

LUNCH PAID MUST TEMPT

School Dinner Box Should Contain Nourishing And Palatable Foods

By MARY G. McCORMICK, Supervisor of Health Teaching, New York State Department of Education

If your child attends a school that has no school lunch program, take every possible step to make his noon meal as nourishing and palatable as possible.

Milk should always be part of the luncheon. If your child does not get his milk regularly at school, be sure to include at least half a pint in his lunch.

Fruit is also essential in the school lunch basket. Among the fruits liked by children are ripe bananas, oranges, apples, pears and grapes.

Each day's lunch should also include at least two sandwiches. Any kind of bread is good for sandwiches—white, whole wheat, oatmeal, brown, raisin or nut.

Appetizing fillings include egg, chopped meat, cheese, sliced tomatoes and leafy vegetables, particularly lettuce or cabbage.

This is the sixth of a series of articles on the health of school children prepared for The Eccentric. In our next article, Miss McCormick will discuss the child's rest and sleep.

Unable to stop the opposition's end runs and passes, the Holy Name football team, an aggregation of former Birmingham High school stars, suffered a 10 to 0 defeat at the hands of the Hicks Gardens eleven of Detroit in a game played Sunday on the Southwestern High School field.

The Holy Name School team defeated the Precious Blood eleven of Detroit Sunday, 28 to 0. Bedard and Carey quarter, scored all of Holy Name's points, Bedard dashing 50 yards for a touchdown in the first quarter.

Ghosts To Haunt Junior Hi School Hallow'en Fetes

Midst the usual array of ghosts, goblins and witches, the three Birmingham Junior high schools will celebrate the Hallow'en season with their annual masquerade parties Friday night.

The committee in charge of party arrangements at Baldwin has as its chairman, Fay Smith, assisting her are Della Mae Clemmer, Joan Baker and Margaret Scriven.

As a special feature of the program for the Barnum party, the committee is planning a group of short film show acts. These will be shown by students and outsiders.

The senior session room will be in charge of the program to be presented at Baldwin High School assembly exercises from 1:15 to 1:45 P. M. today.

Blazes Damages Roof. Firemen were called early Monday evening to the home of J. J. Jeggie, 380 East Frank street, where sparks from the chimney, had ignited the roof, burning the shingles before the blaze could be extinguished.

Board of Education. At an evening meeting of the Board of Education was held October 5. Present: Palmer, Rosso, Black, Potter, McKinney.

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Michigan Bell Telephone Co. Another call I'm going to have an Extension Telephone here in the kitchen.

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Local News

First Baptist Church. Willie as Shute. Rev. L. Earl Jackson, M. A., Minister.

Church school classes for all ages, 11:40 to 12:15, with graded and elective classes. Then, House will be inaugurated at 5:30, with Dr. Foster as speaker.

First Presbyterian Church. W. Clarence Wright, M. A., Pastor. Bible School at 7:15 P. M.

Chapel of the Holy Spirit. Church school Sunday at 10:30 A. M. Reading room at 10:30 A. M.

Correlative passages read from the Christian Science textbook, "Science and Health with Key to the Scriptures."

First Methodist Episcopal Church. Maple Avenue, West at Henrietta. Rev. Roy D. Hopkins, D. D., Minister.

St. James Episcopal Church. Rev. John Marvin, pastor. Morning Worship, 11:30 A. M.

Holy Name Catholic Church. Rev. James W. Cotter, Pastor. Sunday Masses, 7:45, 9, 11 A. M.

United Presbyterian Church. Miss Janet O. Kerr, 424 Pierce St. Bible School, 11 A. M.

Embury Methodist Church. Rev. John Marvin, pastor. Morning Worship, 11:30 A. M.

Southfield Reformed Presbyterian Church. Evergreen Road at Northwestern and Elmer, Mile Road.

Southfield United Presbyterian Church. Ten Union and Labor. Rev. J. E. Robinson, pastor.

Redeemer Lutheran Church. Rev. Theodore G. Wuzner, pastor. Morning Worship, 11 A. M.

Fire Damages Roof. Damage estimated at \$50 was caused by the roof and attic of the farm home of E. H. Lash, Adams and Square Lake roads, by fire early Monday afternoon.

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IONA FLOUR 24 1/2-lb. bag 79c 49-pound bag, \$1.57 GOOD SOLID PACK Tomatoes 2 Medium cans 15c LAKESIDE Fig Bars or Ginger Snaps 3 lbs. 25c IONA SLICED Pineapple 2 large cans 33c PET FOOD Doggy Dinner 3 cans 25c FRESH BAKED Jelly Roll each 15c

A & P FOOD STORES