

FOOD SECTION

Storybook Breakfasts for Real Boys and Girls

*Peter, Peter, breakfast eater.
Went to school with his tummy full.
He dined on pancakes, toast and Tang.
So he was ready when the school bell rang.*

Old Mother Goose knows that a Ten O'Clock Scholar needs a good breakfast. Here are some storybook breakfast ideas that will send young scholars off to school with their tummies full. To make these whimsical yet nutritious breakfast treats, Modern-Day Mothers just need a little imagination and not too much effort.

*Pat-a-cake, pat-a-cake, pancake man,
I'll want to eat you as fast as I can.
Pour it and cook it and flip it once you see,
And put it on a plate for Sister and me.*

A pancake man is a cheerful way to say good morning. Just pour pancake batter into the metal frame of a gingerbread man cookie cutter. Pancake men can be made ahead, frozen, then just popped in the oven (or toaster) for another day's breakfast.

*One hundred percent vitamin C
Is what I need today.
And I get it all in a glass so tall
Of a drink called Tang this way.*

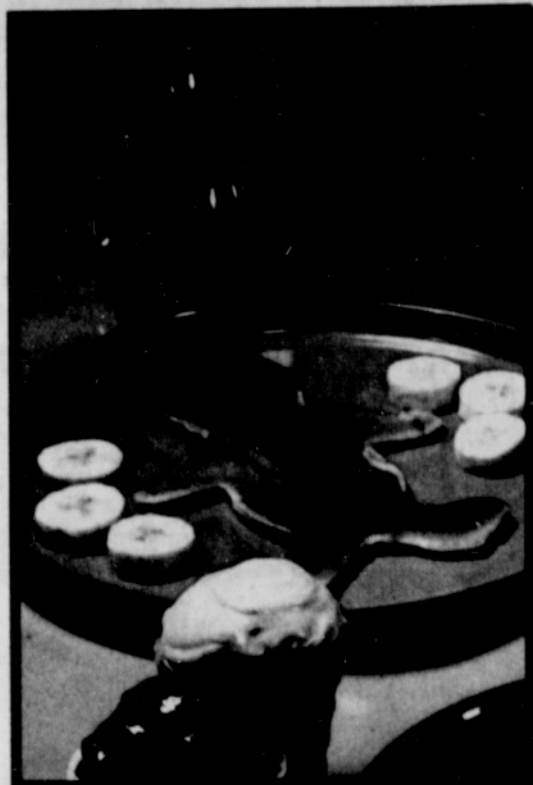
Youngsters can start off every day with a cold glass of Tang instant breakfast drink. It's a good-tasting way to get the whole day's supply of vitamin C, an important nutrient. And, instant breakfast drink is easy to fix and always on hand. That's nice for mom.

Pancake Man Griddle Cakes

- 1 cup plus 2 tablespoons all-purpose flour
- 1 tablespoon sugar
- 1-1/2 teaspoons double-acting baking powder
- 3/4 teaspoon salt
- 1 egg, well beaten
- 1 cup milk
- 3 tablespoons shortening, melted

Mix flour with sugar, baking powder and salt. Combine egg, milk and shortening; add to flour mixture, mixing just until flour is moistened. (Batter will be lumpy.) Lightly grease inside of gingerbread man cookie cutter. For each pancake, place cutter on hot griddle, pour thin layer of batter into mold and bake until bubbles form on surface. Carefully remove cutter; turn griddle cake to brown other side. Decorate with raisins or other fruit, if desired, and serve with Log Cabin syrup.

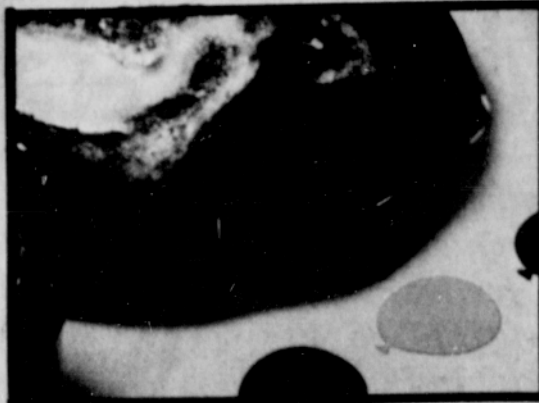
To freeze, brown lightly, stack with waxed paper between and wrap in aluminum foil. To reheat, unwrap and arrange on baking sheet; bake at 300° for about 10 minutes (or reheat in a toaster or toaster oven). To reheat in microwave oven, stack 2 frozen cakes on a nonmetal plate and heat 1 or 2 minutes.



