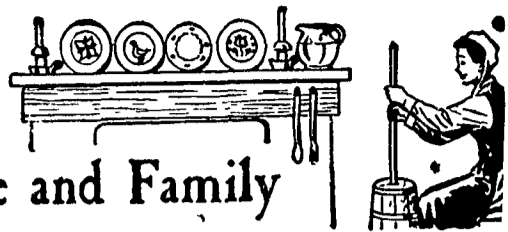


For the Farm Wife and Family



Our Breakfast Heritage

By Mrs. Richard O. Spence

Our early settlers knew well that breakfast was important to maintain an energy that was devoted to a morning of wood chopping, corn planting, cotton picking or gold digging. So from East, West, South and North came traditional breakfast menus, menus spiced with regional flavor that helped make breakfast a favorite meal.

Today we know even more about the importance of breakfast. We know that a morning of classwork, study hall or gym class still requires energy, especially mental alertness. Nutritionists tell us that breakfast should supply at least 1/4 of our daily protein and calorie needs. It has been shown that young people who eat a good breakfast are more alert and accomplish more. Their physical fitness zooms upward.

Even though their fitness could be improved, good looks and figure and a clear skin would be noticeable. An attractive personality and plenty of pep would be assured. Half of our nation's teenagers skimp on breakfast or even skip this important meal.

bed. So it is the homemakers job to make the first meal of the day as interesting and attractive as possible. Here are some suggestions that might help to make that job easier for you.

OATMEAL WITH MAPLE SYRUP

2 cups oatmeal (quick or old-fashioned, uncooked)
1 teaspoon salt
4 cups water

Stir oats in briskly boiling, salted water. Cook 1 minute for quick oats (5 minutes or longer for old-fashioned oats). Stir occasionally. Cover pan, remove from heat and let stand a few minutes. Serve with maple-blended syrup and milk or cream. Makes 4 to 6 servings.

MENU SUGGESTION Baked apple, Oatmeal with maple syrup, Blueberry muffins, milk.

CRISP JOHNNY CAKES

1 cup enriched corn meal
1/2 cup sifted all-purpose flour
1 tablespoon sugar
1 teaspoon salt
1 teaspoon baking powder
1 egg beaten

1 cup milk
Heat griddle to hot (400 degrees). Sift together dry ingredients into bowl. Add egg and milk; mix well. Pour 1/4 cup batter for each cake onto greased preheated griddle. Bake until edges are dry and top is covered with bubbles, about 4 minutes. Turn, bake second side about 4 minutes. Serve warm with butter and maple-blended syrup. Makes 8 cakes.

MENU SUGGESTION Apricot nectar, Crisp Johnny cakes, Sausage links, milk.

CINNAMON STICKY BUNS DOUGH

1 cake compressed or 1 package dry yeast
1/4 cup lukewarm water
1 1/4 cups milk, scalded
1/4 cup sugar
2 teaspoons salt
1/2 cup shortening
2 eggs, beaten
4 1/2 to 5 cups flour
1 1/4 cups rolled oats (quick or old-fashioned, uncooked)

FILLING

1/2 cup firmly-packed brown sugar

2 teaspoons cinnamon
1/2 cup chopped walnuts

Soften yeast in lukewarm water. (Use warm water for dry yeast.) Pour scalded milk over sugar, salt and shortening. Cool to lukewarm. Stir in eggs and 1 cup flour. Add softened yeast and oats. Stir in enough more flour to make a soft dough. Turn dough out on lightly floured board or canvas, knead until smooth and satiny, about 10 minutes. Round dough into ball; place in greased bowl; brush lightly with melted shortening. Cover and let rise in warm place until nearly double in size, about 1 hour. Combine all ingredients for filling; set aside.

Punch dough down; cover; let rest 10 minutes. Grease two 9-inch square pans; pour 1/2 cup light corn syrup into each. Divide dough in half. Roll out half of dough to form an 8x18-inch rectangle. Spread with 2 tablespoons softened butter. Sprinkle with half of filling. Roll up lengthwise as for jelly roll. Cut in 1 1/2-inch slices; arrange in one of prepared

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Two main reasons are given for not eating breakfast. First, weight consciousness. True, a trim figure does depend largely on calories. But breakfast is seldom the calorie culprit. More often it is the snack eaten to ward off midmorning "starvation." Another old heard reason — the "same old thing" for breakfast every morning doesn't provide much motivation for bounding out of

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