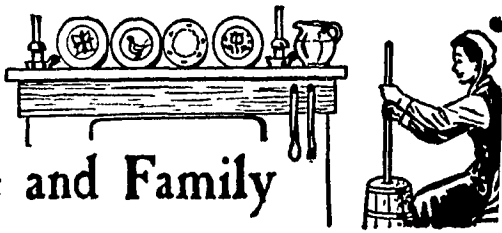


For the Farm Wife and Family



Magic With Breakfast Cereals

By Mrs. Richard C. Spence

The more than three dozen kinds of breakfast cereals include both hot and ready-to-eat varieties. The to-be-cooked cereals include instant, quick-cooking, and regular. Ready-to-eat cereals include regular and presweetened.

Breakfast cereal's multifaceted flavors and forms lend themselves to creative cookery. Recipes that make the most of the special qualities of each individual variety of breakfast cereals include: appetizers, breads, cakes, confections, cookies, entrees, frozen desserts, fruit crisps, muffins, pie crusts, puddings, salads, soups, sandwiches, and vegetables.

Breakfast cereals are excellent for ingredient use in recipes because they are inexpensive, convenient, add flavor and texture, and make

nutritional contributions of protein, important B vitamins, essential minerals, and food energy. Their streamlined ease of preparation makes them ideal convenience foods and their thrifty average cost of about two cents per ounce is a bargain.

Here are some exciting new ingredient uses and serving ideas for breakfast cereals.

APPLE BROWN BETTY

Cereal Topping:
2 cups crushed oblong shredded wheat biscuits
1 cup brown sugar, packed

1/2 cup butter or margarine melted
Filling:
1/2 cup granulated sugar
1 teaspoon cinnamon
1/2 teaspoon salt
1/4 cup chopped pecans, optional
4 cups sliced apples (5 to 6 medium)
1/2 cup seedless raisins
1 tablespoon water

Blend topping ingredients together well. Stir granulated sugar, cinnamon, and salt together and combine with remaining filling ingredients; mix well. Starting and ending with a layer of cereal topping, alternate 3 layers of topping with 2 of fruit filling in a greased-2-quart casserole, 8 1/4 x 2 3/4 inches or baking pan, 11 3/4 x 7 1/2 x 1 3/4 inches. Bake in a moderate oven 350 degrees until apples are tender, 40 to 45 minutes. Serve hot or cold, plain or with milk, cream, or vanilla ice cream. 6 to 8 servings.

BLUEBERRY KUCHEN

4 cups corn flakes
1 cup brown sugar, packed
4 teaspoons cinnamon
1 teaspoon salt
1/2 cup soft butter or margarine
1/2 cup chopped nuts

1 package white cake mix
1 12-ounce package frozen blueberries, defrosted and drained or
1 1/4 cups fresh or canned blueberries, drained
Crush corn flakes fine (until 4 cups uncrushed make 1 1/3 cups crushed). Combine sugar, cinnamon, salt, and butter or margarine. Mix well with pastry blender. Add crushed corn flakes and nuts; blend thoroughly. Prepare package of white cake mix as directed by manufacturer on package label. Sprinkle 1 1/2 cups of crumb mix evenly over bottom of greased and floured oblong baking pan. 13x9 1/2 x 2 inches. Spread batter evenly over crumbs. Sprinkle berries and remaining crumbs evenly over cake batter. Use a knife and fold berries and crumb mixture into cake batter, marble-cake fashion. Bake in moderate oven (350 degrees) until done, 35-40 minutes. Serve hot or cold. Yield: 20-24 pieces.

CHOCOLATE PEPPERMINT PIE

2 tablespoons butter or margarine
1 1/4 cups marshmallow creme

1/4 teaspoon salt
3 cups presweetened corn flakes
1 pint chocolate ice cream
1 pint vanilla ice cream
1/2 cup chopped peppermint candy
Combine butter or margarine, marshmallow creme, and salt in large fry pan. Place over low heat. Stir constantly until mixture is smooth and hot. Add cereal, stir carefully until all cereal flakes are coated. Press mixture gently over sides and bottom of buttered 9-inch pie pan. Chill. Fill with a layer of chocolate ice cream, top with a layer of vanilla ice cream. Smooth top. Place in freezer to become firm. Garnish top with chopped peppermint stick candy.

