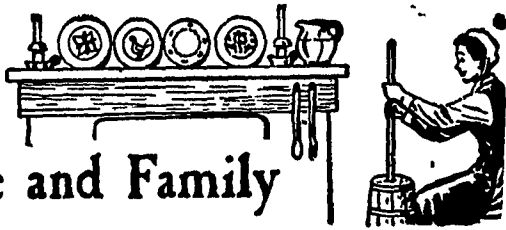


For the Farm Wife and Family



Breakfast—Why? What? For Whom?

By Mrs. Richard C. Spence

Have you ever heard of the "six honest serving-men"—What, Why, When, How, Where and Who? They are very useful employees in telling the breakfast story.

WHAT is breakfast? Dictionary definitions include "the first meal in the day" and a meal after fasting." But most people explain what breakfast is to them in terms of the goodness of the foods associated with this meal—crisp ready-to-eat cereals, cooked cereals, or eggs in any way; the pleasant tartness of citrus fruits; fragrant coffee; hot, buttery breads and toast.

Why is breakfast so important? This initial meal comes after a fast of from eight to 10 hours. Thus it serves a valuable function in restoring the body's resources and providing energy for the busy hours until lunch.

WHEN do you eat breakfast? Strictly speaking, breakfast keeps no hours. To most of us, it is an early morning meal. But we all know the pleasure of the late-morning weekend brunch. And to many "night people" breakfast is an early evening send-off to the night's work.

HOW do we eat breakfast? We're most accustomed to the conventional sit-down breakfast. For variety's sake, however, consider altering break-

fast service occasionally. Try a buffet breakfast, especially nice when family members arise at different times. In fair warm weather, outdoor breakfasts have the appeal inherent to picnics. And on cold or wet days, a breakfast table set near a brisk fire in the fireplace is a wonderful change of pace.

WHERE breakfast is eaten is not always the kitchen or dining room at home. Many people now have breakfast at a school or company cafeteria, and some in a restaurant convenient to their place of business. Whatever the locale, a breakfast worthy of the name should consist of a fourth to a third of one's daily requirements in vitamins, minerals—such as calcium and iron, protein and calories.

WHO needs this sort of breakfast? Every one of us does in order to be fit and alert for the productive hours that follow this vital meal.

Do you like meat or eggs for breakfast? The proteins from animal sources, plant sources or mixed sources are equally effective in maintaining blood sugar above the "fasting" or hunger level in late morning. Thy this perky

cereal and egg combination for a special, sunny breakfast.

POACHED EGGS ON MUFFETS

3 tablespoons butter or margarine
6 muffets (shredded wheat biscuits)
6 poached eggs
Melt butter or margarine in a large frying pan over medium heat. Lightly brown shredded wheat biscuits in the melted butter, turning once. Place shredded wheat on individual serving plates; top each with a poached egg.

Here is a new way to make an omelet. Turn your fry pan into a special omelet pan by the use of foil. Before pouring the egg mixture into your utensil, line it with a sheet of regular or heavy duty aluminum foil, single thickness. Add shortening and cook as usual.

FRENCH OMELET IN FOIL

2 tablespoons melted butter
8 eggs
1 tablespoon cold water
1 teaspoon salt
Dash pepper
Line 10-1/2 inch fry pan with aluminum foil, extending foil up sides of pan, allowing enough to grasp easily. Brush generously with melted butter. Place fry pan over low heat. Combine eggs, water, salt, pepper; beat until just blend-

ed. Four eggs into pre-heated foil-lined fry pan. As mixture starts to set at edge, lift this portion gently with spatula and move the foil so that uncooked portions flow to bottom. When eggs are set and surface is still moist, increase heat to brown bottom quickly. Lift omelet from frypan with extended foil; fold one side over the other; flip onto platter. Makes 4 servings.

Coffee cakes, sweet rolls, muffins—these are all great favorites on a breakfast menu. Just the aroma of any of these goodies baking will be enough to rouse any appetite.

CINNAMON COFFEE CAKE

1-1/2 cups sifted flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 cup soft butter or margarine
3/4 cup sugar
3 eggs, separated
1/2 cup milk
1 cup corn flakes
1 tablespoon butter or margarine
1/4 cup sugar
1/2 teaspoon cinnamon

Sift together flour, baking powder, salt and cinnamon. Blend butter, sugar and egg yolks. Stir in sifted dry ingredients. Add milk, stirring only until combined. Beat egg whites until stiff but not dry; fold into batter. Spread in greased round 9-inch cake

Crush corn flakes slightly; combine with remaining ingredients. Sprinkle evenly over batter. Bake in moderate oven (375 degrees) about 40 minutes. Cut in wedges to serve, 8 servings.

BRAN-ANA COFFEE RING

1 cup whole bran cereal
1/2 cup milk
1 cup thinly sliced ripe bananas
1/4 cup soft shortening
1 egg
1 cup sifted flour
2-1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup sugar
1/4 cup chopped nutmeats
Combine cereal, milk and bananas; let stand until moist
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