Animals in a Nest

- 2 slices whole wheat bread
- 1 egg
- 1 teaspoon salt
- Dash of salt and pepper
- 2 or 3 tablespoons butter or margarine

Cut centers from each slice of bread, using favorite animal cookie cutter. (Toast cutout and spread with butter, jam or peanut butter, if desired.) Beat egg with milk, salt and pepper. Melt butter in skillet. Place bread slices in skillet and toast over low heat until lightly brown. Turn; then pour egg mixture into cutout centers. Cover and cook until egg is set. Serve at once. Makes 1 serving.



Fruit Muffins

- 1-3/4 cups all-purpose flour
- 1/4 cup sugar
- 2-1/2 teaspoons double-acting baking powder
- 3/4 teaspoon salt
- 1 egg, slightly beaten
- 3/4 cup milk
- 1/3 cup oil
- 1 cup Post 40% bran flakes
- 12 flat-bottom ice cream wafer cones
- 1 can (8-3/4 oz.) fruit cocktail, well drained
- Jam or jelly

Mix flour with sugar, baking powder and salt. Combine egg, milk and oil. Add to flour mixture, mixing just to moisten dry ingredients. Stir in cereal. Spoon half the batter into cones. Add about 1 tablespoon fruit to each and top with remaining batter. Place on baking sheet. Bake at 400° for about 25 minutes, or until golden brown. Spread jam on top.

*Little ducky yellowbreast
Sitting in a nest.
It is sometimes said
You're really egg in bread.*

Young sleepyheads will be wide-eyed and awake when they see these Animals in a Nest, a variation on the traditional Egg in a Nest, on their breakfast platters. What a delightful way for kids to get their toast and eggs! And, cutout portions can be toasted separately and "frosted" with peanut butter, jelly or cream cheese.

*Silly cereal hot,
Silly cereal cold,
Silly cereal in my bowl
Won't get old.*

Breakfast cereal will disappear fast when you top it with funny faces made of fruit. Try this fun way to get kids to eat their fruit and cereal with milk.

*Oh, do you know the muffin man?
Oh, look what's in his hand.
He's put a muffin in a cone
Just like my mother can.*

Remember the muffin man from Drury Lane? Well, he didn't think to put muffins in a cone, but mothers can. Most any muffin mix, such as this Orangey Muffin flavored with instant breakfast drink or the Fruit Muffin, can be baked in flat-bottom cones. These portable breakfast muffins also make great lunchbox pack-ins or after-school snacks.

Long ago, nursery rhymes were a fun, memorable way to teach children lessons about morals, history or other fundamentals. Today, use these storybook breakfast ideas to teach children about the importance of eating a good breakfast every day.

Orangey Muffins

- 1-3/4 cups all-purpose flour
- 1/4 cup Tang instant breakfast drink
- 3/4 teaspoon salt
- 1/2 teaspoon double-acting baking powder
- 1/2 teaspoon baking soda
- 1 egg, beaten
- 3/4 cup milk
- 1/3 cup oil
- 12 flat-bottom ice cream wafer cones
- Orangey Cream Cheese Frosting

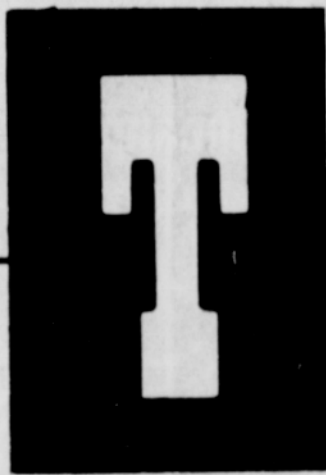
Mix flour with instant breakfast drink, salt, baking powder and baking soda. Combine egg, milk and oil; add to flour mixture, mixing just until dry ingredients are moistened. (Batter will be lumpy.) Spoon batter into cones, filling each almost full. Bake at 400° for about 25 minutes, or until golden brown. Spread Orangey Cream Cheese Frosting on top.

For Orangey Cream Cheese Frosting, beat 1 package (3 oz.) softened cream cheese with 2 tablespoons Tang instant breakfast drink. Gradually beat in 1 cup confectioners sugar. Add about 1 or 2 teaspoons milk and beat until smooth and creamy. Makes about 2/3 cup.

School Menu

- May 16**
Mexican Taco
Lettuce and Tomato
Whole Kernel Corn
Birthday Cherry Shortcake
Milk
- May 17**
Barbecue Pork on Bun
Green Garden Peas
Orange Half
Granola Cookie
Milk
- May 18**
Cheese-Tomato Pizza
Celery Chunks with Ranch Dip

- Pear Half
Nibbles
Milk
- May 19**
Fish and Tots
Tossed Salad with Italian Dressing
Warm French Bread
Apple Half
Milk
- May 20**
Chicken Vegetable Chowder
Toasted Cheese Sandwich
Tater Triangle
Fruit Cup
Milk



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