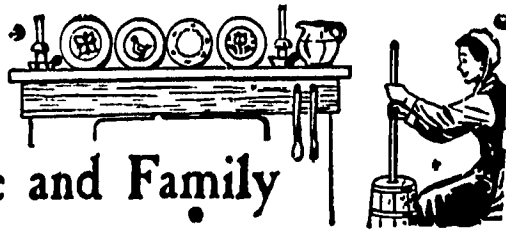


# For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

## Breakfast Isn't Really So Bad!



SPENCE

Breakfast can be a problem, with everyone in a hurry. Father wants to dash for work, the kids gulp a bowl of cereal, teenagers like to skip breakfast entirely, and mother's too busy to manage more than a cup of coffee. That's no way to start the day. Nutritionists say the best way to be sure your family gets a balanced diet is to include 1/4 to 1/2 of the essential foods in breakfast. If you make breakfast a special meal at your house, you'll encourage your family to better eating.

This menu starring Cheese Baked Egg Cups can be baked in just 20 minutes. Serve with plain or cinnamon toast, the latter can be made quickly by broiling it with plenty

of butter, sugar and cinnamon. be fruit, such as sliced bananas. There's bacon in the egg cups, anas in orange juice, plus milk so the rest of the meal could or hot chocolate.

### CHEESE BAKED EGG CUPS

- 6 slices bacon
- 4 slices toast
- Melted butter
- 4 eggs
- Salt and pepper
- 1/2 cup shredded Cheddar cheese

Partially fry bacon. Cut toast rounds to fit bottom of muffin cups. Brush with melted butter. Line sides of each muffin cup with 1 1/2 strips of bacon. Break eggs, one at a time, into custard cup and slip onto toast ring; season with salt and pepper. Top each egg with 2 tablespoons cheese. Bake in preheated 325 degree oven for 20 minutes or to the desired firmness. Remove from pan carefully with spatula; serve at once. Serves 4.

### CINNAMON TOAST

To prepare cinnamon toast, toast one side of bread. Brush the untoasted side with melted butter; sprinkle with a mixture of sugar and cinnamon; broil for 2-3 minutes or until top is brown and bubbly.

### ORANGE BUTTER SPREAD FOR TOAST

- 1/4 cup (1/2 stick) butter
- 1 cup confectioners sugar
- 1 tablespoon grated orange rind
- 1 tablespoon orange juice
- 8 slices bread

In a small mixing bowl cream butter; gradually add confectioners sugar and beat until light and fluffy. Blend in orange rind and juice. Toast bread on one side; spread mixture on untoasted side; broil until spread melts and begins to bubble. 1/2 cup spread.

### OVEN-BAKED PANCAKES WITH SAUSAGE

- 2 packages brown 'n serve' sausage links
- 2 eggs
- 1 cup milk
- 1 1/4 cups sifted flour
- 3 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 2 tablespoons melted shortening

Beat the eggs with rotary beater until light and fluffy. Combine with the milk. Sift together the flour, baking powder, sugar and salt. Add the dry ingredients and shortening to the milk mixture. Beat until the batter is smooth. Pour into baking pans (8-inch) rubbed with shortening. Arrange sausage links on the batter, spoke fashion. Bake in a very hot oven (450 degrees) for 15 minutes. Cut each pan into five wedges and serve hot with butter and syrup.

### SMOKED HAM AND ORANGE MARMALADE OMELET

- 1 package thinly sliced smoked ham
- 2 tablespoons butter
- 3 eggs
- 2 tablespoons milk
- 1/8 teaspoon salt
- 2 to 3 tablespoons orange marmalade
- 1/2 stick (1/4 cup) butter, melted
- 1 tablespoon lemon juice
- Powdered sugar

Add butter to skillet and place over medium heat until bubbly. Combine eggs, milk, and salt. Stir until well mixed. Pour into small skillet and cook over medium heat until

egg is slightly set and some liquid remains on the surface. Tilting the pan, lift edges of egg opposite handle with spatula. This allows uncooked egg to run under the edge of cooked mixture. Cover with lid for about 1/2 minute to allow surface to become creamy. Spread orange marmalade over surface of omelet. Tilt pan and roll omelet onto hot platter. Surround with sliced smoked ham. Serve with warm melted butter seasoned with lemon juice and sprinkle with powdered sugar. 2 servings.

### CONFETTI

#### SCRAMBLED EGGS

- 1/4 cup (1/2 stick) butter
- 1/4 cup chopped green pepper
- 2 tablespoons chopped onion
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups milk
- 1 dozen eggs, slightly beaten
- 1/4 cup chopped pimiento

In large skillet melt butter; saute green pepper and onion. (Continued on Page 4)

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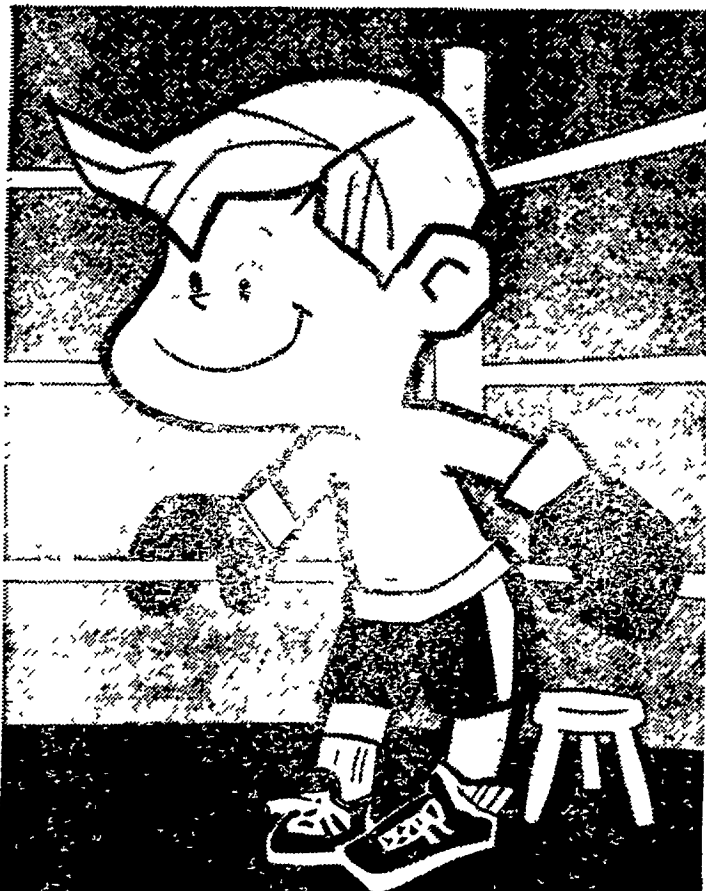
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