

Not good idea to skip breakfast

Breakfast, the most important meal of the day, is too often skimped on or even skipped in today's busy world. It should provide 1 to 3 of the caloric intake for the day. A typical good breakfast should include fruit, bread or cereal - and a protein-rich food.

Oven French toast can be the base for a good breakfast. Made from bread, it also contains protein from CARNATION Evaporated Milk and eggs. The preparation is streamlined; six slices are baked at a time. It can also be prepared ahead of time and frozen; slices are then ready to pop into the toaster at a moment's notice. Pouring the fruit juice completes this breakfast menu idea.

Join Diane Gryger and the staff of The Dallas Post for the 1984 Homemakers School on September 18.

OVEN FRENCH TOAST
(Makes 12 slices toast)

4 eggs
1 tablespoon sugar
1 teaspoon cinnamon
1 cup undiluted CARNATION Evaporated Milk
2-3 cup BLUE BONNET Margarine, divided
12 slices day old white bread
BLUE BONNET Margarine
Syrup

Beat eggs well in 8-inch round layer cake pan. Mix sugar and cinnamon together. Stir into eggs along with evaporated milk. Melt 1-3 cup margarine in 15 1/2 x 10 1/2 x 1-inch jelly roll pan. Coat both sides of 6 bread slices with egg batter. Place on jelly roll pan, turning to coat both sides with margarine. Bake at 400 degrees 10 to 12 minutes or till lightly browned. Turn; bake

additional 6 to 8 minutes till golden and slightly crisp. Melt remaining 1-3 cup margarine on jelly roll pan. Repeat dipping and baking procedure with remaining 6 bread slices. Serve hot with margarine and syrup.

To freeze: Cool toast on wire racks. Place in plastic bag and freeze. Heat in toaster and serve with margarine and syrup.

Coffeecake means warmth

Create a coffeecake and you set the stage for warmth and conviviality. Homemade and served warm from the oven, this classic cross between a bread and cake is generally enjoyed in the morning, when a few extra calories may be desirable for added energy to face the day.

CARAMEL COFFEECAKE
(Makes one 8 x 8-inch cake)

Batter
2 cups flour
1/2 cup firmly packed brown sugar
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup BLUE BONNET Margarine
1 cup undiluted CARNATION Evaporated Milk

1 egg
1 teaspoon vanilla
Topping
1/2 cup firmly packed brown sugar
1/2 cup undiluted CARNATION Evaporated Milk
1/2 cup BLUE BONNET Margarine
1/2 cup honey
1/2 cup chopped pecans

Combine flour, sugars, baking powder and salt in bowl. Cut in margarine. Beat evaporated milk, egg and vanilla together. Stir into flour mixture just till blended. Pour evenly into greased 8 x 8-inch baking pan.

To make topping: combine all ingredients in small saucepan. Heat to boiling, stirring occasionally. Spoon evenly over batter.

Bake 350 degrees 30 to 35 minutes or till toothpick inserted in center comes out clean.

This cake is ready when you are

Prepared in advance, homemade, ready on the shelf, great with coffee, includes fruits, nuts and chocolate - all these phrases describe Mini Chip Fruit and Nut Cake. Always ready for unexpected guests, this cake is lightly studded with fruit, nuts and HERSHEY'S MINI CHIPS.

Allowed to mellow for several days in bourbon-drenched cheesecloth, this delicacy is certain to bring raves from friends and family. More delicious recipes will be provided free to everyone attending the Homemakers School on September 18.

