Breakfast Heritage

(Continued from Page 15)

cooking 5 minutes more, stiring occasionally. Stir in crushed pineapple and mace. Spoon into cereal dishes and top with a scoop of 'strawberry ice ings. Good served with date

WHEAT GRIDDLE CAKES

- 2 cups sifted flour
- teaspoons baking powder
- teaspoons sugar
- 1 teaspoon salt 14 cup shortening

- shredded wheat biscuits,
- finely crumbled eggs, beaten
- cups milk

Sitt flour, baking powder, sugar and salt together. Cut American cheese. in shortening until tine as meal. Add crumbled shiedded wheat biscuits. Combine eggs cream. Makes about 4 serv- and milk. Pour over dry ingredients and mix only until blended. Let stand 5 minutes. Diop 14 cup batter on lightly greased hot griddle. When cakes putf and bubble turn and brown on other side. Makes 12 to 14 griddle cakes. Serve with cheese-topped sausage patties.

zen sausage meat, partially tening in mixing bowl. (If grees) about 25 minutes. Let thawed, into 6 to 8 slices, melted shortening is used, add stand about 5 minutes before Place slices in a flying pan after buckwheat mix). Add removing from pans. Serve inover low heat. Fry 12 to 15 mix; stir lightly with wire mediately, current side up. minutes, turning frequently, whisk or spoon until batter Makes 12-15 muffins, 2-1/4 Before removing from pan top is fairly smooth. Slightly inches in diameter. with a sprinkling of grated lumpy batter makes light pan-

BLUE OX BURGERS

- 1/2 pound ground beef
- 14 teaspoon salt
- 14 teaspoon sage
- old-fashioned)

tablespoons milk Combine all ingledients; mix lightly. Shape into 6 patties. Place in frying pan; add 1/3 cup water. Cover and cook 5 minutes Pour off disppings, pan-ity slowly at least 15 minutes on each side. Makes 6 patties.

BUCKWHEAT LOGS

2 cups milk

eggs

- tablespoons melted or
- liquid shortening
- 2 cups buckwheat pancake

Cinnamon Butter Topping: 1/8 teaspoon cinnamon and 2 tablespoons sugar. Set aside.

cakes For each pancake, pour 14 cup batter onto hot, lightly greased guiddle Bake to gold-½ pound bulk pork sausage en brown, turning only once. Roll up to resemble logs. Spread with, Cinnamon Topping. Serve with waim syrup. 34 cup rolled oats (quick or Makes 14 to 16 pancakes.

HONEY CURRANT UPSIDE-DOWN MUFFINS

- cups all-bran cereal
- 34 cup honey
- 114 cups milk
- 1 egg, slightly beaten
- 1 cup sitted flour 1 teaspoon baking soda
- 12 teaspoon salt

1/2 cup currants

Combine cereal, 1/2 cup of the honey and milk, let stand until most of moisture is taken medium speed. Add remaining up Stn in eggs Sitt together ingredients and beat 1 minute. clour, soda and salt. Add to Pour batter into greased 8inst mixture, stirring only inch square pan lined with until combined. Put 1 teaspoon paper. Bake in a moderate of remaining honey into bottom of each greased muffin Combine ½ cup butter, sott, cup; sprinkle with about 1 teaspoon currants. Fill about % tull with batter. Bake in

Cut 1-pound package of fro- Place milk, eggs and shor- moderately hot oven (400 de-

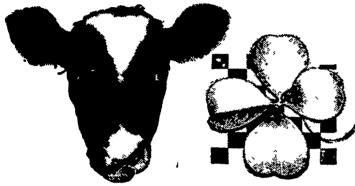
* APPLESAUCE SQUARE

- 1-34 cups sitted cake flour
- 1 teaspoon baking soda
- ½ teaspoon salt 1 cup sugar
- 1/2 teaspoon cloves
- 1/2 teaspoon allspice
- 1 teaspoon cinnamon
- 1/2 cup shortening
- cup sweetened applesauce
- egg
- 1/2 cup chopped raisins

1/2 cup chopped nuts

Sift flour, baking soda, salt, sugar and spices into a large bowl. Add shortening and applesauce. Mix to dampen flour, then beat 2 minutes. With electric mixer use low to oven 375 degrees about 50 minutes. Let stand about 10 minutes; then remove from pan and cool, Frost with Fluffy Frosting.

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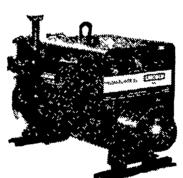
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