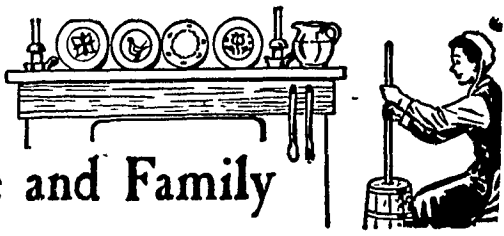


For the Farm Wife and Family



A Lenten Breakfast

By Mrs. Richard C. Spence

The Easter season is a time of triumphant celebration. But long before the time of Christ, a similar celebration was held, joyfully honoring the return of spring. Pagans worshipped their goddess of Spring, Eostre, by eating a special kind of bun. Both the name, Easter, and the custom of eating hot cross buns have evolved from this ancient tradition.

During Lent, let your family share this charming Easter custom by serving delicious spiced Hot Cross Buns. For a special Good Friday breakfast, or any time during Lent, you can serve these Hot Cross Buns with pride because you've

made them yourself.

HOT CROSS BUNS

- 1 stick (½ cup) margarine
- 1 package dry yeast
- ¼ cup warm water
- ¾ cup milk
- ½ cup sugar
- ½ teaspoon salt
- 4 cups sifted flour
- 1 teaspoon cinnamon

¼ teaspoon allspice
¼ teaspoon ground cardamom (optional)
1 egg
½ cup currants

Soften yeast in warm water (105 to-115 degrees). Heat milk in a 3 quart capacity saucepan until bubbling at edges. Add margarine, sugar and salt. Cool to lukewarm. Stir in yeast mixture.

Sift together flour, cinnamon, allspice, and cardamom. Add half of flour to margarine mixture. Beat well. Blend in egg and currants. Add remaining flour and stir to make a soft dough.

Turn dough onto a lightly floured pastry cloth or board. Knead until smooth and elastic. Place in a bowl or saucepan rubbed with margarine. Twist dough to grease surface. Cover and let rise until double in bulk. Punch down, turn, and let rise again.

Divide dough into 24 pieces. Form each into a round bun, tucking edges underneath. Place on a baking

sheet which has been rubbed with margarine. Brush surfaces with slightly beaten egg white. If desired, cut crosses with knife or scissors. Let rise until double in bulk. Bake in a hot oven (400 degrees) 12 to 15 minutes.

Frosting Crosses: Add enough sifted powdered sugar (about 1½ cups to remaining egg white to make a thick frosting. Pipe crosses onto warm buns.

sonings in the cupboard, and a good skillet on the range. Learning to fold or roll an omelet is not much more complicated than turning a pancake. Here is a plain basic omelet recipe for two servings.

FRENCH OMELET

- 1 tablespoon butter
- 4 eggs
- ½ teaspoon salt
- 2 tablespoons cream

Add butter to skillet and place over medium heat until bubbly. Combine egg salt, and cream. Stir until well. Pour into skillet and cook over medium heat until egg is slightly set and some liquid remains on surface. Tilting the pan, lift edges of egg opposite handle with spatula. This allows uncooked egg to run under the edge of cooked mixture. Cover with lid for about a minute to allow surface to become creamy. If filling is used, spread it over the top of the omelet opposite the skillet handle. Tilt pan and

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