

Breakfast Important Meal of Day

Life for many, begins with breakfast. Whether you are one of those persons who is a menace to society before breakfast, or merely look forward to that first meal of the day with pleasure, you will find variety in the menu welcome.

The person who cuts out breakfast is indeed a pitiful creature, for that first morning meal can be very interesting and delightful.

One of our very favorite morning menus includes fried apples, and milk toast. Another is hot biscuits with creamed chipped beef and a third is mashed potato cakes with bacon and fried eggs. We like our coffee for breakfast, always.

When we fry our apples, leave the skins on, core and cut the fruit into quarters, wash and fry in butter until slightly cooked. We add brown sugar and cover the skillet sometimes adding a little water, then we let the apples simmer in the syrup until done.

Some sort of hot bread, like graham muffins, Sally Lunn, coffee cake, or plain biscuits are good with soft cooked eggs. Drop biscuits in the morning will save work for the cooks, as there's no rolling pin or floured board to wash.

You can get the hot bread all ready the night before if you wish, adding the egg and liquid the next morning. The old custom of making yeast hotcakes is fun to try sometime, too.

Here is a basic griddle cake to try and there are variations also.

BASIC GRIDDLE CAKES

- 2 cups all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup melted shortening
- 2 tablespoons sugar
- 2 eggs
- 1 1/2 cups milk

Sift flour, then measure and add baking powder, salt and sugar and sift. Blend with milk and eggs and shortening. Beat until smooth. Pour batter into slightly greased griddle and bake until surface is bubbly, turn and cook on other side. Walnut griddle cakes—Add 1/2 cup finely chopped walnuts to batter.

Apple griddle cakes—Add 1 cup grated or finely chopped apples. Waffles—Increase shortening to 1/2 instead of 1/4 cup and add 1 more tablespoon sugar.

French Pancakes—Add 1/4 cup milk to basic recipe. Mix as directed. Pour half cup of batter on greased griddle and spread quickly with the back of a spoon to fill pan. Cook as for other pancakes. Spread with jelly or jam and roll up, sprinkle lightly with powdered sugar.

French Pancakes—Add 1/4 cup milk to basic recipe. Mix as directed. Pour half cup of batter on greased griddle and spread quickly with the back of a spoon to fill pan. Cook as for other pancakes. Spread with jelly or jam and roll up, sprinkle lightly with powdered sugar.

Sandwich Has Veal for Chicken

Soup and cheese give much of the flavor to this recipe.

TASTY MOCK CHICKEN SANDWICHES

- 1 small can condensed cream of mushroom soup
- 3/4 cup milk
- 2 cups cooked veal, diced
- 6 slices bread, toasted and buttered
- 3/4 cup cheese, grated

Combine soup and milk, heat, stirring constantly. Remove from fire, add veal. Place bread in shallow baking pan. Spread veal mixture over toast and sprinkle with

Pretty Enough for a Party



Cheese timbales form the main course at a luncheon. Served with spicy tomato sauce, they make a handsome dish.

CHEESE TIMBALES

- 3 tablespoons margarine
- 3 tablespoons flour
- 1 teaspoon salt
- 2 teaspoons mustard—with horseradish
- Dash of cayenne
- 1 onion, finely minced
- 3 cups milk
- 2 cups grated Cheddar cheese
- 5 eggs

Melt margarine in top of a double boiler, blend in flour and seasonings. Add onion and milk. Cook about 5 minutes, until sauce thickens. Add grated cheese; stir constantly until cheese melts and sauce is smooth. Beat eggs slightly, gradually stir cheese mixture into eggs. Blend well. Pour mixture into greased 6-ounce custard cups. Place cups in a pan of hot water. Bake in a moderately hot oven (350°) about 30 minutes or until a knife inserted in center comes out clean. Loosen, turn out on platter. Serve hot with a spicy tomato sauce to which 1/2 cup sliced mushrooms has been added. Garnish top of each timbale with a sprig of parsley. Serves 6.

Cheese. Bake in hot oven (400 degrees) 10 minutes, or until cheese is melted. Serve immediately. Serves 6.

or first in egg and then in crumbs, before you put them in the fat.

KIND OF HEAT

Tender meats take to dry heat via roasting, broiling, and pan-broiling. Use moist heat for less tender meats by braising them or cooking them in water.

CRISP SCALLOPS

If you want fried scallops to be brown and crisp on the outside when you fry them, dip in crumbs,

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