and the child's health and school progress would no longer be an added worry for mother.

The instructions in the food problem, its preparation and serving, as well as the principles of adaptability and neatness are valuable lessons to be learned from the work. I am certain that every mother would appreciate the attention given to these subjects.

The work must be so arranged that the school duties are not to be interfered with in any way. The teacher may appoint one girl to act as general manager each week and this girl in turn may

select three helpers who are to carry out, carefully, instructions given by the general manager. This force is to work out every detail such as having everything prepared out of school hours, the food put on at the proper time, properly cooked and served, the dishes cleared away and washed, and the room tidied.

The bill of fare should be worked out with the supervision of the teacher. Do not make the mistake of permitting the child to carry the customary amount of lunch. Too much food results in a sluggish brain.

If the child, through this "Hot Lunch Problem" were to develop a greater interest in work relating to the home, commonly termed "mother's work," it would seem well worth the effort to try the experiment in your rural school.

HOT LUNCH EQUIPMENT.

First Quality Ware

(Quotations from local hardware merchant, Bozeman.)

1 Small Mixing Basin	$ .20
1 Two-Burner Kerosene Stove	7.50
1 Oven	3.00
1 8-quart Kettle with Cover	1.45
1 4-quart Baking Dish	.65
1 8-quart Double Boiler	1.95
3 Large Wooden Spoons	.25
2 Asbestos Mats	.10
1 Teaspoon) 1 Tablespoon)	.10
1 Steel Knife) 1 Steel Fork)	.15
1 Dover Egg Beater	.15
1 Nutmeg Grater	.10
1 Dish Pan (14 qt.)	1.25
1 Draining Pan	.40
1 Basket	.35
1 Long Handled Dipper or Ladle	.15
	$17.75
With Discount,	$16.00.
6 Dish Towels	$ .40
2 Dish Cloths	.10
1000 Paper Napkins	.35
	$ .85
TOTAL	$16.85

Each pupil should bring 1 teaspoon, 1 knife, 1 fork, 1 bowl, 1 plate, 1 cup. Have them uniform if possible.

Frequently the boys make the necessary cupboards and the girls see that they are made attractive by supplying hangings, paper for the shelves, etc.

SETTING OF TABLE.

I. In setting the table, first cover with a cloth known as the silence-cloth.

Have the silence-cloth thick enough to protect the table. See that it is smooth. The corners may be folded and pinned on the under side of table.

II. Have table-cloth of correct size to hang well over at ends and sides of table (from 10 to 15 inches).

Lay the cloth with the creases exactly in the middle of the table. (In laundering table-cloth avoid use of starch. Iron so that the folds run lengthwise, all on the upper, or right side, of the cloth.)

III. Arrangement:

1. Places should be opposite and at equal distances from each other.
2. Place cards should be small and inconspicuous—placed on the napkins or above the plates in line with the tumblers.
3. Flowers add much to the attractiveness of the meal but high bouquets should be avoided.
4. Napkins should be placed at the left of the fork. Folds should be on the upper and left sides.
5. Plates should be arranged right side up at even distances around the table, one inch from the edge of the table. Plates may be arranged in one pile in front of the person serving.
6. Knives should be placed at the right, sharp edge toward the left, or plate.
7. Fork or forks should be placed at the left, tines up.
8. Spoon or spoons should be placed beside the knife, bowl up.
9. Tumblers should be placed at the right, opposite the farthest edge of plate, or at the point of the knife.

10. Bread and butter plates should be placed in line with the tumbler or in front of the fork.

Be sure that all the required serving spoons, knives and forks are on the table or are put on when the dishes are served.

Be sure that all the "constants" are on—bread, butter, milk and water, salt and pepper, sugar, etc., as needed. Place so they can be conveniently reached.

GENERAL RULES TO BE FOLLOWED IN THE SERVICE OF MEALS.

I. Place all dishes before the guest from the right.

II. Pass all dishes from which food is to be taken at the left.

III. Remove the dishes from the right when convenient. To avoid reaching in front of guests, bread and butter plates should be removed from the left.

IV. Remove first all dishes containing food, meat platter, vegetable dishes, etc.

Be careful to remove all silver pertaining to a course: e. g. if the knife has not been used during the meat course, do not leave it because it is clean.

V. Fill water glasses as they stand in place if possible. If not, pick up with the right hand from the right, fill and replace. Do not touch glasses near the top.

VI. Remove all soiled dishes, taking the entire service from each person at one time. Do not stack or pile dishes, one on another.

VII. In passing a dish, hold it steady in front of the guest, low enough to be reached with ease.

VIII. Simplicity of service and suitability of dishes and silver are two essentials of good taste and form.

The waitress or maid should move easily, gracefully and quickly, yet should give no appearance of haste.

IX. Be sure that hot foods are served hot and cold foods, cold.

RULES FOR TABLE ETIQUETTE.

