



FOR THE
FARM
WIFE
AND
FAMILY

BREAKFAST DELIGHTS

By Mrs. Richard C. Spence

Breakfast can be groovy: you don't have to stick to traditional breakfast foods. But nutrition is the key to breakfast planning. The morning meal should provide 1/4 to 1/3 of the day's nutrients, balanced between the Four Food Groups: Foods from the fruit and vegetable group, bread and cereal group, and milk and milk products group. Each should be included each morning. For variety, add meat or an egg to the basic menu.

Now that school has started it is especially necessary to serve a nutritious and invigorating breakfast. Here is a quick and easy way with oatmeal.

- HAPPY OATMEAL**
- 6 packets (1 ounce each) instant oatmeal
 - 4 1/2 cups boiling water
 - 6 tablespoons sugar
 - 1 can (11 ounces) mandarin orange segments, drained
 - 1 can (8 1/2 ounces) crushed pineapple, drained

Raisins
Maraschino cherries

For each serving of oatmeal, empty 1 packet into a serving bowl. Pour 3/4 cup boiling water over each bowl of oatmeal. Stir until well blended. (For thinner oatmeal, add a little more boiling water. For thicker oatmeal, a little less.)

Stir in 1 tablespoon sugar, 1

heaping tablespoonful of mandarin orange segments and 1 heaping tablespoonful of crushed pineapple. Garnish with raisins and maraschino cherries. Serve with milk. Makes 6 servings.

**INDIAN SUMMER
FRIED MUSH**

- 3 cups water
- 1 cup enriched corn meal
- 1 teaspoon salt
- 1 cup cold water
- 1/4 cup bacon flavored bits

Heat water to boiling in large saucepan. Mix cornmeal and salt with cold water. Pour into the boiling water, stirring constantly. Bring to boil, cook until thickened, stirring frequently. Cover, continue cooking over low heat 5 minutes or longer. Add bacon bits. Stir until thoroughly combined.

Pour cooked mush into 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan which has been rinsed with cold water.

Refrigerate several hours or overnight. Cut mush into 1/2-inch slices. Cook on lightly buttered griddle or in fry pan until golden brown, about 10 minutes per side. Serve hot with maple syrup. Makes about 8 servings.

**COUNTRY BREAKFAST
WAFFLES**

- 1 9-ounce package frozen waffles
- 1 can (10 1/2 ounces) condensed cream of mushroom soup
- 3/4 cup milk
- 6 hard-cooked eggs, cut into pieces
- 1 3-ounce package thin sliced smoked beef, cut into pieces

Prepare frozen waffles in toaster or oven according to package directions. Combine soup and milk, heat thoroughly. Add eggs and beef. Cook for 5 minutes, stirring constantly. Spoon mixture over waffles. Garnish with chopped parsley. Makes 6 servings.

SAVORY SAUSAGE RING

Sausage Ring:

- 1 1/2 pounds pork sausage meat
- 3/4 cup rolled oats (quick or old fashioned, uncooked)
- 2/3 cup chopped peeled apple
- 3/4 teaspoon salt
- 3/4 teaspoon basil, crushed
- 1/2 teaspoon sage
- 1 egg
- 2/3 cup milk
- 6 canned peach halves, drained

Scrambled Eggs:

- 3 tablespoons butter or margarine
- 12 eggs
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1/2 cup milk

For sausage ring, combine (Continued on Page 21)



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