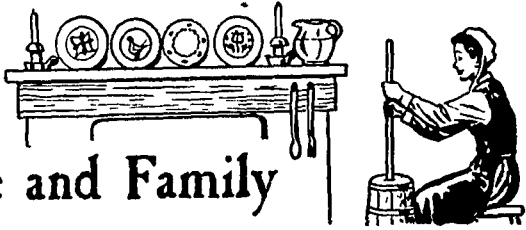


## For the Farm Wife and Family



### Keep Meat on Youngsters Menu To Avoid Protein Deficiency

**MEAT AND YOUR CHILD**  
Keep meat on your youngsters' menus and you can rest assured they'll suffer no protein deficiency. Rapid growth and the great activity of children make the demand for adequate protein, vitamins, and minerals as well as calories more urgent than in adults.

Serve meaty breakfasts to the children and you'll know that they have a good start each day, for meat not only makes a notable contribution of top-quality protein, but it also furnishes important amounts of B vitamins—thiamine, riboflavin, and niacin—and of minerals, including iron, potassium, and phosphorus.

Crisp-cooked bacon—the kind they can pick up in their fingers—makes a hit with children. Well-browned pork sausage links, chipped beef in cream sauce, miniature hamburgers, pan-browned thin sliced cooked ham, and Canadian-style bacon are some of the meats that appeal to children for breakfast.

#### HEAR

The Mennonite Hour  
Each Sunday

Lancaster WLAN 12:30 P. M.  
Norristown WNAR 8:00 A. M.  
Hanover WHVR 1:00 P. M.

**LEADS TO BETTER BREAKFASTS**—Teaching children what foods make up a good breakfast and why they need such a meal to start the day helps but doesn't insure that they all get an adequate meal, the Pennsylvania Experiment Station reports as a result of an educational program with 1,187 grade-schoolers in one Pennsylvania town.

All these children were taught over a period of five weeks the foods they need for a good breakfast and what the foods do for them. At school they saw how white rats grew—or didn't grow—when given food typical of good, fair and poor breakfasts. At the end of the breakfast education program, 8 per cent of the grade school boys and girls could select a good breakfast menu on paper. Yet only 40 per cent of them had eaten a good breakfast on the day of the survey.

Why didn't the children eat as good a breakfast as they knew how to select? From their answers the Pennsylvania researchers found these important leads: 1. The interest of the child and his parents in the breakfast program; 2. Whether an adult prepared breakfast for the child and was with him during the meal; 3. Breakfast habits of parents.

Over 75 per cent of the children who told their parents about the effects of good, fair and poor

breakfasts on the growth of laboratory animals and thus interested their parents in the program, had a good to fair breakfast the morning of the survey. But children ate better breakfasts if the meal had been prepared for them especially so if they had helped an adult in the family prepare it. Over a fourth of the children in the survey got their own breakfasts—and their breakfast record was poor.

When adults supervised or ate breakfast with children, the children generally ate better than when they had breakfast alone or with other children. The greatest number of good breakfasts were found among those children whose parents regularly had a good morning meal.

Significant are the children's own explanation for not eating the kind of breakfast they chose on paper. "No appetite," "Ate what was there," "Foods not there," "Too little time," "Had to prepare food myself." The children gave other suggestions that might have helped toward a better breakfast. "Getting up earlier," "Going to bed earlier," "Having the kind of food I want," "Someone to eat with me."

The children reported having milk and cereal products for breakfast to about the same extent as they listed these on paper as good breakfast foods. But a relatively small proportion reported eating such foods as eggs, meat, fish, fruits and juices though they also listed these on paper.

**PORK 'N' CRANBERRIES**—Here's a breakfast idea that's bound to please the school-going, small fry as well as the older members of the family. Spread lightly toasted bread with butter, then crush jellied cranberry sauce. Top with two slices of crisp cooked bacon and serve before the meat loses its heat.

