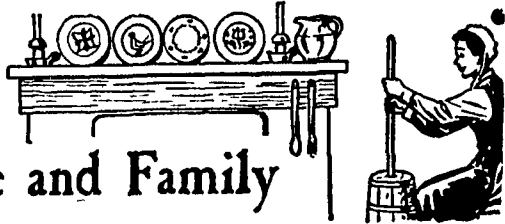


For the Farm Wife and Family



Start The Day Right

by Mrs. Richard C. Spence

Many doctors and nutrition experts feel that breakfast is the most important meal of the day. You've just arisen from your longest fast; your energies will be called upon to accomplish the day's activities which lie before you. You need a reserve supply of those energies; and breakfast will give them to you. Workers will attack their jobs with more vigor, children will be more alert and attentive in school, and weight watchers will find it much easier to stick to their diets, if they start the day with a good breakfast.

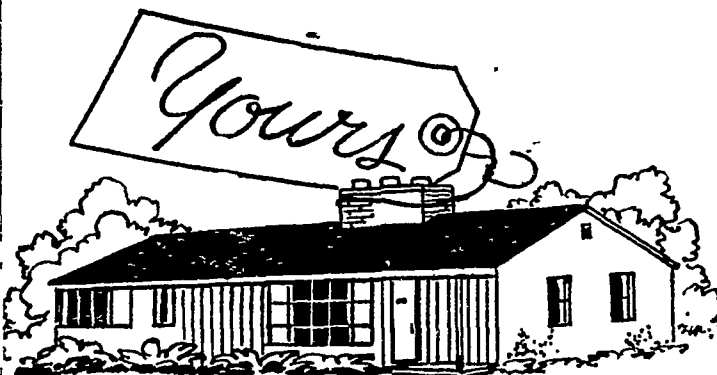
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The ideal breakfast includes fruit; bread or cereal; egg meat, fish, or substitute; and milk—in other words, it should include something from each of the four major food groups.

Here are just a few menu suggestions for a good breakfast for your family:

MENU NO. 1

- Broiled Grapefruit
- Scrambled eggs with bacon
- Whole wheat toast
- Marmalade
- Coffee or Hot Milk

MENU NO. 2

- Orange Juice
- Sweetpotato waffles*
- Link Sausages
- Coffee or Milk

SWEETPOTATO WAFFLES

- 3/4 cup sifted flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 tablespoon sugar
- 1 teaspoon nutmeg
- 1 egg, separated
- 1 cup milk
- 1 cup mashed sweetpotato
- 4 tablespoons fat, melted
- Sift flour, baking powder,

salt, sugar and nutmeg together. Combine with beaten egg yolk and milk and beat until smooth. Add sweetpotato and fat and continue beating. Fold in stiffly beaten egg white. Bake in heated waffle iron until brown. Sprinkle with sugar and cinnamon. Serves 4.

MENU NO. 3

- Orange sections and frozen strawberries with sugar
- Shredded Cereal with cream
- Egg Frizzle*
- Whole wheat toast
- Coffee or milk

EGG FRIZZLE

- 1/4 pound chipped beef
- 4 teaspoons butter
- 4 eggs, beaten.
- 1/2 teaspoon pepper
- 1/4 cup milk

Cook dried beef in butter until slightly crisp. Combine eggs, pepper and milk and mix well. Pour over beef and cook as for scrambled eggs. Serve garnished with sprigs of parsley. Serves 4.

MENU NO. 4

- Stewed Dried Apricots
- Cooked Wheat Cereal
- Bran Muffins*
- Coffee or Milk

BRAN MUFFINS

- 1 1/2 cups sifted flour
- 1 teaspoon salt
- 1 1/2 teaspoons baking soda
- 2 1/2 cups bran
- 1/2 cup chopped raisins, dates, prunes or figs
- 2 eggs
- 1/2 cup sugar
- 1/4 cup molasses
- 1 1/2 cups sour milk or buttermilk
- 2 1/2 tablespoons melted shortening
- Sift flour, salt and soda together; add bran and raisins.
- Beat eggs; add sugar, molasses, sour milk and shortening. Add to dry ingredients all at once and stir on y egg.
- Fill greased muffin pans full and bake in hot oven (400 degrees) 25 minutes.
- Makes 1 1/2 dozen.

MENU NO. 5

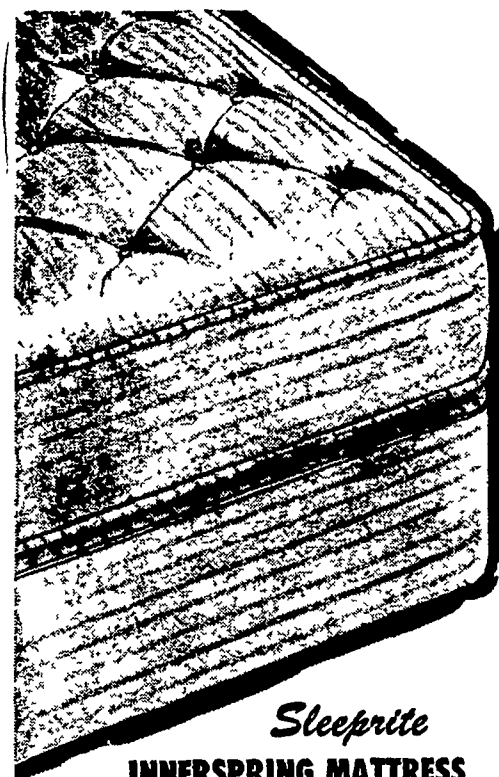
- Orange Juice

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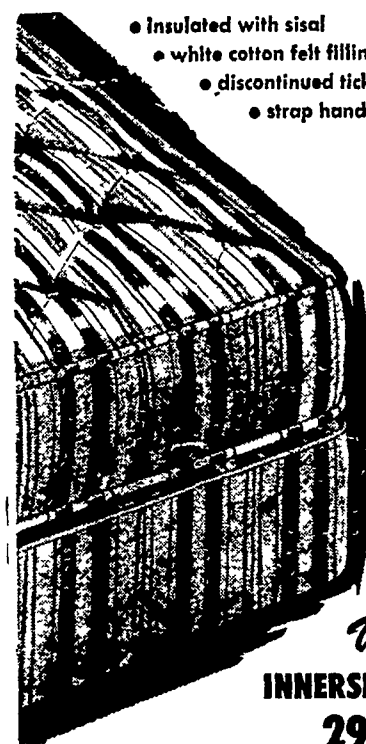
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