

# School Days *are* SOUP DAYS



BY Anne Marshall

MOTHERS of growing children know instinctively 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 it 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 HOME LUNCH CHILDREN LOVE**

Here's an appetizing lunch for your senior or junior miss who comes home at noon. It features this almost-a-meal-in-itself vegetable soup.

- Vegetable Soup
- Cheese Spread Sandwich
- Vanilla Pudding with Chocolate Chips
- Milk

... Nourishing ...

**SOUP-MAGIC for Youngsters!**

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

Heat together over low heat:

- 1 can chicken with rice soup (or green pea, vegetable, chicken noodle, vegetable-beef, tomato)
- 1 soup can of milk

**THIS LUNCH, TOO, STAYS AT HOME**

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

- Chicken Noodle Soup
- Potato Salad and Ham
- Hot Rolls and Butter
- Sliced Peaches
- Milk



**THIS LUNCH GOES TO SCHOOL**

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

- Tomato Soup
- Bologna & Relish Sandwich
- Fruit
- Cake
- Carrots & Radishes

