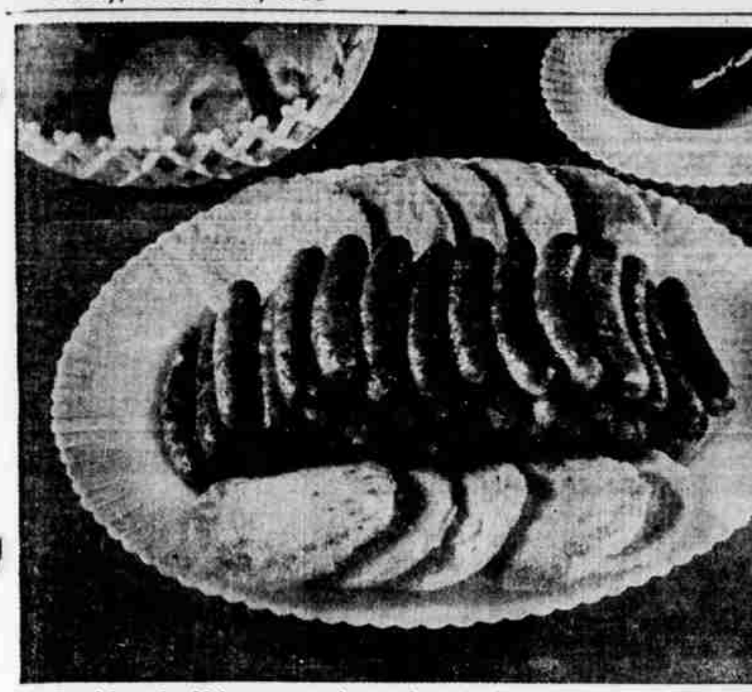

Breakfast should be a persuasive meal. It should start the day right and lift the spirits even of those who "hate to get up in the morning." Now that the weather is cooler, it is easier to tempt that illusive morning appetite. And with the days filled with the activities of a new season, it is very important that the first meal of the day provide energy for work and play.

One of the best ways of turning breakfast into a real meal is to include bacon or ham or sausages in the menu. These are not only appetite tempters but they are energy providing foods, giving the body "fuel" for the wear and tear of the day.

Variety is as necessary in a breakfast menu as in any other meal of the day, and homemakers who realize this are always glad of ideas for quickly and easily prepared breakfasts which are just a little different.

Little link sausages, delicately browned, served with patties of corn meal mush, cooked the day before and then browned in the sausage fat just before serving, are suggested for the family breakfast. This combination, by the way, is just as good for a supper dish. This is the way to prepare it.

Sausage and Corn Meal Patties

Place little link sausages in a cold frying pan. Cook slowly. If desired, a tablespoon of water may be added, the skillet covered and the sausages allowed to cook until done. Then the lid is removed and the sausages are browned.

Remove the sausages and brown the slices of corn meal mush in the fat.

This is delicious served with grape or apple jelly.

Hominy may be used instead of the corn meal mush, if preferred. The hominy is heated in the sausage fat.

Bacon may be used instead of the sausages. Bacon is best cooked over slow heat. It should be turned often and the fat drained off frequently so that the bottom of the pan is only well greased. It should be cooked until it is a golden brown and evenly crisped.

Another sausage combination for a tasty breakfast is baked sausages and apples. Place the link sausages in the center of a roasting pan and let brown in moderately hot oven. Core tart apples and place them around the sausages. Return to the oven and cook slowly until the sausages and apples are well baked. Baste them occasionally with drippings in the pan.

Sausage links and pineapple are served together frequently for a tasty breakfast combination. The sausages are cooked first; then the pineapple slices are browned in the sausage fat.

Beef Loaf

Mix 2 pounds ground beef, 1 pound ground pork, ¼ cup minced onion, ½ cup horse-radish, 1 teaspoon prepared mustard, 2 eggs, 1 teaspoon salt and ¼ teaspoon pepper. Pour ½ cup tomato ketchup into bottom of well-greased pan. Pack in mixture. Bake in moderate oven, and turn out. Ketchup side up. Serve in a ring of fluffy hot rice.