1. When the meal is announced, answer it in person promptly.

2. Never be seated until the hostess gives the signal. Boys should remain standing until the girls are seated.

3. Sit straight in the chair with the feet directly in front of the chair or desk.

4. Do not rest the elbows or hands on the table.

5. Keep elbows close to the side while eating.

6. Do not reach across the table or in front of anyone, or handle things on the table.

7. The napkin is for the fingers and lips only. It should never be shaken over the table.

8. Plates should never be placed upside down. Do not tip the soup plate when eating from it. Other dishes should never be piled on the dinner plate after food has been served on it.

9. The side dish is placed at the left side of the plate or sometimes in front of the plate and should never be lifted from the table while eating from it.

10. Do not eat with the knife. It should be used only for cutting and should be taken quietly by the handle. Always keep the knife on the plate after it has been used and not on the cloth or resting on the edge of the plate.

11. Use the fork with the prongs turned up and carry only one kind of food on it at a time. When not in use place it on the plate beside the knife.

12. Eat from the side of the spoon, and dip it away from you, into the dish. Place it in the saucer when not in use and never leave it standing in a cup or glass.

13. Do not rap the salt shaker on the table to loosen the salt. Do not dip celery or onions in the common salt cellar, but remove a little salt to the plate with the knife.

14. Never take butter from the butter plate with the individual knife.

15. Do not lay bread on the table to butter it. Break off a small piece and hold it in the hand while buttering. Never butter a whole or half slice at a time.

16. Do not drink while there is food in the mouth. Do not blow on food to cool it. Never drink from the saucer.

17. Chew quietly with the mouth closed. Do not chew when serving others. Never talk when there is food in the mouth.

18. If you do not care for food that is offered you, say "No, thank you" quietly. Be courteous. Help the others.

19. Never leave the table without asking to be excused, and do not ask to be excused before the others are ready.

20. If an accident happens, assist quietly and do not call attention to it.

21. Toothpicks have no place at the table.

THE COOK.

To be a worthy queen I trow
Demands a host of things to know:
It calls for clever choice and tact
And much that many kings have lacked.

To be a cook one must command
A thousand queenly gifts in hand
Crowned with the artist's pride in art,
And leavened with a mother-heart.

—Edward Wright.

DIRECTIONS FOR USE OF RECIPES.

c—cup.
t—teaspoon.
T—tablespoon.
pt—pint.
qt—quart.

"1 c" means all that the cup will hold.

All measurements are made level.

Fill the cup or spoon with the article to be used and level off with a knife.

To measure a half spoonful, divide the contents of the spoon lengthwise with a knife and push off the half not to be used.

To measure a quarter spoonful, divide the contents of the spoon lengthwise and crosswise and push off the three quarters not to be used.

RECIPES.

CREAM OF TOMATO SOUP.

1 pt tomatoes
3 T butter
4 T flour
1 qt milk
2 t salt
¼ t soda
dash black pepper

Melt the butter and rub the flour into it. Stir until smooth. Add the milk and stir until slightly thick. Cook the tomatoes and just before you are ready to serve, add the salt, pepper and soda. Combine with the milk at once and serve immediately. Serves 8.

CREAM OF POTATO SOUP

3 large potatoes
2 T butter
2 T flour
2 t salt
2 slices onion
1 qt milk
dash black pepper
celery salt

Melt the butter and rub the flour into it. Stir until smooth. Add the milk and onion and stir until slightly thick. Boil the potatoes and mash them through a ricer or strainer into the milk. Season and serve hot. Serves 6.

CREAM OF PEA SOUP.

4 T butter	1 qt milk
4 T flour	1 can peas (added whole or put
2 t salt	through a strainer.)

Make a white sauce of the flour, butter and milk by melting the the butter, rubbing the flour into it and then adding the milk. Stir until slightly thick. Add the peas. Season and serve hot.

Other creamed soups may be made as above by substituting carrots, asparagus or celery for the peas.

CREAM OF CORN SOUP.

1 can corn	4 T flour
1 pt water	2 t salt
4 T butter	1 qt milk
1 T chopped onion	celery salt
	black pepper

Make a white sauce of the flour, butter and milk by melting the butter, rubbing the flour into it and adding the milk. Stir until slightly thick. Cook the corn with the water and onion 15 minutes and add to the milk mixture. Season and serve hot. This soup may be strained before serving if desired.

CORN CHOWDER.

1 can corn	1 qt milk
2 potatoes cut in ¼ pieces	salt
3 T butter	pepper
1 sliced onion	celery salt
2 c boilingwater	8 crackers

Add the onion and water to the corn. Cook 15 minutes. Cook the potatoes in boiling water until tender and add to the corn. Add the milk, butter and seasoning. Then add the crackers broken in small pieces. Serve hot.

VEGETABLE SOUP.

