



School Days

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Soup Days

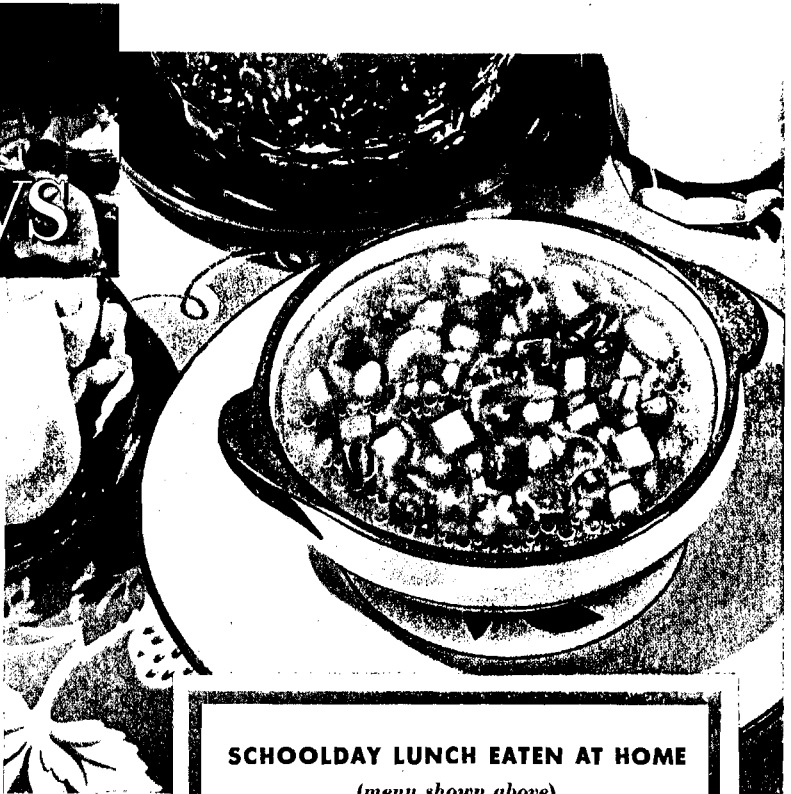
by Anne Marshall



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Nutrition experts say the schoolday lunch is a vitally important meal for the growing child—to replenish energy. Whether eaten at home or carried to school, this lunch should include a hot dish. They say it helps the stomach to receive and to digest the meal. Also, a hot dish seems to make sandwiches, fruit and salad taste better.

Dieticians agree that an ideal hot dish is well-made soup. Soup tempts the child... is easily digested... substantial, yet never heavy. Thus, young bodies are well nourished—young minds stay keen for study or play.



SCHOOLDAY LUNCH EATEN AT HOME

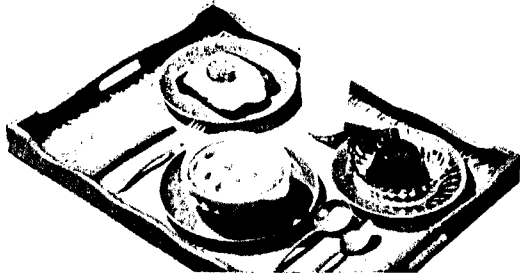
(menu shown above)

- Vegetable Soup
- Pear and Cream Cheese Salad
- Chocolate Pudding
- Milk

If your youngster comes home at noon, you might sit him down pretty often to a lunch like this. With breakfast several hours behind him, the child's energy needs replenishing at noon. A lunch including this almost-a-meal-in-itself vegetable soup will set him right for an afternoon of school or romping.



"In bed with a cold"—phones Mother to teacher. And, at noon, she appears at her hopeful's bedside bearing this appetizing and nourishing tray—chicken noodle soup, poached egg on toast, cherry gelatin, and milk.



SCHOOLDAY LUNCH CARRIED TO SCHOOL

(menu shown at right)

- Tomato Soup
(in vacuum bottle)
- Peanut Butter and Jelly Sandwich
- Marble Cake
- Whole Orange

If you have the daily problem of packing a lunch, then here's a sensible way to provide the needed hot dish for your junior or junior miss—tomato soup in a vacuum bottle. Prepare the soup as cream of tomato, by adding milk instead of water. That way, it's extra-nourishing, and the child also gets his quota of milk. Most children simply dote on this soup.

