

## Wake Up To A Healthy Start

CREAMERY (Montgomery Co.) — Waking up is hard to do. It's especially difficult for those "non-morning" people who'd probably like to avoid that time of day and everything that comes with it, even breakfast. But as sure as the sun's gonna shine, breakfast should always be an important meal of the day, one that should be consumed by people of any age, according to Annette Goodling, extension agent with Montgomery County Cooperative Extension.

Nutritionists recommend eating breakfast and often cite it as the most important meal of the day and also the foundation of healthy eating habits. But despite these recommendations, millions of Americans routinely skip breakfast. According to a 1987 report in Cereal Foods World, one out of four women between the ages of 25 and 34 regularly skips breakfast. Other studies show that eating habits developed during childhood have the potential to last a lifetime. Thus children who tend to omit breakfast are most likely to continue this dietary habit into adulthood.

A review of the breakfast-related research over the last 30 years may make even the tried-and-true breakfast skipper into a breakfast convert. Studies show that eating breakfast is associated with improved strength and endurance in the late morning, along with a better attitude toward school or work. Breakfast also helps to replenish blood glucose levels, the main energy source for the brain which is incapable of

maintaining a glucose reserve. Tufts University research indicated that individuals who breakfasted on cereal, fruit and milk consumed 10% fewer calories with only 20% of their calories coming from fat. Thus, for kids as well as adults, balanced breakfast choices can help provide the healthy edge needed for optimum physical and cognitive performance. For those who don't yet consume breakfast, it's never too late to wake up to a healthy start.

Avoid the temptation to be a breakfast skipper by following these quick tips from USDA's Human Nutrition Information Service:

**\*\*No time? Build a breakfast around foods that are ready to eat or take little preparation time. There are plenty that qualify: fresh and canned fruits, milk, yogurt, cheese, cottage cheese, ready-to-**

**eat cold cereals and instant breakfast mixes.**

**\*\*Take it to go. Try celery stuffed with peanut butter or a meat or cheese spread, dried fruits or vegetable juices.**

**\*\*Perk up cereals. Top cereals with fruit or stir chopped nuts such as peanuts, pecans and walnuts into cooked cereal.**

**\*\*Not hungry yet? Drink juice. Something is better than nothing. Have some bread or crackers later in the morning, then drink some milk and eat some cheese, an egg or peanut butter.**

**\*\*Don't skip if you're on a diet. There's no evidence that skipping meals will help you lose weight. In fact, studies show that most people who skip breakfast tend to eat more later in the day. Some even select more calorically-dense foods than those who eat breakfast.**

## Orchid Show To Be Held April 4

WILLIAMSPORT (Lycoming Co.) — The Central Pennsylvania Orchid Society will hold its Annual Orchid Show at the Agricultural Arena on the Penn State Campus Saturday, April 3, from 1 p.m. to 8 p.m. and on Sunday, April 4, from 10 a.m. to 5 p.m. The show is open to the public and admission is free.

A discussion on orchid culture and problems will be held each afternoon at 3 p.m. A special hour on Sunday, from 9 a.m. to 10 a.m., is reserved for photographers. Orchid plants and potting supplies will be on sale. Books on orchids will be available.



## Cook's Question Corner

(Continued from Page B8)

**ANSWER —** Marie Rowland, Dallas, wanted a recipe for Ranch dressing. Thanks to Stanley Matenus, Dallas, for sending a recipe.

### Ranch Dressing Mix

- 2 tablespoons salt
- 2 teaspoons MSG
- 2 teaspoons parsley flakes
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon pepper

Combine salt, MSG, parsley flakes, garlic powder, onion powder, and pepper in airtight container. Mix well before using. Makes 5 tablespoons mix.

To make dressing, combine 1 tablespoon dressing mix with 1 cup mayonnaise and 1 cup plain yogurt. Chill for 24 hours.

**ANSWER —** Ruth Pierce, Columbia Cross Roads, wanted a recipe for baked limas. Thanks to Carol Pretz, Middleburg, for sending a recipe.

### Baked Limas

Soak overnight:

- 1 pound dried limas

In the morning, cook until soft. Drain and put in medium size roaster with the following ingredients.

- 3 medium cans tomatoes
- 2 tablespoons Grandma's Baking Molasses
- ½ pound fried bacon and drippings
- ½ cup brown sugar
- Salt, to taste
- Sprinkle dried mustard over all
- 1 large onion, diced

Bake covered for 2 hours at 325 degrees then at 350 degrees for 1 hour until covered. "Taste great — as good as anybody's"

**ANSWER —** J. Graybill, Mt. Pleasant, MO, wanted a recipe to make apple fritters. Thanks to Marlene Weaver, Lititz; Lucille Martin, Reinholds; and Nancy Kramer, Newmanstown, for sending identical recipes — so it must be good.

### Apple Fritters

- 1 cup flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons sugar
- 1 egg, beaten
- ½ cup milk, plus 1 tablespoon
- 1½ cups apples, chopped

Sift together dry ingredients. Beat egg and add milk. Pour into dry ingredients. Stir until batter is smooth. Pare apples and dice or slice very thin. Add apples to batter and blend together. Drop by spoonfuls into deep fat 370-375 degrees. Fry until a golden brown on all sides. Makes 12 to 15 fritters.

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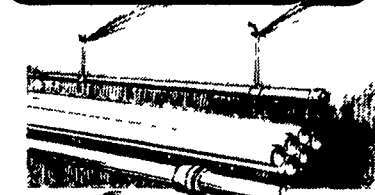
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