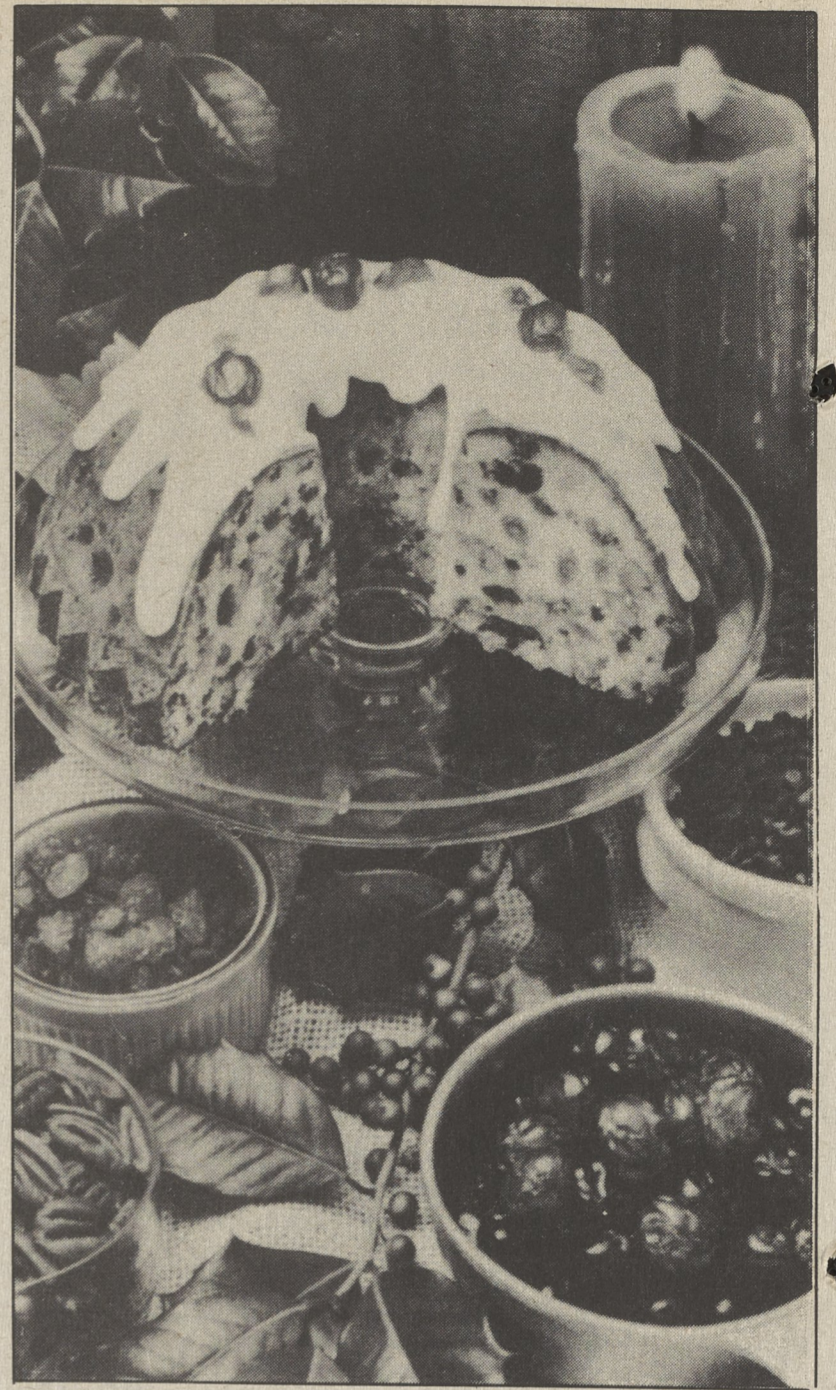
Bake this cake now; allow to age until needed.

MINI CHIP FRUIT AND NUT CAKE
1 1/2 cups coarsely chopped walnuts or pecans
1 cup light or dark raisins
3/4 cup candied red cherries, quartered
1/2 cup bourbon
1 cup BLUE BONNET Margarine, softened
1 1-3 cups sugar
4 eggs
3/4 teaspoon vanilla
2 cups flour
1 teaspoon baking powder
3/4 teaspoon nutmeg
1/2 teaspoon salt
1 cup HERSHEY'S MINI CHIPS
1/2 cup bourbon

Combine nuts, raisins, cherries and 1/2 cup bourbon in a large bowl. Let stand at room temperature for several hours, stirring occasionally, till liquid is absorbed.

Cream margarine, sugar, eggs and vanilla till light and fluffy. Combine flour, baking powder, nutmeg and salt; gradually add to creamed mixture. Beat just till batter is smooth. Add to fruit; mix with spoon till well combined. Stir in MINI CHIPS. Pour into well-greased and floured 9-cup fluted tube pan or 10-inch tube pan. Bake at 350 degrees on lowest rack in oven 1 hour and 15 minutes or till cake tester inserted in center comes out clean. Cool in pan 20 minutes. Invert onto wire rack. Cool completely.

In small bowl, soak a large piece of cheesecloth in 1/2 cup bourbon. Wrap cake in cheesecloth; then



wrap in foil. Refrigerate several days to mellow (will keep for weeks).

Before serving let warm to room temperature. Glaze with Vanilla Glaze. Slice thinly.

Vanilla Glaze: Combine 1 1/2 cups confectioners' sugar, 1 tablespoon BLUE BONNET Margarine, 2 tablespoons milk and 1/2 teaspoon vanilla in a small bowl; beat till smooth. Pour onto top of cake allowing glaze to run down side.

You just can't beat these rolls

It is difficult to beat a classic favorite such as warm cinnamon buns on a dreary morning, but try baking them with whole wheat flour instead of white flour.