Another breakfast idea using fresh pork and the bright red berries calls for waffle mix, pork sausage links and canned whole cranberry sauce. Bake waffles according to directions on the package, cook sausage links in water to cover five minutes, then drain and brown thoroughly. Heat cranberry sauce. To serve place three or four sausage links over each waffle and ladle hot cranberry

sauce over tops. Serve immediately.

**TO SUM IT ALL UP**—Youngsters have more energy for work, play, and study if they're well nourished. Give your youngsters a good breakfast of milk, fruit, bread and cereal or a protein food such as eggs. Children who have a good breakfast are "sharper" in thinking and action during late morning hours than are "breakfast skippers".

The following recipe is especially for Mrs. Wayne Grube of Lititz. Miss E. H. has sent us the recipe you requested for her Maraschino Cherry Cake. Here is her letter:

I am sending my Maraschino Cherry Cake recipe which you asked to have printed again for Mrs. Grube of Lititz. I'm glad somebody tried this cake. I hope you all like it.

I appreciate reading your paper very much and enjoy trying the receipts.

#### MARASCHINO CHERRY CAKE

- ½ cup shortening
- 1½ cups sugar
- 3 cups sifted cake flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup maraschino cherry juice and water mixed
- ½ cup chopped nuts
- 18 maraschino cherries, cut fine
- 5 egg whites

Cream shortening and one cup sugar. Sift two and one-half cups flour, baking powder and salt together.

Add cherry juice and mix. Mix nuts and cherries with the remaining half cup of flour. Fold in.

Last, add stiffly beaten egg whites and one-half cup sugar folded in.

Bake at 375 degrees for 25 minutes.

Ice with Seven Minute Frosting and decorate with maraschino cherries.

This cake is very delicious and it stays very moist. This also makes a good white cake. Take a

cup of water instead of the Maraschino cherry juice and one teaspoon vanilla.

Looking for a new way to cook green beans? Why not try

#### GREEN BEANS WITH CELERY SAUCE

- 4 cups hot cooked green beans
- 1½ teaspoons salt
- 1 can celery soup
- 1 cup shredded sharp cheese
- ½ cup crumbs
- 1 tablespoon butter

Cook cut-up greens in boiling salted water until done. Drain well and place half the amount in a greased baking dish; spoon half the undiluted celery soup over the beans, and follow with half the shredded cheese; repeat the layers of each food, and top with buttered crumbs. Bake 20 minutes in medium oven, 350 degrees. Serves eight.

You might serve this with fried smoked ham, buttered carrots, gelatin fruit salad, rolls, butter and cantaloupe.

Another vegetable that is usually just "battered" is the carrot. Here we have a recipe combining it with pork tenderloin which results in a mighty tasty dish. Pork tenderloin is usually thought of as deluxe party food, for the meat is the most tender of all pork cuts, it is small, and it is often priced higher per pound than other pork cuts. Accounting for its high price is the fact that the meat is delicious in flavor, it

(Continued on page 9)

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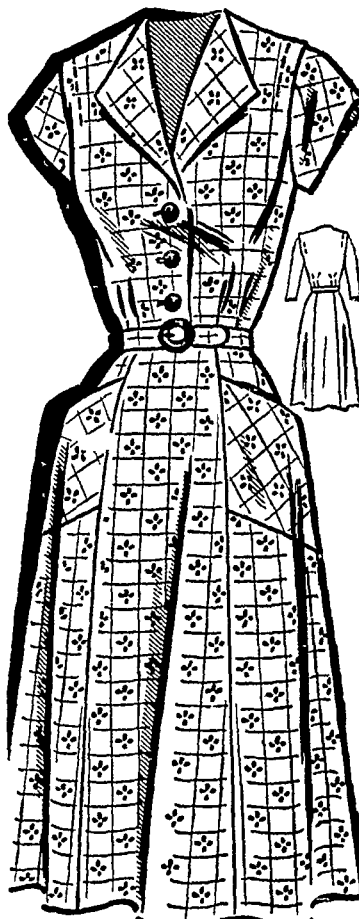
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