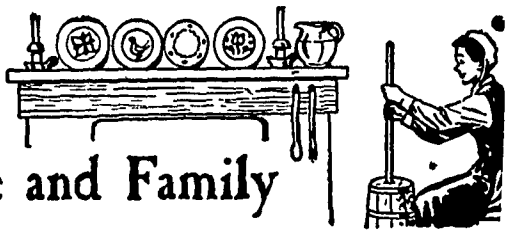


For the Farm Wife and Family



Breakfast Specials

By Mrs. Richard C. Spence



SPENCE

A few minutes preparation in the evening can turn out an oven breakfast ready at the moment you want it. It does take some planning to do oven breakfasts but it can be done. You can set the coffee on a timed outlet, have a fruit juice ready to pour and put other foods in the timed oven at 10 p. m. Cereal, rolls and even hot cocoa will be steaming hot at the hour you want it. Allow forty minutes for a menu that includes baked oatmeal, raisin and nut yeast rolls, stuffed apples and cocoa.

For the cereal, you'll need a 2-quart covered casserole. Use the 1½ cups cereal with 3 cups water but be sure to make this ice cold water. Put the oatmeal, and the

cocoa on the lower rack in the oven when you're ready for it. You'll need a 3-quart casserole for four servings of cocoa. That's a quart of milk, ¼ cup of instant cocoa and a teaspoon vanilla. Leave the lid ajar.

On the middle rack of the oven put the yeast roll dough that has been well chilled in the refrigerator until the 10 p. m. hour. Apples stuffed with grated cheddar cheese and covered with bacon slices go on the same shelf. Put them in a pan with a fourth cup of water. Refrigerate them until it's

time to set the oven.

Set the timer-clock to finish cooking at the hour you desire. Plan 40 minutes for this menu. Never plan to let the food stand in the oven more than 10 hours.

Another menu with stewed apricots, baked eggs in nests of cereal flakes, muffins and cocoa will finish in 30 minutes. Be sure that all foods are thoroughly chilled before they're placed in the oven.

USE MANY WAYS TO PREPARE HOT CEREAL FOR BREAKFAST — On cold days

a hot cereal sets the stage for a good day ahead. If preparing the cereal seems too time-consuming or troublesome perhaps you haven't considered all possible ways of doing it.

You can bake, boil, fry the cereal or cook it the night before. With new quick cooking cereals it takes only five minutes for top-of-stove cooking. The advantage of cooking an oatmeal or other hot cereals is that however you cook them they don't lose food value. To cook the night before, just prepare the cereal in a double boiler, cooking for 2 minutes on direct heat and then 15 minutes over water. Reheat in the morning over boiling water.

With oatmeal you can use the quick cooking variety or the long cooking variety in several top-of-stove methods. The quickest way is to start with boiling water and cook fast, stirring the quick oatmeal about 3 minutes and the other kind about 8 minutes. Cover the pan and let stand off the heat for 5 minutes longer.

Starting with cold water or using half milk and half cold water takes longer. You can use nonfat dry milk solids to give extra protein. Mix 4½ tablespoons nonfat dry milk with 1½ cups rolled oats and stir into 3 cups boiling water to which ¼ teaspoon salt has been added.

When you have leftover oat-

meal pack it into a loaf pan and chill. The next morning you can slice it and pan fry it in fat until its golden brown. Serve with butter and syrup.

BREAKFAST BEVERAGE MAY ADD VARIETY — Often the non-coffee drinker has trouble choosing a nourishing beverage for breakfast. Cocoa and hot chocolate are good choices if you want a hot drink. Don't overlook the possibility of milk, eggnog or other milk drinks if you don't mind a cold beverage. Whole milk, dried milk reconstituted and chilled, or the new sterile concentrated milk mixed with water to give whole milk are all handy to serve. You may even want to make up an eggnog and have it ready for breakfast. The eggs and milk of the eggnog give a good supply of protein so necessary for a good breakfast.

You can save time making hot chocolate if you make up a syrup of the chocolate, sugar, salt and water. Store this and add it to hot milk. You can do the same with a cocoa mixture. Beat the mixture as it heats to prevent a scum from forming.

Other fruit or milk drinks are acceptable for breakfasts if you enjoy them. Just be sure that you aren't serving non-nutrient soft drinks that give only calories.

Protein is essential to a good

breakfast. If you find it difficult to manage time and effort for breakfast you can give yourself protein with a nourishing beverage.

Bacon and eggs have always been natural breakfast go-togethers. When served to the family for breakfast, Mother can be sure of giving her family a good start. Meat makes the meal more nourishing and energy packed. A new twist to the bacon and egg theme for family breakfasts or brunch is to serve the eggs in toast cups. Whether you select thick sliced or thin sliced bacon an easy way to cook bacon for the entire family is in the broiler. Place the separated slices of bacon on the broiler rack. Broil 3 to 5 inches from the heat source turning to cook uniformly. Here our "Peach of a Breakfast" features the eggs with strips of crisp bacon and broiled peach halves.

BROILED PEACH HALVES

- 1 pound sliced bacon
- 3 to 6 peach halves
- ½ cup light brown sugar, packed
- 1 teaspoon flour
- Butter

Combine brown sugar, flour, and butter and blend well. Fill the center of each peach half with this mixture. Place separated slices of bacon on a broiling rack. Broil 3 to 5 in-

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