

FOOD FORUM *

Dorothy Johnson

EATING A GOOD breakfast is the best possible way to start a good day. Studies have proven conclusively that workers and students who tuck away a good meal before work or school get more done than those who skip breakfast or eat a poor one.

As the morning goes on, the hungry ones become less efficient. After lunch they do better for a while; then, slow down again. Those who eat a good breakfast have a better chance to do a day's work well than those who forego breakfast.

In our current pilot "Hot Breakfast" project at Matt Kelly school, the teachers are elated because the children have shown they do better work for having had a good hot breakfast. A three-point benefit is that it provides protein, vitamins and minerals--materials needed to build and repair the body and keep it healthy; it furnishes fuel from which stems necessary energy to get through the day; it tastes good.

OUR ALTERNATE menus for the children at Matt Kelly have been (1) Oatmeal cooked with raisins and oozing with butter and milk, hot chocolate, and toast. (2) Orange Juice, sausage, eggs, toast and milk. (3) Ham and eggs, french fries, toast and milk.

For varied and appealing breakfasts in your home, try some of the following suggestions.

CREAMED CHIPPED DRIED BEEF

1/2 lb. chipped dried beef, 4 tbsp. butter, 4 tbsp. flour, 2-1/2 c. milk, 1 can mushrooms (4 oz.), black pepper.

Shred beef and cover with boiling water; let stand off the heat for five minutes--drain. Melt butter and saute beef. Blend in flour and add milk. Cook and stir for five minutes after it comes to a boil over low heat. Add mushrooms and pepper to taste. Serve over waffles, toast, or pancakes.

CORN-OAT WAFFLES

1 c. quick cooking oatmeal, 1 c. flour, 1/2 c. cornmeal, 2 tbsp. baking powder, 1/2 tsp. salt, 2 eggs, 1/2 c. salad oil, 3c. buttermilk.

Stir dry ingredients together in large bowl. Mix in eggs, salad oil, and buttermilk (this mixture will be thick). Let it stand for half an hour during which time batter will double in bulk, making about 12 waffles.

Suggested accompaniments--whipped butter, maple syrup (first, of course); also fruit syrups, commercially produced--boysenberry, blackberry, strawberry, raspberry, or apricot jam syrup. Try thinning 1 cup of apricot jam with 1/4 cup pineapple juice and juice of half a lemon. Heat until dissolved. Or try Orange syrup mix--Mix and heat together 1 cup cane pancake syrup, 2 tbsp. frozen orange juice (undiluted), 1 tbsp. butter.

WHOLE HOMINY

2 cans whole hominy, 1 c. mocha mix or evaporated milk, 2 tbsp. butter, 1 tsp. salt, 1/4 tsp. pepper. Drain hominy and heat with other ingredients.

CORNMEAL PANCAKES

(Delicate & good)

1 c. white or yellow cornmeal, 1 tsp. salt, 1 to 2 tbsp. syrup or sugar, 1 c. boiling water.

Cover these ingredients and let stand 10 minutes. Beat 1 egg, 1/2 c. milk, 2 tbsp. melted butter. Add these ingredients to cornmeal. Sift together 1/2 c. all purpose flour, 2 tsp. double acting baking powder. Stir the sifted ingredients into batter with a few swift strokes.

ONION GRIDDLE CAKES

To your regular pancake recipe, add the following: saute 1-1/2 c. finely chopped onions until tender and very light brown in 3 tbsp. butter.

FRENCH TOAST WAFFLES

Combine 1 beaten egg, 1/4 c. milk, 2 tbsp. melted butter, 1/8 tsp. salt. Cut sliced bread to fit a waffle iron--coat bread well in batter. Toast it on a hot waffle iron.

There is really a marvelous miscellany of other breakfast delicacies guaranteed to add a lilt to your early morning rising as exemplified by the following:

MOCHA NOG

Into blender jar, put 1 egg, 1 c. milk, 1 tsp.

L.A. Pace Setters Do Just That Here



SETTING THE PACE--Members of the Pace Setters club of Los Angeles enjoyed a gala weekend in Las Vegas. They are pictured at Los Angeles International Airport before boarding Western Airlines Fan Jet to the fun capital. From left to right: Velma Rhetta, President; Jane Nicholson, Charolle Garr, Jewel Walters, Esther Bowens, Verlyn Walker, Mary Lou Whitfield, Beverly Lash, Celie Stanford, and Mildred Lowe. --Airport Photo

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All of the events of the old west are underway ...
RODEO, CARNIVAL, BARBEQUE!

instant coffee, 1 tsp. sugar--cover and blend oven for two minutes to melt mixture. until smooth.

CINNAMON TOAST

3 tsp. cinnamon, 8 tbsp. sugar, white or raisin bread... Shake sugar and cinnamon together in jar with sprinkler top. Toast bread--butter lavishly and sprinkle generously with sugar-cinnamon mixture--warm in 350 degree

WE HAVE compiled a list of recipes for the countless ways to prepare and serve eggs for next week's issue. It is our hope that this will be added to your own collection of recipes to save.