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, "60 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) | V
| Grind celery, parsley, onion | V
| add salad dressing or mayonnaise | V
| add chopped apples | V
| green peppers | V
| With Beef (left overs) | V
| tomato catsup | V
| ground with celery | V
| onion | V
| chopped parsley | V
| meat loaf, sliced cold | V
| ground carrots | V
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, sardines or other)
Pickled, tomato sauce, parsley, celery, grated onion, mayonnaise, green peppers, shredded carrot, sliced tomato.

Mashed Baked Beans
Chopped celery, grated onion, tomato catsup, chilli 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, marmalade, 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.

Dried Fruit
ground raisins
ground apple
chopped fig and apple
ground nuts
peanut butter
marmalade

Sliced Dried Beef
chopped celery
" carrots
catsup
ground with cheese

Lettuce
sliced chopped apple with:
mayonnaise
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

Whole Wheat Bread
1 yeast cake
2 c. lukewarm 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

Boston Brown Bread
1 ½ c. corn meal
1 c. whole wheat flour
1 tsp. salt
2 tsp. soda
1 c. buttermilk
3/4 c. molasses

Peanut Butter Bread
2 c. flour
2 tsp. baking powder
1 tsp. salt
1/2 c. sugar
1/2 c. honey or syrup
1 jar peanut butter (6 ozs.)
1 c. milk
2 eggs
1/4 c. fat

Soften yeast in warm water
add other ingredients. Add flour
until dough is stiff enough to
knead - work on a board till it is
springy - 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
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.
Quick Nut Bread

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.