School Days

SOUP DAYS





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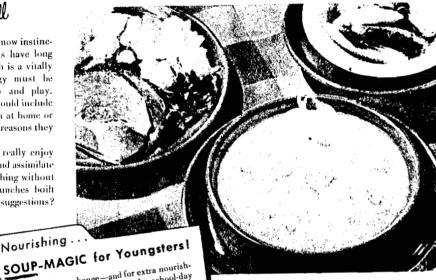
BY Lune Marshall

MOTHERS of growing children know instinc-tively what nutrition experts have long insisted—that the school-day lunch is a vitally important meal. Morning energy must be replenished for afternoon study and play.

Authorities say the noon meal should include a hot dish-whether lunch is eaten at home or carried to school. Among the many reasons they

give is that a hot dish makes everything taste better.

Well-made soup is ideal for this hot dish. Children really enjoy good soup . . . take to it readily . . . digest it easily . . . and assimilate a completely. Moreover, soup is substantial and nourishing without being heavy. Here are three tempting school-day lunches built around soup. Why not try these quick, easy menu suggestions?



A NOME LUNCH CHILDREN LOVE Here's an appetizing lunch for your unior or junior miss who comes home noon. It features this almost-a-mealritself vegetable soup.

Vegetable Soup Cheese Spread Sandwich anilla Pudding with Chocolate Chips Milk

Nourishing ..

For a change—and for extra nourishment! Prepare soups for school-day ment: rrepare soups for school-day lunches by adding milk, instead of water, to your child's favorites.

Heat together over low heat:

1 can together over 100 near.

1 can chicken with rice souper (or green pea, vegetable, chicken montle, vegetable-heef, tomato)

1 soup can of milk

THIS LUNCH, TOO, STAYS AT HOMB

It's built around that great favorite of most ehildren—nourishing chicken noodle soup.

Chicken Noodle Soup

Hot Rolls and Butter Potato Salad and Ham Milk Sliced Peaches





THIS LUNCH GORS TO SCHOOL

It includes piping-hot tomato soup-"the soup most folks like best"-in a vacuum bottle.

Tomato Soup

Bologna & Relish Sandwich Carrots & Radishes Cake Fruit

