

Perk Up, Good Breakfasting Ahead



Got a case of "light breakfastitis?" Don't fret, it'll go—especially if you "tie in" to a breakfast like the one pictured.

Eggs are combined with bacon and raisinbread toast to provide good, nutritious breakfast fit to perk up anyone. And you can sure it will help banish your "light breakfastitis" ills for good.

"Good breakfasting does not come overnight," says Kathryn B. files, home economics director of Poultry and Egg National Board. "And it's not a hit-or-miss proposition. Eating a good breakfast is a result of good eating habits. They come easier if the breakfasts you serve delight the eye as well as the palate."

TUNA SALAD MOLDS

1 3-ounce package lemon-flavored gelatin
1 cup hot water
1 cup cold water
1/2 cup mayonnaise
2 tablespoons lemon juice
1/2 teaspoon salt
1 7-ounce can solid pack tuna, drained
1/2 cup chopped pimento-

stuffed green olives
1 cup diced celery
1/2 cup chopped green pepper
1 medium-sized cucumber, pared and thinly sliced
Crisp salad greens

Dissolve gelatin in hot water. Add cold water, mayonnaise, lemon juice and salt; mix well. Chill until slightly thickened. Break tuna into

large pieces. Fold tuna, olives, celery, green pepper and cucumber into gelatin mixture. Turn into six individual molds and chill until firm. To serve, unmold on salad plates and fill center with additional tuna, if desired. Garnish with salad greens.

TUNA WALDORF SALAD

1 7-ounce can tuna, drained
1 1/4 cups diced unpeeled apple
2 tablespoons lemon juice
1/4 cup finely chopped celery
2 tablespoons chopped nut meats
3 tablespoons mayonnaise
Salt to taste
Break tuna into large pieces. Combine tuna and apple; sprinkle with lemon juice. Add remaining ingredients; toss lightly but thoroughly. Chill. Serve with crisp salad greens, if desired.

TUNA SANDWICHES

1 6 1/2 or 7 ounce can chunky tuna
2 hard cooked eggs, chopped
1/2 cup finely chopped celery
2 tablespoons pickle relish
Mayonnaise
8 to 12 slices buttered toast
Combine tuna, tuna oil, eggs, celery and pickle relish - mix lightly. Add enough mayonnaise to moisten. Then spread on toast to make sandwiches.

Lenten Noodle Bake is a quick and easy casserole to serve with a tuna salad. It's

extra tasty and highly nourishing.

LENTEN NOODLE BAKE

8 ounces noodles
2 1/2 cups condensed cream of vegetable soup (two 10 1/2 ounce cans)
1 1/4 cups milk
3/4 cup water
1/4 cup sliced green onion
1/4 teaspoon savory
6 hard cooked eggs, sliced
Crushed potato chips
Cook noodles in boiling salted water until tender (about 5 minutes). Drain. While noodles are cooking, combine soup, milk and water. Heat, stirring until blended. Mix in onion and savory. Put about 1/3 of noodles in bottom of lightly greased 2 quart casserole. Arrange 2 sliced eggs over top of noodles and pour about 1/3 of soup mixture over all. Repeat layering procedure two more times, ending with sauce. Sprinkle crushed potato chips over top and bake in moderate oven over (350 degrees) about 25 minutes. Makes 4 to 6 servings.

costs the least for a serving and fresh whole milk may be priced higher per serving than other milk. Check these costs once or twice a year to make the most saving.

Other dairy products that are bargains in protein yet low in cost are cottage cheese and cheddar cheese. Cheddar cheese gives you calcium in addition while most of the calcium is lost in the whey when cottage cheese is made.

You can get the same good supply of protein in cream cheese, ice cream, butter and cream but you'll pay more for the food value you get.

You get protein in meat, poultry, fish and eggs. Dry beans, peas and nuts supply the same nutrients and are inexpensive substitutes for more costly meats.

When you buy meats don't forget that inexpensive chuck gives you as much protein as more expensive roasts. One of the best food values in meat is liver for it's not only high in protein but in iron, vitamin A and the B vitamins.

IN BUYING PROTEIN FOODS MAKE CAREFUL COMPARISONS

Since you spend half of your food dollar for high protein items, it's well to make occasional price comparisons.

Start with milk since this is a big cost item in large families. Everyone needs to have milk, but you have several choices at several price levels. Compare costs in your area of skim, 2 per cent, dry milk or the concentrates. Usually you'll find dry milk

GROW HEALTHY VEGETABLES

Many home gardeners have trouble raising certain vegetables because of disease infested soil. Allen Bauer, Penn State extension plant pathologist, explains that a rotation helps control short-lived organisms, but in many cases resistant varieties must be used.

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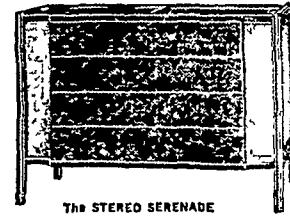
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