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 textbooks 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OUR CONTRIBUTORS
SUE PORTER HEATWOLE, who recounts her recollections of James Lane Allen and permits publication for the first time of some of Mr. Allen’s letters, is the talented wife of the secretary of the Virginia Education Association, and lives in Richmond.

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