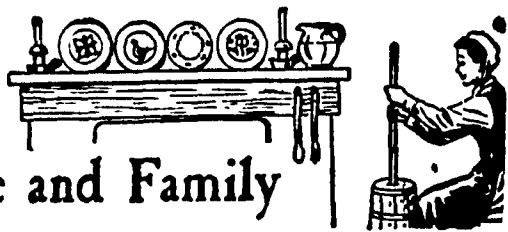


# For the Farm Wife and Family



## Don't Forget Your Breakfast!

By Mrs. Richard O. Spence



SPENCE

It is generally acknowledged that the most important meal of the day is breakfast. Therefore breakfast dishes should be full of wake-up flavor to get everyone ready for the day. Tempt sleepy appetites with these get up and go recipes.

Some lazy summer morning try cooking breakfast on your outdoor grill. For a simple meal prepare apples, crisp brown sausages with eggs and a hot buttery bread. You can fix the apples the night before. Core large baking apples and peel the skin from the upper part. Then fill the centers with orange marmalade and top with chopped nuts and a sprinkle of lemon juice. After you wrap the apples tightly in foil, you can

store them in the refrigerator until you're ready to cook them. They'll need about 45 minutes on the grill over medium heat.

You may fry the eggs over cooked sausage in small foil pans that hold individual servings. Use double thickness of foil to make the pans more firm. It's a good idea to brown the sausage directly on the grill before you fry the eggs over them. If you add a little melted butter to the pans, the sausage and eggs will be easier to remove.

If you want to prepare hot buttery bread, buy an unsliced loaf. Cut it in thick slices down to, but not through, the bottom crust. Place the bread on a large sheet of foil. For a tasty flavor, spread the

bread with softened butter and poppy seeds or sugar and cinnamon. Then wrap the foil around the bread, leaving an opening at the top for steam to escape. As you heat it about 20 minutes on the grill, turn it on both sides for even heating.

### CRISPY FRENCH TOAST AND STRAWBERRY BUTTER

- 3 cups corn flakes OR 3/4 cup corn flake crumbs
- 1 pint strawberries, hulled and washed (one 10-ounce package frozen strawberries, thawed, may be substituted for fresh strawberries; omit sugar)
- 1/4 cup sugar
- 3 eggs, slightly beaten
- 1 1/2 cup cream
- 1/2 teaspoon vanilla flavoring
- 6 slices white bread, cut in halves

If using corn flakes, crush into fine crumbs. Crush strawberries, cover with sugar; let stand about 30 minutes. Drain strawberries, reserving syrup. Combine eggs, cream, vanilla and 1/3 cup of the strawberry

syrup; mix well. Put bread slices in egg mixture; let stand until thoroughly moistened, turning once. Coat both sides of bread generously with corn flake crumbs. Brown bread slices in small amount of heated butter or margarine, in heavy fry pan. Add butter as needed to prevent sticking. Serve immediately, accompanied by Strawberry Butter and sausage links, if desired. 6 servings.

### STRAWBERRY BUTTER

- 1/2 cup soft butter or margarine
  - 2 tablespoons confectioners' sugar
- Crushed strawberries and remaining strawberry syrup
- Whip butter until light and fluffy. Add sugar gradually, beating thoroughly. Add strawberries and syrup gradually, beating thoroughly after each addition. Chill until ready to use.

is with waffles, especially these tasty Savory Waffles.

### SAVORY WAFFLES

- 1 cup 100% bran
- 2 cups milk
- 2 cups sifted all-purpose flour
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- Dash ground black pepper
- 1/4 teaspoon crushed basil
- 1 tablespoon chopped parsley

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