



**FOR THE  
FARM  
WIFE  
AND  
FAMILY**

**Back-To-Breakfast Time**

by Mrs. Richard C. Spence

Back-to-school time means back-to-breakfast time—a good nutritious breakfast that supplies at least one-fourth of your daily food needs. This is necessary to do a good job at school.

It doesn't have to be a conventional breakfast to be nutritious. We all know that cereal, milk and fruit provide protein and a variety of vitamins and minerals. So does bacon, eggs and toast. But maybe your children would like a change.

If it means the difference between eating and skipping breakfast, try something new for that morning meal. If your youngster begs for a peanut butter and jelly sandwich plus last night's vanilla pudding, let him eat it. If you add an apple, peach or orange he'll have an adequate meal. If he wants leftover spaghetti and meatballs—well, why not?

A hot bowl of soup could be very tempting on a cool morning. And what child would turn down a hamburger or hot dog with all the trimmings? For add-

ed vitamins include a slice or two of fresh tomato.

You'll find fruit, tomatoes and melons to be good sources of vitamins and minerals. And they taste good, especially if someone wakes up feeling not very hungry. A fruit or vegetable salad will be just as nutritious as the more conventional breakfast glass of juice.

You can eat an egg salad sandwich and get the same food value as if you had eaten a fried or poached egg plus two slices of toast. A lean meat, tuna salad or cheese sandwich are good substitutes for bacon and toast. And it takes less time to prepare.

If mother works, every minute counts in the morning. Youngsters are usually in a rush on school mornings, too. To save time, get juice or fruit ready the night before and set the table before you go to bed. Keep on hand ready-to-eat foods or those that take little preparation.

Pre-cooked sausage and ham need only a few minutes to heat through. Even oatmeal is instant these days.

Try waffles, pancakes, French toast, hot biscuits, toasted cornbread or sweet rolls to break the monotony of cereal or bread. Serve ice cream on cereal for a special treat.

As a last resort, on those days when your youngster—or you—can't find even 15 minutes for a sit-down breakfast, try the instant meal-in-drink. You can make your own—far less expensively—by adding a raw egg and your favorite seasonings to milk. Try nutmeg, chocolate or even strawberry jam. Beat until frothy and refrigerate. This drink will keep two or three days in the refrigerator.

Whatever breakfast is your favorite, just be sure your children—and you and your husband—start the day right. Eat a balanced breakfast with protein, minerals, vitamins and calories.

You'll feel better all day long.

You should find something in the following recipes that fits your personal taste and your own busy schedule.

**SUNBURST  
INSTANT OATMEAL**

- 1 packet (1 oz.) instant oatmeal
- 3/4 cup boiling water
- Peach slices, fresh, canned or frozen, thawed
- Brown sugar

Empty packet into a bowl. Pour boiling water over oatmeal. Stir until blended. (For thinner oatmeal, add a little more boiling water. For thicker oatmeal, a little less.)

Arrange peach slices on oat-

meal to form a pinwheel. Spoon 1 brown sugar into the center of pinwheel. Serve with milk. Makes 1 serving.

**RAREBIT REVEILLE**

- 1 10 3/4 oz. can condensed cheddar cheese soup
- 1/2 cup milk
- 1/4 teaspoon dry mustard
- 1/4 teaspoon Worcestershire sauce
- 1 9-ounce package frozen waffles
- 12 bacon slices, cooked and drained

Combine soup, milk, mustard and Worcestershire sauce in a saucepan. Heat thoroughly, stirring occasionally, until smooth. Prepare frozen waffles in toaster or oven according to package directions. For each serving, place two waffles on a plate. Top with two bacon slices and hot cheese sauce. Sprinkle with paprika. Makes 6 servings.

**PUMPKIN PANCAKES**

- Apple Topping:
- 4 cups peeled and sliced cooking apples
  - 1/2 cup water
  - 1/4 cup sugar
  - Dash salt

- Pancakes:
- 1 cup pancake mix
  - 2 teaspoons pumpkin pie spice
  - 1 cup milk
  - 1 egg

- 1 tablespoon melted or liquid shortening
- 3 pork sausage links, cooked and drained

For topping, place apples, water, sugar and salt in medium-sized saucepan. Bring to a boil. Reduce heat; cover and cook over medium-low heat about 15 minutes or until apples are soft, stirring occasionally.

For pancakes, combine pancake mix and spice in medium-sized bowl. Add milk, egg and shortening. Stir lightly until batter is fairly smooth. For each pancake, pour about 1/4 cup batter onto hot, lightly greased griddle to make 8 pancakes. Turn pancakes when tops are covered with bubbles and edges look cooked. Turn only once.

To form "pumpkins", brush each pancake with melted butter; stack 2 pancakes. Place a sausage link and parsley sprig at top of pancakes to form "stem". Serve pumpkin-pancakes with hot Apple Topping and remaining sausage links. Makes 4 servings.

**MAPLE SPELLBREAKER**

- 1/4 cup boiling water
- 1/4 cup cocoa
- 2 quarts milk
- 1 cup maple syrup

Add boiling water to cocoa in a large bowl or pitcher. Slowly add milk, stirring to combine. Add syrup. Beat with rotary beater until foamy. Top each

(Continued on Page 20)

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