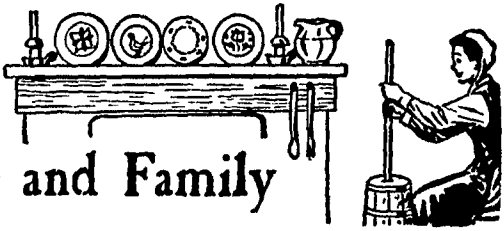


For the Farm Wife and Family



Good Breakfast for a Good Day

My Mrs. Richard C. Spence

Whether you be six or sixty, a good breakfast starts your day off on the right foot. It's as simple as this: eat a breakfast that gives your body what it needs to function at its best. You'll be surprised at how much more pep you will have. Mentally you will be at top performance too.

Why does breakfast make such a difference? After the long night when your body has no chance to "fuel up," it's so necessary to provide the fuel it needs in the morning. Nutritionists say breakfast should give you 1/4 to 1/3 of your daily food needs. It's difficult, in fact, to meet the day's food needs if breakfast is inadequate. That extra 10 minutes in bed isn't nearly as inviting as sitting down to enjoy new taste treats. Have variety in the breakfast menu — choose something from each of the 4 food groups — fruit — vegetable, cereal, meat and milk.

The proteins of milk go a long way to make your breakfast a good one. In addition there's the calcium, phosphorous, other minerals and vitamins of milk to answer your body's needs. You will want to be sure that milk served refreshingly cold or piping hot as cocoa is included in your breakfast menu.

Foods like cheese and cottage cheese that are made

from milk contribute the same nutritional benefits.

Breakfast prepared in the same way may be the key to lack of family response, should your home be one in which this valuable meal is overlooked. Make variety the keynote; spark your breakfast menu with treats that are unusual. Who says breakfast must be monotonous?

Breakfast quick breads are always popular. If you find the morning preparation too time consuming, try measuring the dry ingredients of a favorite recipe in your spare time and, store them in a wide-mouthed

tightly covered jar. Then to bake-off, simply stir in the liquid ingredients and while your bread is baking your hands are free to pack a hearty lunch or prepare the other items of the meal.

Cheese Spice Gems is a recipe that can be partially made ahead. Molasses and buttermilk are stirred into a beaten egg, then added to the dry ingredients along with butter and sharp or mild Cheddar cheese and plump raisins. Cheese makes the difference, and what a taste-worthy difference it makes here.

CHEESE SPICE GEMS

- 2 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1/2 cup molasses
- 1/2 cup buttermilk
- 1 egg, well beaten
- 1/4 cup (1/2 stick) butter, melted
- 1 cup shredded Cheddar cheese
- 1/4 cup chopped raisins or dates, if desired
- Sift together flour, baking

Forget something?



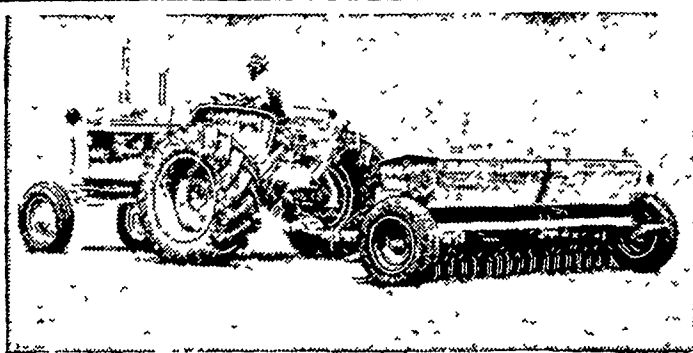
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