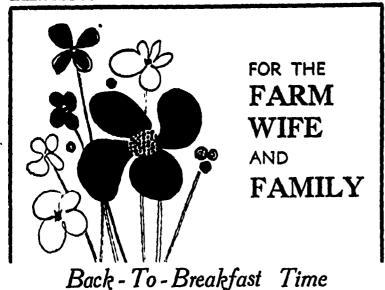
14-Lancaster Farming, Saturday, October 12, 1968



by Mrs. Richard C. Spence

plies at least one-fourth of your they taste good, especially if calories. daily food needs. This is neces. someone wakes up feeling not

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

If it means the difference between eating and skipping breakfast, try something new for that morning meal. If your voungster begs for a peanut butter and jelly sandwich plus last night's vanilla pudding, let him eat it If you add an apple, peach o, 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-

RBB

two of fresh tomato.

s. ry to do a good job at school, very hungry. A fruit or vegetable salad will be just as nutribreakfast glass of juice.

You can eat an egg salad sand- own busy schedule. wich and get the same food valve as if you had eaten a fried or poached egg plus two slices of toast. A lean meat, tuna salad 1 cheese sandwich are good

01 substitutes for bacon and toast 3/1 And it takes less time to prepare.

If mother works, every minute counts in the morning. Youngsters are usually in a

instant these days,

Try waffles, pancakes, French toast, hot biscuits. toasted cornbread or sweet rolls to break the monotony of cereal or bread. 1 Serve ice cream on cereal for a special treat.

As a last resort, on those days 3/4 when your youngster — or you 3/1 - can't find even 15 minutes for a sit-down breakfast, try the 1 instant meal-in-drink. You can make your own — far less ex- 12 pensively — by adding a raw egg and your favorite seasonings to milk. Try nutmeg, chocolate or even strawberry jam. Beat and Worcestershire sauce in a uptil frothy and refrigerate, saucepan. Heat thoroughly, stir-This drink will keep two or ring occasionally, until smooth.

ed vitamins include a slice or favorite, just be sure your chil- directions. For each serving, nutritious breakfast that sup- of vitamins and minerals. And tein, minerals, vitamins and paprika. Makes 6 servings.

> You'll feel better all day long. 森 4,1 \$

You should find something in Apple Topping: tious as the more conventional the following recipes that fits 4 your personal taste and your

SUNBURST INSTANT OATMEAL

packet (1 oz.) instant oat- Pancakes: meal

cup boiling water Peach slices, fresh, canned or frozen, thawed **Brown** sugar

Emply packet into a bowl rush on school mornings, too Pour boiling water over oatmeal To save time, get juice or fruit Stir until blended (For thinner

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aration. Pre-cooked sausage and meal to form a pinwheel. Spoon 1 ham need only a few minutes to brown sugar into the center of heat through. Even ontmeal is pinwheel. Serve with milk. \$ Makes 1 serving.

. . RAREBIT REVEILLE

- 10% oz. can condensed cheddar cheese soup
- cup milk
- tesspoon dry mustard teaspoon Worcestershire

sauce 9-ounce package frozen

waffles bacon slices, cooked and drained

Combine soup, milk, mustard three days in the refrigerator. Prepare frozen waffles in toast-Whatever breakfast is your er of oven according to package

PUMPKIN PANCAKES

- cups peeled and sliced cooking apples
- cup water 1,-
- cup sugar
- Dash salt

egg

1

cup pancake mix teaspoons pumpkin pie spice cup milk

tablespoon melted or liquid , shortening

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 pan. cake mix and spice in medium. sized bowl. Add milk, egg and shortening. Stir lightly until batter is fairly smooth. For each pancake, pour about ¼ 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.

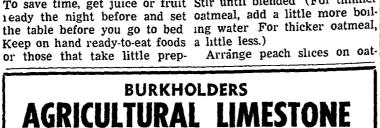
To form "pumpkins", brush each pancake with melted butter; stack 2 pancakes. Place a dren — and you and your hus- place two waffles on a plate. Top ter; stack 2 pancakes. Place a tomatoes bend — start the day right. Eat with two bacon slices and hot start the day right. b.ck-to-breakfast time - a good and melons to be good sources a balanced bleakfast with pro- cheese sauce Sprinkle with at top of pancakes to form "stem". Serve pumpkin-pau-cakes with hot Apple Topping and remaining sausage links Makes 4 servings.

MAPLE SPELLBREAKER

- 1/4 cup boiling water
- cup cocoa 14
- quarts milk 2 1
- cup maple syrup

Add boiling water to cocoa is 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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