



Junior Cooking Edition

One of the most important meals of the day is breakfast. And, some delicious meals can be prepared with little fuss and bother. For the Junior Cooks who like to try their hands at different recipes, this week's breakfast selections should give you something to treat your hungry family with in the morning.

SUNDAY MORNING SAUSAGE RING

2 lbs. bulk pork sausage
2 eggs, beaten
2 tablespoons grated onion
1-½ cups fine dry toast or bread crumbs
¼ cup chopped parsley, if desired

Heat oven to 350 degrees F. Lightly butter a nine-inch ring mold. Mix ingredients well and pack into mold. Bake for 20 minutes, take from oven and pour off excess fat. Bake 20 minutes more. Turn onto heated platter and fill with scrambled eggs (eight to 12 eggs). Makes eight servings.

FRENCH TOAST

6 slices stale bread
2 beaten eggs
¼ teaspoon salt
½ cup milk

Mix eggs, milk, and salt. Dip each slice of bread into mixture. Brown both sides in butter or other fat on hot griddle. Serve hot with maple syrup, jelly, or honey.

WAFFLED

FRENCH TOAST

Make French toast (above) except butter bread on both sides before dipping into egg-milk mixture. Toast in waffle baker until crisp.

PUFF PANCAKES

2 eggs
1 cup milk
2½ cups bisquit mix
2 tablespoons sugar
¼ cup melted shortening

Beat eggs with rotary beater or mixer until soft peaks form. Blend in milk; and bisquit mix and sugar. Mix just until well dampened, then fold in shortening. Spoon onto

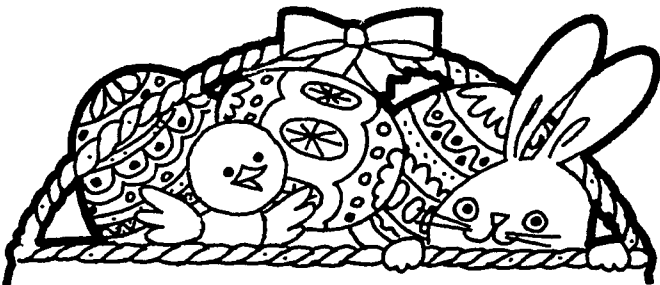
ungreased medium-hot griddle. Turn when puffed up and bubbles begin to break. Cook other side. Makes 15 - 20 pancakes.

BUFFET EGGS

3 tablespoons butter
¼ cup finely chopped green onion tops
9 eggs
4 oz. (about 1½ cups)

dried beef, cut in small strips
1 cup cottage cheese (cream-style or dry)

Melt butter in large skillet. Add onion tops and cook until tender. Beat eggs thoroughly; blend in dried beef and cottage cheese. Add egg mixture to onion and cook like scrambled egg. Makes six servings.



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Extension staff grows

SCHUYLKILL HAVEN, Pa. - John A. Shoener has been appointed as an assistant Extension agent to Schuylkill County, effective April 4.

Dr. Thomas B. King, Penn State associate dean for Extension, points out that Mr. Shoener will devote the

majority of his time to educational youth programming. He also will coordinate certain Extension adult agricultural activities.

A native of Pottsville, he earned a bachelor of sciences degree in animal husbandry from Penn State in 1962.

Prior to being named to the Schuylkill County Extension staff, Shoener was an administrative assistant for Agway Inc.; assistant county supervisor for the Farmers Home Administration; soil conservationist for the U.S. Soil Conservation Service; and assistant county agent for the Penn State Extension Service.

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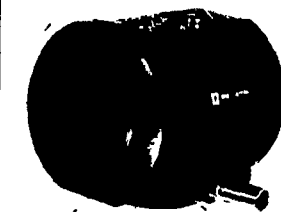


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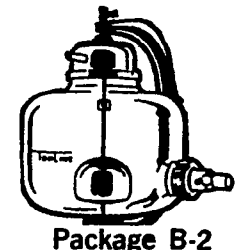
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