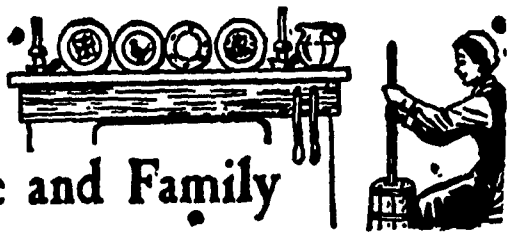


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Join The Energy Train



SPENCE

Going without breakfast is like riding a train without having a ticket. You are not likely to make it to your destination. The body may not be able to accomplish the work planned for the morning without the energy from a protein breakfast.

Breakfast means just what it sounds like; breaking a 10 to 12 hour fast. Body energy is at a low ebb. If more is not supplied, body tissues will be burned up in trying to meet the deficiency. Food is needed to help the body recover from the night and prepare for the day ahead.

Breakfast skippers are either just plain lazy or they think breakfast is fattening! Either way, many of these wind up grabbing

a candy bar or coke later in the morning or overeating at a noon which is more fattening and harder on body functioning than a good breakfast.

Morning is a time of day when most people do a lot of hard work and their body needs a share of protein, sugar, and other nutrients for energy and efficient functioning.

Breakfast can be simple. The big word is plan. For example, one may do something the night before such as set the table or prepare part of the food. Studies show a high percentage of people eating inadequate breakfasts and teenage girls have the poorest breakfasts of all. These skippers lack zip in their work and studies. Many believe it is just as well to skip breakfast as to

If your family likes pancakes for breakfast, serve them pancakes with Orange Sauce.

PANCAKES WITH ORANGE SAUCE

- 1 cup sugar
- 2 tablespoons cornstarch
- 1 teaspoon salt
- 1 cup water
- 2 tablespoons butter
- 1 can orange juice concentrate

Instead of the usual liquid in your favorite pancake batter, use reconstituted orange juice. Prepare 4 pancakes per serving. Spread each with whipped cottage cheese, stack and add a ladleful of Orange Sauce.

To prepare the sauce, combine in a saucepan sugar, cornstarch and salt. Blend well and slowly stir in the water. Add butter. Bring to boil. Reduce heat and continue cooking, stirring constantly until mixture thickens. Remove from heat and add 1 can orange juice concentrate. Blend well. Serve warm or chilled.

This sausage and egg scramble make a simple breakfast dish without so much as a skillet to wash

SAUSAGE AND PARSLEY EGG SCRAMBLE

- ½ pound brown 'n serve sausage links
- 2 ounce can mushrooms, stems and pieces, drained
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- ¼ teaspoon pepper
- 10 eggs, well beaten

Combine mushrooms, parsley, salt, and pepper with eggs. Pour into 5 individual shallow baking dishes. Place 2 sausage links in the center of each dish. Bake in slow oven (325 degrees) 12 to 15 minutes. 5 servings.

BANANA CRUNCH

- ½ cup light brown sugar, firmly packed
- ¼ cup chopped walnuts
- ½ teaspoon ground cinnamon
- 4 all-yellow bananas
- ½ cup honey
- 4 shredded wheat biscuits, finely rolled (about 1½ cups crumbs)
- Milk or cream

Combine first three ingredients. Cut bananas in half lengthwise and crosswise. Brush generously with honey. Roll in crumbs, coating heavily. Place in a greased baking dish. Sprinkle with nut mixture. Bake in a preheated hot oven (425 degrees) for 10 minutes. Serve warm with milk or cream. (If desired, prepare the night before and refrigerate. Bake in the morning.) Makes 4 servings.

BATTER-DIP TOAST

- 1 cup pancake mix
- 2 eggs
- 1 cup milk
- 1½ teaspoons cinnamon
- 12 slices day-old bread
- Applesauce

Place pancake mix, eggs, milk and cinnamon in bowl. Beat with rotary beater until smooth. Dip slices of bread into batter; drain. Bake on lightly greased preheated griddle (350 degrees) or pan-fry in butter in fry pan over medium heat until golden brown, turning only once. Serve with warm applesauce. Makes 8 servings.

SAUSAGE FRIED MUSH

- 1 pound pork sausage meat
- 1 cup apple juice
- 1 cup corn meal
- 2 tablespoons all-purpose flour
- 1½ teaspoons salt
- 3 cups boiling water

Pan-fry pork sausage meat until thoroughly cooked. Drain

well on absorbent paper. Combine apple juice, corn meal, flour and salt; slowly pour into boiling water, stirring constantly. Cook until thickened, stirring frequently. Cover; continue cooking over low heat 5 minutes, stirring occasionally. Add drained pork sausage; mix well. Pour into an 8½x4½x2½ inch loaf pan. Cool slightly; cover with waxed paper or aluminum foil and chill several hours or overnight. Cut chilled mush into 12 slices. Fry on light-

CORN BREAD WAFFLES

WITH APRICOT SAUCE

- 1 cup apricot preserves
- 1 cup water
- 2 tablespoons cornstarch
- ¼ teaspoon ground mace
- ¼ cup butter or margarine
- 1 (15-ounce) package corn bread mix

(Continued on Page 11)

• TOYS • GIFTS

• APPLIANCES

USE OUR LAY-AWAY PLAN

STORE HOURS — 7 to 5:30

Open Thurs. & Fri. Eve. 'til 9

Groff's Hardware

New Holland, Pa.

Ph. 354-0851



NOW! you get a

A DOUBLE-BED ELECTRIC BLANKET FREE

when you buy a Flameless ELECTRIC CLOTHES DRYER

Offer available only to PP&L customers who purchase a Flameless electric clothes dryer from a participating appliance dealer between Oct. 18 and Dec. 11, 1965.



PENNSYLVANIA POWER & LIGHT COMPANY

Check with Farm Credit first for a Farm Mortgage

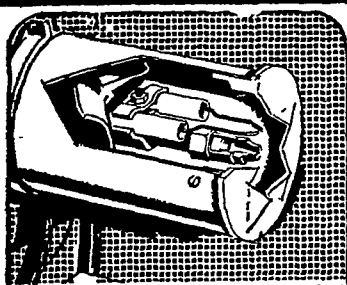
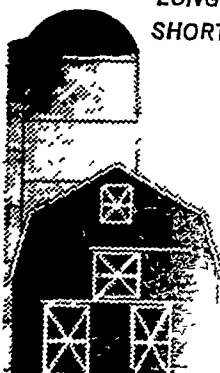
Farm Credit Mortgage Loans are tailored to the farmer's needs. Long term . . . up to 40 years. Payments scheduled to coincide with income. Early pay-off without penalty. Transferable in event of sale.

LONG TERM LAND BANK MORTGAGE LOANS
SHORT TERM PRODUCTION CREDIT LOANS

Farm Credit ASSOCIATIONS

411 W. Roseville Rd., Lancaster
Ph. 393-3921

Agway Building, Lebanon
Ph. 273-4506



(Cutaway drawing)

MORE HEAT! LESS OIL!

...with Texaco's new Jet Flame Booster installed on your present oil burner.

This new flame-control development mixes oil and air scientifically to form a compact flame that burns cleanly and completely. Tests in homes proved it can increase burner efficiency by as much as 42%.

Give us a call. We'll analyze your burner's performance and tell you what the Texaco Jet Flame Booster can do for your home, big or small. No obligation, of course.



We Give S & H Green Stamps

Garber Oil Co.

Distributor
Texaco Fuel Chief Heating Oil
105 Fairview St.
MOUNT JOY, PA.
Ph. 653-2021