



# CARRY A VICTORY LUNCH FOR WORK OR SCHOOL

Johnny School Boy plays his part in Victory.  
To do this, needs a Victory lunch each day.

September may mean a new grade and a new teacher to Johnny, but to mother it may mean planning and packing several lunch boxes each morning.

Why not let Johnny and Mary pack their own? Even a six-year old can spread and wrap sandwiches if the fillings are all prepared. They can also pack a lunch for father or Uncle Jo - if they too must carry their own.

Nutritious lunches are now a patriotic must in the daily food needs. Paul McNutt says, "80 thousand working days can be saved this year if war workers keep fit." One of the most vital points of attack is in the homes where these lunches are packed every day. This is a big war job for American women- to see that these lunches contain the foods which will provide health protection and energy for our war workers.

Make them Satisfying-Yes, but this isn't all. They must have the kind of food that will keep up the physical energy and mental alertness of Johnny School Boy and his father, "Daddy - Defense- Worker." Both of these citizens are necessary in the total war program.

If the packed lunch is supplemented with a hot dish the job is easier - but we are concerned now with those who get only what they take from home. A thermos bottle of hot soup or cocoa is a big help, otherwise sandwiches must provide most of what is eaten.

What is a V Lunch?-The Victory lunch must have:

1. Some with milk or milk products( cheese - cottage cheese, custard or ice cream.
2. Some protein food - meat, egg, cheese, beans - usually made into sandwiches( have bread thin and thick fillings! )
3. Some fruits or vegetables - preferably raw, as carrots, tomatoes, apples, lettuce etc.

## Suggestions for V - Lunches

### 100 Sandwich Fillings

With Ham( left overs)

Grind celery, parsley, onion

add salad dressing or mayonaise

add chopped apples

green peppers

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With Beef( left overs )

tomato catsup

ground with celery

onion

chopped parsley

meat loaf- sliced cold

ground carrots



With Left Over Chicken

Grind with celery  
peppers  
chopped pickle  
ground chicken giblets  
tomato sliced

With American Cheese

Grated, mixed with milk:  
tomato sauce or catsup  
parsley  
green peppers  
chopped raisins  
dates  
chopped nuts  
grated carrot  
peanut butter  
jelly  
preserves  
dried beef

Fish ( salmon, tuna sardine or other )

pickle  
tomato sauce  
parsley  
celery  
grated onion  
mayonaise  
green peppers  
shredded carrot  
sliced tomato

Mashed Baked Beans

chopped celery  
grated onion  
tomato catsup  
chili sauce  
chopped parsley  
green peppers  
lettuce  
sliced tomatoes

With Tomato

cottage cheese  
chopped onion or chives  
chopped crisp bacon  
watercress  
chopped peanuts  
green peppers

With Egg

chopped pickle  
crisp bacon  
green peppers  
ground ham  
raw carrot

With Cottage Cheese  
( or cream cheese )

chopped pickle  
tomato catsup or chili  
sauce  
grated carrot  
chopped parsley  
chopped raisins  
chopped raw apple  
apple butter  
jelly  
preserves  
olives  
watercress  
marmelade  
chopped nuts  
prunes  
green peppers

Peanut Butter ( thin with  
salad dressing )

chopped prunes  
lettuce  
chopped celery  
raisins or prunes  
chopped apple  
bacon  
jelly  
preserves

Grated or Shredded Carrots

Butter creamed with:  
peanut butter  
cottage cheese  
green peppers  
raisins  
chopped apple  
salad dressing



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Sliced Dried Beef

chopped celery  
" carrots  
catsup  
ground with cheese

sliced chopped apple with:  
mayonaisse  
shredded carrots  
sliced tomato  
crisp bacon  
hard cooked egg

## Ground Cooked Liver

ground celery and onion  
chopped parsley  
crisp bacon  
green peppers

## 5 Wholesome Tasty Sandwich Breads

1 yeast cake  
2 c. luke warm water or milk  
1 tsp. salt  
2 tbs. molasses or honey  
2 tbs. melted fat  
3 c. white flour  
3 - 4 c. of whole wheat flour

1  $\frac{1}{2}$  c. corn meal  
1 c. whole wheat flour  
1 tsp. salt  
2 tsp. soda  
1 c. buttermilk  
3/4 c. molasses

2 c. flour  
2 tsp. baking powder  
1 tsp. salt  
1 c. sugar  
1 c. honey or syrup  
1 jar peanut butter ( 6 ozs. )  
1 c. milk  
2 eggs  
1 c. fat

Soften yeast in warm water add other ingredients. Add flour until dough is stiff enough to kneed - work on a board till it is springey - grease hand, put dough in and grease on top. Let rise until double. Punch down let rise again. Form into loaves. Let rise in pans, bake at 350 degrees for about an hour.

Mix dry ingredients ( don't sift ) Add milk and molasses and pour into greased tins, not over  $\frac{3}{4}$  full. Cover closely with lid or several layers of paper tied on and steam 3 or 4 hrs. or in a pressure cooler at 15 lbs. for hr.

Sift dry ingredients together. Work in peanut butter and fat. Stir in milk and eggs beaten together. Bake in well-greased loaf pan in moderate oven 350 degrees F. about an hour.



Oatmeal Bread

1 c. oatmeal  
2 c. boiling water  
2 tbs. fat  
add  
 $\frac{1}{2}$  c. molasses  
1 c. raisins

Let stand for 5 min. cover and steam an hour or until luke warm.

Mix 1 yeast cake in  $\frac{1}{2}$  c. of water and add to the bread. Sift  $4\frac{1}{2}$  c. of flour - mix well into the bread. Set aside to rise. The dough is real thin like muffin batter when doubled.

Quick Nut Bread

2 c. wheat flour  
 $\frac{3}{4}$  c. of walnut meats chopped  
 $\frac{1}{2}$  c. honey or syrup  
5 tsp. baking powder  
1 tsp. salt  
1 c. grated cheese  
3 eggs

Mix dry ingredients including nuts. Add milk, mix thoroughly, add well beaten egg and turn mixture into greased pan. Let stand 15 min. and bake in oven.

Other Breads

Cheese, prune, raisin, salt rising, date, corn and rye.