1 c carrots	2 qts boiling water
¾ c turnip	5 T butter
½ c celery or	pepper
½ T celery salt	salt
1 onion	3 c potatoes

Cut the vegetables into one-half inch cubes. Saute in butter until a delicate brown. Add the boiling water and simmer three

quarters of an hour. Add the potatoes and when all the vegetables are tender add the seasoning and serve hot.

Often the mothers send soup stock. This served with crackers makes an appetizing dish. The stock, it must be remembered, has little food value.

Vegetables added to the stock make a very nourishing dish.

BAKED BEAN SOUP.

3 c cold baked beans
3 pts water
2 slices onion
1½ c tomato
2 T butter
2 T flour
salt
pepper
celery salt

Put beans, water, onion and tomato on to simmer for 30 minutes. Rub together through a sieve and bind with the butter and flour rubbed together. Serve hot.

FRUIT SOUP.

¾ c Minute or Pearl tapioca.
6 c boiling water
1 c prunes (washed and soaked)
1 c raisins (washed)
3 apples cut in slices
½ lemon cut in slices

Cook all together until fruit is tender and then sweeten to taste. Serve hot.

(If Pearl tapioca is used it must be soaked one hour in water to cover and then drained.) Red jelly, raspberries or strawberries are sometimes added to give color to the soup.

TOMATO SOUP WITH BROTH.

2 c tomatoes
5 T butter
6 T flour
4 c water or broth
1 onion cut in pieces
1 t salt
dash pepper

Mix tomatoes and water or stock. Bring to the boiling point and add flour and butter rubbed together. Cook until thickened and season to taste. Serve hot.

ESCALLOPED DISHES.

THIN WHITE SAUCE.

1 T butter 1 T flour
1 c milk

Melt butter. Rub the flour into it and add the milk. Stir until slightly thick.

MEDIUM THICK WHITE SAUCE.

2 T butter 2 T flour
1 c milk

Melt butter, rub the flour into it and add the milk. Stir until thickened.

ESCALLOPED CORN.

Fill a baking dish with alternate layers of corn and cracker crumbs. Season each layer with salt, pepper and bits of butter. Add thin, white sauce until the liquid comes almost to the top of the corn. Cover with crumbs, add a few bits of butter and brown in the oven.

Escalloped rice may be prepared in the same way. Sometimes a little cheese is sprinkled between each layer.

Potatoes, cabbage, onions, carrots, and turnips may be prepared in the same way by using the medium thick white sauce.

Note—When cooking onions, turnips and cabbage, drop into a large amount of boiling water and cook rapidly until tender. The minute the vegetable is tender, drain. Carrots are cooked in a small amount of water, covered.

TOMATO AND RICE.

1 c washed rice
3 c of water
2 c tomato
2 T butter
3 t salt
1 onion cut fine or run through a grinder
⅛ t paprika (may be omitted)

Put the mixture on the stove and let it come to a boil. When it boils, set in the oven. Cook about an hour in a rather slow oven, or cook slowly on top of stove. Serve hot.

MACARONI AND TOMATOES

Cook washed macaroni in rapidly boiling salted water until tender. (From ½ to ¾ hour). Drain and add tomatoes to cover. Simmer for a few minutes. Bind with flour and butter, allowing 1 T of each for cup of tomato used. Season with salt and pepper to taste. Fill a baking dish with alternate layers of macaroni, medium thick white sauce and grated cheese. Cover with crumbs and a few bits of butter. Bake until the crumbs are a golden brown.

LUNCHEON RICE.

1 c rice	1½ c water
1 t salt	2 c scalded milk

Add the washed rice slowly to the boiling salted water. Boil five minutes and then place over the under part of a double boiler. Cover and cook until the water is absorbed and then add the scalded milk. Cook until rice is tender. Serve with milk and sugar. One part of cinnamon to two parts sugar is sometimes more pleasing than sugar alone. Old rice absorbs more water than new rice, and hence the liquid required may vary.

COCOA.

3 T cocoa	3 T sugar
3 c boiling water	3 c hot milk

Heat the milk in a double boiler. Mix cocoa and sugar together. Add enough boiling water to make a smooth paste. Add remaining water and boil two minutes. Combine with hot milk. Beat and serve at once. A pinch of salt may be added.

This drink may be made with all milk instead of half and half. It is then a heartier food.

Hot milk and bread has a "merry ring" on a cold day.

WORK.

Let me but do my work from day to day,
In field or forest, at the desk or loom,
In roaring marketplace, or tranquil room;
Let me but find it in my heart to say,
When vagrant wishes beckon me astray,
"This is my work; my blessing, not my doom;
Of all who live, I am the one by whom
This work can best be done, in the right way."

Then shall I see it not too great, nor small,
To suit my spirit and to prove my powers;
Then shall I cheerfully greet the laboring hours,
And cheerful turn, when the long shadows fall
At eventide, to play and love and rest
Because I know for me my work is best.

—Henry Van Dyke.