

vitamins and minerals needed to build and repair the body and to help keep you healthy; (2) it provides fuel for body energy; (3) it tastes good.

There's no hard and fast rule on how big a breakfast should be. But for most people, particularly children, plan to have a fourth to a third of the day's food at breakfast. Include a good protein food such as egg, meat or milk.

Here are three good breakfast patterns, varying from light to hearty.

1. Fruit, cereal or bread, milk to drink, other beverage if desired.
2. Fruit cereal or bread or both, egg, beverage.
3. Fruit, cereal or bread or both, egg with meat or fish, beverage.

with sliced bananas; serve with chocolate milk.

2. Surround a baked apple with ready-to-eat cereal, sprinkle with flaked coconut; serve with milk.
3. Drain crushed pineapple and whole figs. Cut figs into quarters and mix equal amounts of pineapple and figs together, spoon four tablespoons of fruit mixture into the bottom of the cereal bowl; top with a serving of ready-to-eat cereal; serve with milk.
4. Alternate layers of cinnamon applesauce and ready-to-eat cereal; serve with milk.
5. Blend frozen strawberries and milk to make a thick strawberry milk shake pour over ready-to-eat cereal.

Hot Cereals

1. Top a bowl of steaming hot cereal with cooked and pitted prunes; drizzle with maple syrup; serve with

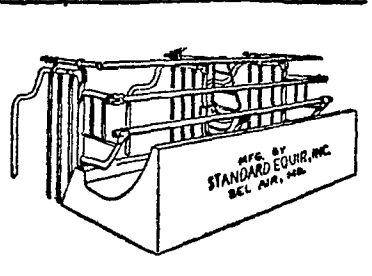
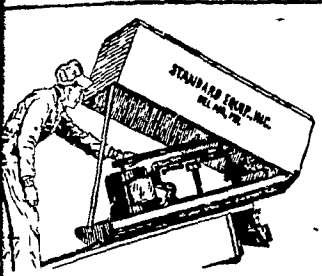
CEREAL SUGGESTIONS

Ready-To-Eat Cereals

1. Top ready-to-eat cereal

BIG SAVINGS!!!!

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2. Blend 2 to 3 tablespoon of apricot marmalade into a bowl of hot cereal, sprinkle generously with flaked coconut; serve with milk.

3. Spread 2 to 4 tablespoons drained, crushed pineapple in bottom of cereal bowl; cover with a generous serving of hot cereal; sprinkle with brown sugar; serve with milk.

4. Blend 2 to 3 tablespoons cranberry jelly into a bowl of hot cereal; sprinkle generously with flaked coconut; serve with milk.

A new product roundup reveals a number of new baby food varieties in the stores, one of which is strained and Junior Cottage Cheese with Bananas.

A favorite salad combination with adults—cottage cheese with bananas—is now available in both strained and junior form. Both versions have a smooth fruit and cheese flavor that is especially appealing to infants and toddlers.

Cottage cheese with bananas, strained or junior, is important nutritionally because it contributes significant amounts of protein and ribo-

flavin. Ingredients of the new product include cottage cheese, sugar, bananas, corn starch, citrus and pineapple juices, milk and mild seasonings.

Jelled in a base of lemon gelatin, this fruit and cheese mixture makes a refreshing salad or dessert for the entire family. The recipe is especially tempting to patients on a soft or bland diet.

BANANA WHIP SALAD

- 1 package (3 ounces) lemon flavored gelatin
- 1 cup boiling water
- 1 cup cold water
- 2 jars strained bananas and Cottage Cheese

Dissolve gelatin in boiling water; add cold water; chill until nearly firm, beat with rotary beater until fluffy; fold in strained fruit and cottage cheese; pour into individual molds. Chill until firm. Unmold onto lettuce. Garnish with vanilla wafer crumbs and a dash of whipped cream, cream cheese or mayonnaise. Makes 4-6 servings. For variety use lime or raspberry gelatin in the same recipe.

Three new juice combinations for baby are on your grocer's shelf now; Strained Orange-Apple-Banana juice, Orange Pineapple juice and Pineapple Grapefruit juice. In addition there is the forerunner of the line, orange juice, with its natural vitamin C. Nutritionists tell us that whether that all-important anti-scurvy vitamin is in natural or synthetic form, it is equally beneficial to baby. Therefore, mother can feel free, after consulting with her doctor, to give baby a choice of these satin smooth, sweet-tasting juices. The contents of one can provides 40 mg. of vitamin C, more than the recommended daily allowance needed to maintain a protective level of this nutrient in the baby's body. There is also Apple-Prune juice with a mild laxative quality just right for baby.

These fruit juices packed in 4 1/4 ounce cans, make ideal snack time treats for all the youngsters in the family. Keep an assortment in the refrigerator, then when the little ones get hungry they can have the choice of flavors.

Here are a few cool-cool ideas that the entire family will enjoy.

FRUIT FIZZ

1 can Strained Fruit Juice (Turn to page 10)

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