Veal Loaf

2 pounds veal round
¼ cup chopped celery
½ cup chopped pimientos
¼ cup chopped onions
1 tablespoon chopped parsley
1½ teaspoons salt
¼ teaspoon paprika
1½ cups soft bread
3 eggs, beaten
½ cup veal stock
½ cup milk
3 tablespoons butter, melted

Cut veal into two-inch pieces. Cover with cold water. Slowly bring to a boil. Add seasonings and cook for 35 minutes over a moderate heat. Cool and drain off the veal stock. (Some of the stock will be used later). Cool and shred the veal apart with fork. Add rest of ingredients to cooked veal and seasonings. Pour into a buttered loaf pan. Bake for 30 minutes in a moderate oven.

Lamb Croquettes

2 cups minced cold cooked lamb
½ cup chopped walnuts
½ cup peas
1 teaspoon onion juice
1 teaspoon lemon juice
½ teaspoon celery salt Cayenne
salt and pepper
1 cup thick white sauce
1 egg
2 tablespoons milk
fine dry bread crumbs

Combine finely minced cold cooked lamb with chopped walnuts and peas and season with onion juice, lemon juice, cayenne, celery salt and pepper. Moisten with thick white sauce. Shape into croquettes and chill. When firm dip into bread crumbs, egg beaten with milk, and again in bread crumbs. Fry in deep hot lard at a temperature of 350°F.

Relish Salad

1 pkg. lemon flavored gelatin
1½ cups boiling water
¼ cup vinegar
2 tablespoons granulated sugar
¼ cup chopped pimientos
¼ cup chopped green peppers
¼ cup chopped sweet pickles
½ cup chopped celery
¼ teaspoon salt
3 tablespoons salad dressing

Dissolve gelatin in water. Cool and add the rest of the ingredients. Pour into a mold. Chill until stiff. Serve on lettuce and top with more salad dressing.

Lamb Stew

3 pounds lamb shoulder
4 tablespoons fat
½ cup chopped onions
½ cup diced celery
2 tablespoons chopped parsley
4 cups water
1 teaspoon salt
2 cups diced carrots
1 cup cooked lima beans
4 tablespoons flour

Cut lamb into inch cubes and brown well in fat melted in a frying pan. Add seasonings and let simmer for five minutes. Add water and salt. Cover and allow to simmer one hour. Mix the flour with one-fourth of a cup of cold water and when blended add to cooking mixture. Add rest of ingredients. Uncover and let simmer 30 minutes.

Chicken Pie

Make a rich white sauce to which add 1 tablespoon onion juice. Season with salt and pepper and a dash of paprika. If chicken stock is available use it cream in making white sauce. Add 2 cups diced cooked chicken. Prepare hot baking powder biscuits. Split, butter and fill liberally with chicken mixture.

Italian Beef Hash

2 cups cold roast beef
½ cup macaroni
¾ cup grated cheese
2 tablespoons flour
2 tablespoons butter
1 cup meat stock or water
1 teaspoon Worcestershire sauce
salt and pepper

Cut cold roast beef into dice. Cook macaroni in boiling salted water until tender. Place macaroni in a baking dish, pushing it to the sides. Fill the center with diced beef. Sprinkle with grated cheese. Brown the flour by stirring over a hot fire in a dry skillet. Add the melted butter. Add meat stock, salt and pepper and Worcestershire sauce. Pour over meat and macaroni in casserole dish and bake for thirty minutes in a moderate oven 350°F.

Want a delicious salad? Slice bananas and place them on lettuce leaves. Top the combination with peanut butter and salad dressing.

Chocolate Sponge Cake Unusual

Like all women who have been keeping house for a long time, our slogan is "give us something different." Try this recipe for chocolate sponge cake. The combination of chocolate in a sponke cake texture is most unusual, but the crowning touch of delicious novelty is the combination of orange and chocolate in the frosting.

Chocolate Sponge Cake

4 squares unsweetened chocolate
½ cup sugar
1 cup milk
1 teaspoon vanilla
1¼ cups sifted cake flour
2¼ teaspoons baking powder
¼ teaspoon salt
1 cup sugar
2 tablespoons water
4 egg yolks, unbeaten
4 egg whites, stiffly beaten

Add chocolate and sugar to milk in double boiler, and cook 10 minutes, or until smooth and thick, stirring constantly. Cool, covered, stirring occasionally. Add vanilla. Sift flour once, measure, add baking powder, salt and ½ cup sugar, and sift together three times. Add water to egg yolks and beat with rotary egg beater until thick and lemon-colored. Add ½ cup sugar gradually, beating until very thick—about 5 minutes. Fold in flour, alternately with chocolate mixture, ½ at a time, adding chocolate mixture last; then fold in egg whites. Turn into two slightly greased 9-inch layer pans. Bake in moderate oven (350°F.) 30 minutes, or until done. Spread Chocolate Orange Frosting between layers and on top of cake.

