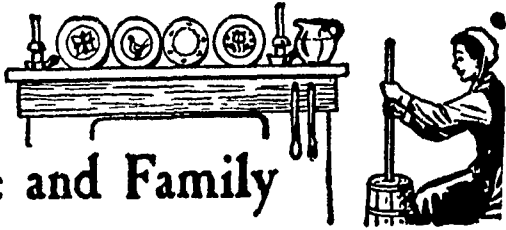


# For the Farm Wife and Family



## Good Health and Good Eating

By Mrs. Richard C. Spence

Occasionally, do you worry about how good a job you are doing preparing and serving meals for your family? This is an important worry, for providing three well-balanced, appetizing meals each day is not the easiest task.

Since no single food contains all the nutrients in the amounts needed, we must select a variety of foods that in combination will keep us well nourished. It is the proper selection of a variety of foods that will provide our bodies with sufficient protein for proper growth and tissue repair, abundant minerals and vitamins for bodily function and growth, and adequate fat

**Vegetables and Fruits:** Dark Green or yellow vegetables; citrus fruit or tomato.

**Breads and Cereals:** Enriched or whole grain variety.

Delicious butter, sugar, enriched refined grain products and other foods not specified should be served to round out meals in flavor and calories

dar cheese and broiler-heat until cheese melts—it's delicious with plenty of warm milk or cream.

A Lazy Susan makes a welcome early-morning surprise. Stack the Susan or tra with assorted cheese, toasted English muffins spread with plenty of butter and brown and serve sausages that have been split and stuffed with wedges of sharp Cheddar.

French toast slices spread with pineapple cream cheese or peanut butter-honey filling can be layered into the most savory sandwiches. If you're counting minutes, bake the toast slices, prepared according to your favorite recipe, on a buttered baking sheet in a pre-heated 450 degree oven for about 10 minutes. This will leave time for filling glasses with well-chilled milk or mugs with piping hot chocolate milk garnished by a sprinkling of cinnamon or nutmeg and a marshmallow or two.

A breakfast menu can be prepared the night before, sealed in foil to preserve the food's natural flavors and juices, and stored overnight in the refrigerator. You can do the preparation just ahead of the supper dishes if you like. Then you can clean up all china and utensils.

Just a bit of advance effort the day before, produces a royal feast in the morning. All you have to do is take the food from the refrigerator and place it in a heated oven. While the coffee is dripping and the food is heating, you can be dressing for the day.

And — it is well worth the bit of effort it takes.

For the foods you eat for your morning meal — fruits, eggs, cereals, milk — put a brighter light in your eye, clear your skin, give a new sheen to your hair, improve your mental outlook, and give you a brand new vitality.

Here are some samples of what's possible. It may sound like a day's work to you but it can be done in a jiffy.

**BROILED GRAPEFRUIT**  
French Toast  
Canadian Bacon  
Coffee Tea Milk

**BROILED GRAPEFRUIT**  
Grapefruit halves  
Honey  
Butter

Core, cut around sections of each grapefruit half. Spread each half with 1 tablespoon honey. Place 2 or 3 dots of butter on each half. Place each half in center of aluminum foil; bring up sides; press together over grapefruit. Place in refrigerator overnight.

**FRENCH TOAST**

2 eggs  
1 cup milk  
1 tablespoon sugar  
1 cup sifted all-purpose flour

9 slices day-old bread  
Combine eggs, milk, salt, sugar, beat. Add flour; beat until smooth. Cut bread slices in half diagonally. Trim off crusts if desired. Dip each piece of bread into the batter mixture. Allow excess to drain. Fry a few pieces at a time in deep, hot fat,

minutes or until golden brown. Drain on absorbent paper. Sprinkle each piece liberally on both sides with a mixture of confectioner's sugar and cinnamon.

This breakfast menu takes only 15 minutes in the morning. You can do better than that.

**EGGS BENEDICT WITH DEVILED HAM**  
Fried Apples  
Toasted English Muffins  
Coffee Tea Milk

**EGGS BENEDICT WITH DEVILED HAM**  
8 English Muffins  
2 cans deviled ham  
3 eggs, poached

Night before Split 4 English muffins; toast cut side under broiler. Spread each half with deviled ham. Place muffin halves together, with in square of foil, using double fold over top and each end; refrigerate.

Fried apples may be prepared night before, cooled, placed in foil-lined baking pan; cover with square of foil; refrigerated.

Morning: Preheat oven 375 degrees. Open foil package of English muffins, separate into halves again, place in oven along with fried apples. Bake 15 minutes. While muffins and apples are heating in oven, poach eggs as usual. Toast remaining English muffins. Top each deviled ham muffin with poached egg; serve with fried apples and buttered English muffins.

**FOODS RECOMMENDED DAILY ARE:**

Dairy Foods Milk, cheese, ice cream, and other milk-made foods

Meat Foods Meats, fish, poultry, eggs or cheese - with dry beans, peas, nuts, as alternates.





No joy to wake up to is a breakfast of eggs or cereal prepared in the same way day after day. The same nourishment can come from a novel idea like slightly softened vanilla or fruit flavored ice cream served over ready prepared cereal and topped with succulent fresh or fresh-frozen fruits.

If you always serve dry cereal in a bowl, try it this way: layer cereal with fruit and ice cream in a parfait glass or large tumbler. For still another treat, top shredded wheat biscuits with shredded sharp or mild Che-

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