NOTE: this ice cream pie can be served without freezing.

RAISED CINNAMON PUFFS

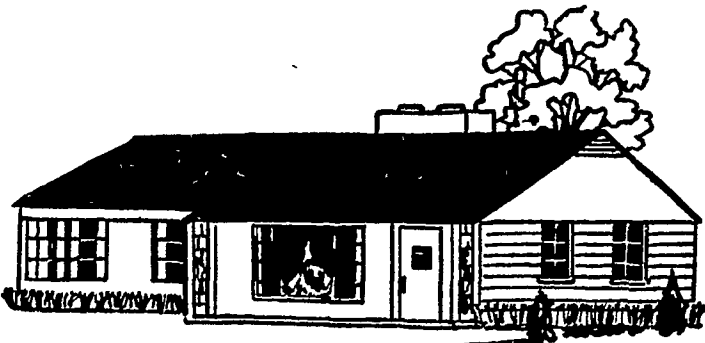
1 cup milk, scalded
1 cup whole bran cereal
1 cup fat
1/4 cup sugar
1 teaspoon salt
1 package yeast, dry or compressed
1 egg, well beaten
2 1/2 cups sifted all purpose flour
(Turn to page 17)

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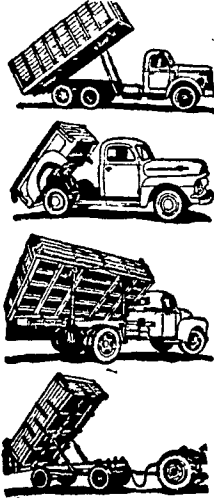


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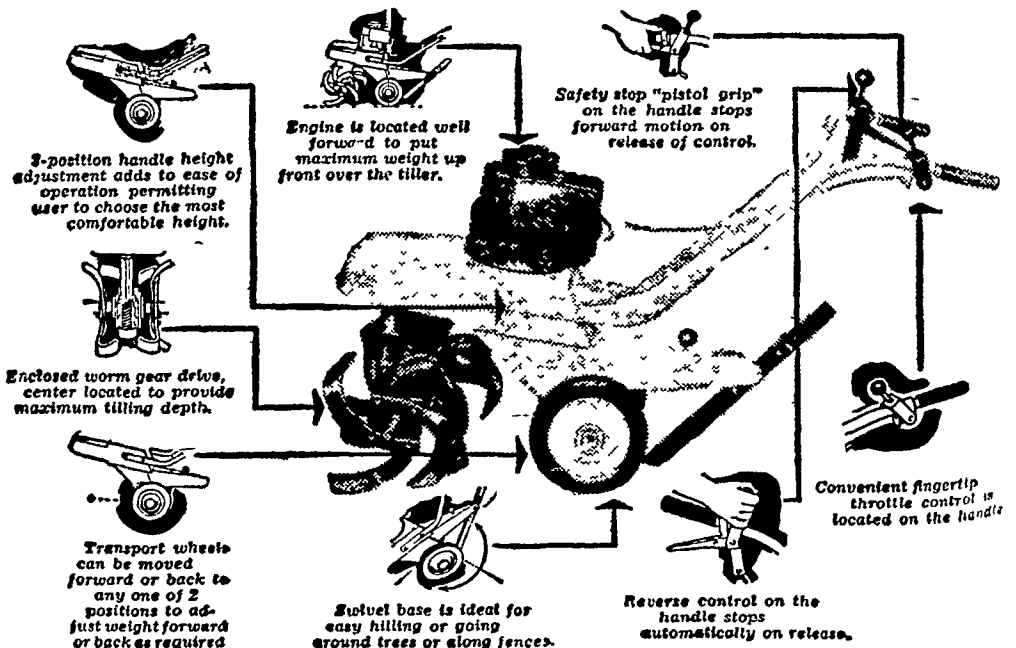
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