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 ed pineapple. Garnish with raisbreakfast foods But nutrition is the key to breakfast planning The morning meal should provide ¼ to 13 of the day's nutrients. balanced between the Four Food Groups Foods from the fruit and vegetable group 3 oread and cereal group, and 1 milk and milk products group 1 should be included each morn- 1 ing For variety add meat or an 14 egg to the basic menu

is especially necessary to serve saucepan. Mix commeal and ${\bf 6}$ a nutritious and envigorating salt with cold water Pour into easy way with oatmeal

HAPPY OATMEAL packets (1 ounce each)

instant oatmeal

41/2 cups boiling water

tablespoons sugar can (11 ounces) mandarin

orange segments, drained can (8½ ounces) crushed

pineapple, drained Raisins

Maraschino cherries

For each serving of oatmeal, empty 1 packet into a serving bowl. Pour 34 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

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heaping tablespoonful of man-minutes, stirring constantly. darın orange segments and 1 heaping tablespoonful of crushins and maraschino cherries

INDIAN SUMMER **FRIED MUSH**

Serve with milk Makes 6 serv-

- cups water cup enriched corn meal teaspoon salt
- cup cold water cup bacon flavored bits

Now that school has started it Heat water to boiling in large 23 cup milk oreakfast Here is a quick and the boiling water, stirring con- Scrambled Eggs: stantly Bring to boil, cook un- 3 til thickened, stirring frequently Cover, continue cooking over 12 low heat 5 minutes or longer 11/2 teaspoons salt Add bacon bits Stir until thoroughly combined

> Pour cooked mush into 8½x 4½x2½ inch loaf pan which has been rinsed with cold water.

Refrigerate several hours or overnight. Cut thirty mush into 4-inch slices at on lightly buttered griddle or in fry pan until golden briefig about 10 minutes per sidenServe hot with maple syrup. Makes about 8 servings

COUNTRY BREAKFAST WAFFLES

- 9-ounce package frozen waffles
- can (1012 ounces) condensed cream of mushroom soup 34 cup milk
- hard-cooked eggs, cut into pieces
- 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 Spoon mixture over waffles Garnish with chopped parsley. Makes 6 servings.

SAVORY SAUSAGE RING

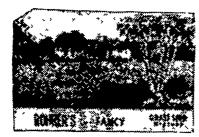
Sausage Ring: 112 pounds pork sausage meat 34 cup rolled oats (quick or

- old fashioned, uncooked) 23 cup chopped peeled apple
- 34 teaspoon salt
- 34 teaspoon basil, crushed
- 12 teaspoon sage egg
- canned peach halves, drained

tablespoons butter or

- margarine eggs
- ¹s teaspoon pepper
- 12 cup milk

For sausage 11ng, combine (Continued on Page 21)



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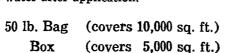
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