Americans should be consuming more fiber in their diets according to many health professionals. Baking yeast breads with whole wheat flour is one delightful way to introduce more fiber into the diet suggests the FLEISCHMANN'S Yeast Test Kitchen.

"These flavorful cinnamon rolls are just as delicious as snacks as they are at breakfast," adds Homemakers School Home Economist Diane Gryger. To help make perfect Whole Wheat Cinnamon Rolls every time, she gives a few helpful hints from the FLEISCHMANN'S Yeast Test Kitchen:

Strong beating with an electric mixer or by hand makes the "gluten" or bread structure form faster.

To keep rolls a uniform size, start with an even rectangle of dough. As it is rolled out, straighten sides frequently with the edge of a clean ruler.

Cutting the dough is easier if you use a knife dusted with flour. Adapt your favorite bread recipes to use new FLEISCHMANN'S RapidRise Yeast by following the directions for the Quick Mix Method on the back of the RapidRise package.

WHOLE WHEAT CINNAMON ROLLS
3 1/2 - 3 3/4 cups flour
2 cups whole wheat flour
2-3 cup sugar
1 teaspoon salt

2 packages FLEISCHMANN'S Active Dry Yeast
1 cup milk
1/2 cup water
1/2 cup BLUE BONNET Margarine
2 eggs (at room temperature)
1-3 cup chopped walnuts
1-3 cup seedless raisins
2 teaspoons cinnamon
2 tablespoons BLUE BONNET Margarine, melted
Confectioners sugar frosting
Combine 2 1/2 cups flour and whole wheat flour.

In a large bowl, thoroughly mix 1 1/2 cups flour mixture, 1-3 cup sugar, salt and yeast.

Combine milk, water and margarine in a saucepan. Heat over low heat till liquids are ery warm (120 degrees - 130 degrees). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour mixture; beat at high speed 2 minutes, scraping bowl occasionally. Stir in remaining flour mixture and enough additional white flour to make a soft dough. Turn out to lightly floured board; knead till smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, till doubled in bulk, about 1 to 1 1/2 hours. Meanwhile, mix together remaining 1-3 cup sugar, walnuts, raisins and cinnamon.

Punch dough down. Turn out into lightly floured board; divide dough in half. Roll each half into a 9x12-inch rectangle. Brush each with melted margarine and sprinkle with sugar-nut mixture. Roll up starting at long side like a jelly roll. Pinch seams to seal. Cut rolls into 1-inch slices and arrange, cut side up, in two greased 9-inch round cake pans. Cover; let rise in warm place, free

from draft, till doubled in bulk, about 1 hour. Bake at 375 degrees for 25 to 30 minutes, or till done. Remove from pans and place on wire racks to cool. Frost with confectioners' sugar frosting.

Mini Chips combine with anything

Whether it's a picnic, family reunion or potluck dinner, you can provide dessert for the group with transportable treats.

GERMAN APPLE MINI CHIP CAKE
3 eggs
1 cup oil
1/2 cup bottled apple juice
2 teaspoons vanilla
3 cups flour
1 1/2 cups sugar
1 teaspoon cinnamon
1 teaspoon baking soda
3/4 teaspoon salt
3 cups diced, peeled tart apples
1 cup HERSHEY'S MINI CHIPS
3/4 cup finely chopped nuts
Confectioners' sugar (optional)

Beat eggs slightly in large mixing bowl; add oil, apple juice and vanilla. Combine flour, sugar, cinnamon, baking soda and salt; stir into batter till smooth. Add apples, chips, nuts; stir till evenly mixed. Pour into well-greased and floured 12 cup fluted tube pan or 13x9x2-inch oblong pan. Bake at 350 degrees for 65 to 75 minutes for tube pan; 35 to 40 minutes for oblong pan, or till cake tester inserted in center comes out clean. Cool 10 minutes. Remove from pan; cool completely. Just before serving, sprinkle top with confectioners' sugar, if desired.

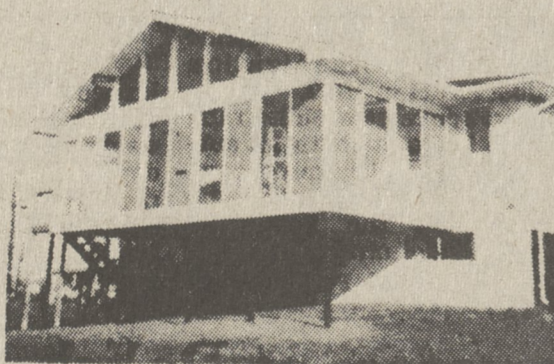
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