

For The Farm Wife

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cup shortening
cup peeled and chopped
tomato
eggs, separated
1 cup 100% bran in milk
Sift together flour,
powder, salt and pep-
per into mixing bowl. Add
oil and parsley. Cut in
butter until fine as meal.
Add tomatoes. Add to soaked
along with beaten egg
blend thoroughly. Beat
whites until stiff but not
fold into bran batter.
in a hot waffle iron un-
til golden brown. Makes about
waffles. Serve with the fol-
lowing sauce:

EGG SAUCE

cup butter or margarine
tablespoons flour
cups milk
teaspoon salt
teaspoon ground black pep-
per
teaspoon Worcestershire
sauce
teaspoons prepared mus-
tard
chopped hard-cooked eggs

1/2 cup butter or margarine in
saucepan Blend in flour.
Gradually blend in milk, stir-
ring constantly until sauce
thickens and boils. Stir in salt,
pepper, Worcestershire sauce

and mustard. Simmer gently
for 2 to 3 minutes to allow
flavors to blend. Stir in chop-
ped eggs. Heat and serve over
Savory Waffles. Makes about
2 1/2 cups sauce.

Sandwiches for breakfast?
Most certainly when they are
made with shredded wheat.

SHREDDED WHEAT SANDWICHES

4 shredded wheat biscuits
1/4 cup softened butter or
margarine
8 teaspoons orange marmalade
1 cup commercial sour cream
Ground nutmeg

Split shredded wheat bis-
cuits in half lengthwise. Spread
each piece with softened but-
ter or margarine, 1 teaspoon
marmalade and 2 tablespoons
sour cream. Sprinkle with nut-
meg. Stack two pieces together.
Place on an ungreased baking
sheet and place under a pre-
heated broiler about 10-inches
from source of heat and broil
5 to 6 minutes. Serve immedi-
ately. Makes 4 servings.

CRANBERRY SYRUP FOR BREAKFAST FRUITS

1 cup cranberry juice cock-
tail
1 cup sugar
Boil ingredients together
until slightly thickened, about
15 minutes. Let cool. The

syrup will thicken more on
cooling. Makes 1 cup. Excel-
lent to spoon over grapefruit
halves, fresh fruit cup, waf-
fles or pancakes.

OTHER SUGGESTIONS FOR CRANBERRY JUICE: Try soaking assorted dried fruit in cranberry juice cocktail overnight. The cranberry juice permeates the fruit and no cooking is required. The juice thickens as the fruit soaks in it, too.

For a refreshing breakfast beverage, mix cranberry juice half and half with pomegranate, apricot nectar, orange juice or pineapple juice. All kinds of mixed fruit juice combinations are possible.

Children just love this extra special breakfast treat — cream of wheat cereal made with milk, raisins, apricots, pecans and a hint of cinnamon.

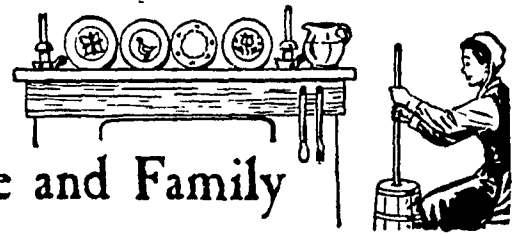
CEREAL SURPRISE BREAKFAST

3 cups milk
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 cup dark raisins
1/2 cup quick cream of wheat cereal
1 cup coarsely chopped pecans
1 1-pound, 1-ounce can apricot halves, drained and chopped

Bring milk, salt, cinnamon and raisins to a rapid boil. Slowly sprinkle in quick cream of wheat cereal, stirring constantly while mixture thickens. Stir in pecans and apricots. Lower heat and continue cooking 5 minutes longer. Serve immediately with brown sugar and milk. Makes 6 servings.

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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Doris Thomas, Extension Home Economist

Terms You Should Know About Glass

Lead or flint glass is a clear and sparkling glass with a brilliant ring when you strike it.

Rock crystal is often used by glass manufacturers to denote a polished cutting on high-quality glass. However, the term so used is misleading, because rock crystal is actually a semi-precious stone.

Hand-blown glass is the name applied to glassware made when air is blown into a bubble of molten glass. This glass is shaped by the glass blower's hands and the control of his own breath. The process is used in making fine stemware.

Hand-pressed glass results when the molten glass is pressed into a cast iron mold where it is shaped and patterned at the same time. The mold gives its shape to the flexible glass. This method is used for intricate shapes and decorations in glass.

Machine-made glass is what its name implies — glass made by machine instead of individual craftsmen. The machines cannot duplicate the artistry and craftsmanship of the hand process of shaping and decorating, but they do an attractive job. Machines are used for quantity production of tumblers and tableware.

Some Buying Guides for Fresh Fruits and Vegetables. Large size fruits and vegetables may not be of the best



THOMAS

quality nor are they always economical. Large size products may appear to be bargains but may not be suited for the way you plan to use them.

Watch for full measure. Small fruits and sometimes small vegetables are sold by measure in various types of containers. These containers may contain a slack pack, or

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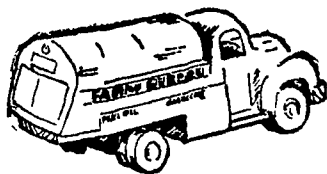
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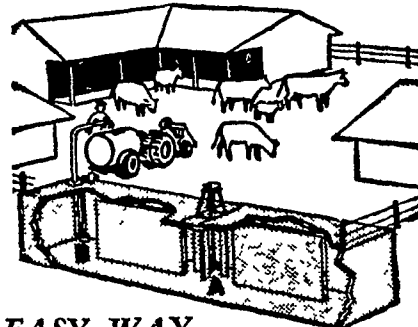
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