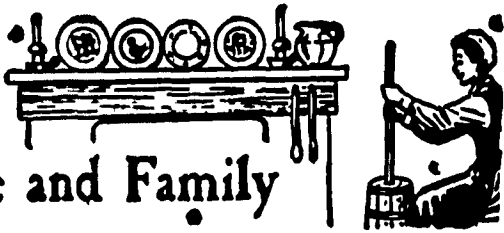


# For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

## BREAKFAST TREASURES



SPENCE

Here are some sparkling, fresh ideas that can make breakfast a happily anticipated treat every morning. A breakfast that supplies a fourth to a third of the daily food requirements can help you breeze through the morning without mid-morning hunger pangs or a letdown in efficiency and alertness.

With the aid of new convenience foods, breakfast can be prepared in amazingly few minutes. And planning ahead saves many precious early morning minutes.

There's no need, either, to serve the same foods prepared in the same way each morning as you can see in the preparation of oatmeal in either of these two ways.

**ICE CREAM CROWN OATMEAL**  
2 cups oatmeal (quick or old-fashioned)  
1 teaspoon salt  
4 cups water

**FLAKY OATMEAL** Stir oats, salt and cold water in oats into briskly boiling salt-pan. Bring to a boil, cook as ed water Cook 1 minute for above.

quick oats, stirring occasionally. Cook 5 minutes or longer for old fashioned oats. Cover pan, remove from heat and let stand a few minutes.

**CREAMY OATMEAL:** Put

Top each serving of oatmeal with a scoop of fudge royale or other ice cream, salted peanuts, cinnamon-sugar, sliced bananas, maple syrup or sundae toppings. Makes 6 servings.

Corn meal mush is an old breakfast favorite that can be a main dish or an accompaniment for breakfast meat.

### HIDDEN TREASURE MUSH

3 cups water  
1 1/4 cups corn meal  
1 1/4 teaspoons salt  
3/4 cup nonfat dry milk solids  
2 cups cold water  
1 egg, beaten

Bring the 3 cups water to a boil. Combine corn meal, salt, dry milk solids and cold water. Slowly stir into boiling water. Cook until thickened, stirring constantly. Cover; cook over low heat 5 minutes, stirring frequently. Remove from heat. Add a small amount of mush to egg. Slowly stir egg into mush. Pour mush into an 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan; cool about 25 minutes. Cover with waxed paper or plastic wrap. Refrigerate several hours or overnight. Cut chilled mush in 12 slices. Pan-fry slowly in butter in cast-iron skillet, turning only once. Serve with syrup. Makes 6 servings.

Another way with corn meal mush—

### LAZY MAPLE BACON AND FRIED CORNMEAL MUSH

1 pound maple-cured bacon  
3 cups water  
1 cup yellow cornmeal  
1 teaspoon salt  
1 cup cold water

Heat 3 cups water to boiling. Blend cornmeal, salt, and cold water together. Stir into the boiling water. Cook, stir-

ring frequently, until thickened. Cover and continue cooking over low heat for 10 minutes. Pour into a 9 1/2 x 5 x 3-in. loaf pan. Chill. Cook bacon as suggested on package. Save the drippings. Cut cornmeal mush into 1/2 inch slices and pan-fry in bacon drippings. Serve hot with bacon and blueberry syrup.

2 cans (11-oz.) condensed cheese soup  
1/2 cup milk  
2 packages (3 1/2-oz.) dried beef, cut in pieces  
4 hard-cooked eggs, sliced

Prepare cornbread according to package directions. Pour batter into foil contained in package if there is one. Do not grease pan. If no pan is available with package use 8-inch square cake pan. Bake in hot oven (425 degrees) about 20 minutes. Cut in 6 pieces; split each piece horizontally. Broil a few minutes until golden (Continued on Page 15)

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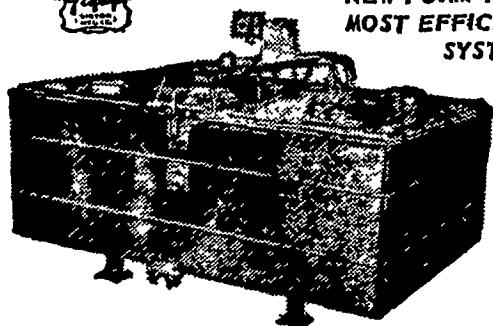
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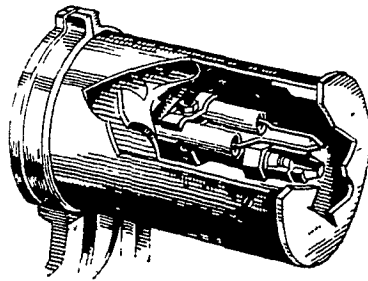


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