

## ALUMNAE NOTES

In the Back-to-School section of the Richmond *Times-Dispatch*, published September 9, appeared the following article by Gertrude Drinker, home economics specialist, who graduated at Harrisonburg in 1930. Under the heading "School Lunch Hour Presents Challenge to Pupils' Mothers," Miss Drinker writes as follows:

Within the next few days Richmond boys and girls will go tripping back to school. Neglected text books will put on a scrubbed-face look; rainbow-tinted tablets will be selected to accompany pencils sharpened to impractical stream-line points—all for that most important business of going back to school. Could any housewife or business executive have a busier program? What endless vitality, what unlimited endurance, what boundless vigor is required to keep the sons and daughters equal to the demands of the modern pace set for them as they stride off to school.

The bell which rings for noon lunch is a challenge to every mother who joyfully sees her son and daughter leave home each morning. It is the mother's opportunity to play an important part in the program of the school. Regardless of whether the child comes home to lunch, takes lunch with him, or buys it at the school cafeteria, it is up to his mother to see that he gets a lunch which will supply growth-promoting foods and at the same time satisfy his appetite.

When school lunches are packed, butter should be used liberally. A varied lunch will add happiness to the lunch hour. Here are some "round-the-week" school lunch helps to tack on the cupboard door as a guide in preparing a varied assortment of health-giving foods. This entire lunch may be taken from home or supplemented from the cafeterias in Richmond schools.

## MONDAY

Sandwich—Buttered whole wheat bread,

crisp lettuce with sliced meat.

Vegetable—Fresh tomato, carrot sticks.

Drink—Milk.

Fruit—Apple.

Dessert—Butter Cookies.

## TUESDAY

Sandwich—Cottage cheese and jelly.

Vegetable—Mixed vegetable salad (in carton).

Drink—Milk.

Fruit—Banana.

Dessert—Chocolate brownies.

## WEDNESDAY

Sandwich—Buttered bread with hard cooked egg and bacon.

Vegetable—Celery, tomato.

Drink—Milk.

Fruit—Stewed apricots (in carton).

Dessert—Gingerbread.

## THURSDAY

Sandwich—Whole wheat buttered bread, lettuce and peanut butter filling.

Drink—Milk.

Fruit—Stuffed prunes.

Dessert—Oatmeal cookies.

## FRIDAY

Sandwich—Buttered bread, chopped ham and egg filling.

Vegetable—Tomato.

Drink—Milk.

Fruit—Orange.

Dessert—Congealed cottage cheese custard.

## OUR CONTRIBUTORS

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