This batter may be baked as cup cakes; turn into very slightly greased cup-cake pans, filling them almost to the top. Bake in moderate oven 20 to 20 minutes, according to size. Makes 18 large, 24 medium or 48 small cup cakes.

Chocolate Orange Frosting

2 teaspoons grated orange rind
4 tablespoons butter
2 cups sifted confectioner's sugar
1½ squares unsweetened chocolate, melted
Dash of salt
3 tablespoons orange juice (about)

Combine orange rind and butter; cream well. Add part of suger gradually, blending after each addition. Add chocolate and salt and mix well. Add remaining sugar, alternately with orange juice, until of right consistency to spread. Beat thoroughly after each addition. Makes enough frosting to cover tops of two 9-inch layers, or top and sides of 8x8x2-inch cake, or about 2 dozen cup cakes.

To Measure Butter

When a recipe calls for melted butter, don't measure the butter until it is melted. But if the directions read "butter, melted" measure before melting.

Peanut Muffins

Sift 2-3 cup Cream of Wheat, ¾ cup flour, 4 tablespoons sugar and 2 teaspoons baking powder. Stir in 1-3 cup chopped salted peanuts. Blend 3 tablespoons peanut butter with 1 egg, gradually add ½ cup evaporated milk and ½ cup water. Beat smooth. Com[illegible] dry and liquid ingredients. Pour in greased muffin tins. Bake 20 to 25 minutes in hot oven.

Cookie Facts

Cookie making dates back to the ancient Egyptians who prepared them for religious ceremonies. Every country since then has fashioned its own cookies. Each seems to have its favorite kind—Germany is famous for Christmas cookies, Holland is proud of her Spritz cookies, Norway its Selskab and Denmark its Smor Kringler. American women, though, have originated the greatest variety of cookie recipes. The filled cookie jar on the pantry shelf has always been popular with the whole family in this country and the task of keeping it full has encouraged women to invent new recipes.

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Cookies answer to many needs—from large old-fashioned sugar ones to dainty little macaroons and bars. They are appropriate on the most elaborate tea tables, in children's lunch boxes or packed in fancy boxes as gifts.

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Cookies may be classified according to the method of preparation. They may be dropped, filled, rolled or refrigerator cookies. Refrigerator cookies are favored by homemakers for they can be baked when needed and the result is that the cookie supply is always fresh.

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If cookie dough is difficult to work with (and this is especially true of rich cookies), place it in the refrigerator to chill before handling it.

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Rolled cookies are easier to make if the chilled dough is rolled out on a lightly floured pastry cloth. To make cookie cutting easy, dip the cutter in flour before cutting each cookie. By tapping the cutter on the pastry board, there will be no excess flour on the cookies.

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Drop cookies are a quick kind of cookie to make. They contain less flour than rolled cookies but are stiff enough to hold their shape after being dropped from a spoon.

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A foundation drop cookie recipe may be varied in several ways. The cookie dough is divided into three parts and different flavorings, fruits or nuts may be added to each part. For instance, to one bowl of dough add chopped pecans and chopped dates; to another, a dash of cinnamon and chopped candied orange peel; and to the third, shredded cocoanut and vanilla extract.

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Refrigerator cookie dough is divided and rolled into rolls about two inches in diameter and about eight inches long. These rolls are wrapped in waxed paper and placed in the refrigerator until the dough is stiff enough to cut in thin slices. If "chewy" cookies are preferred to crispy ones, cut the cookies about ½ inch thick.

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Filled cookies may be made from a rolled cookie dough. Children like this type of cookie because of the "surprise" inside. Such cookies are a little fancier than usual and are nice to serve with tea. The filling may be a thick jam, a mixture of chopped dates and nuts or any preserved fruits which will not absorb quickly into the cookie dough. For added variation, a dash of spices is added to the dough. The filling is placed between two cookies and the edges pressed together with tines of a fork before baking.

Economical But So Delicious

Economy cuts of meat may be served in a way to please an epicure. A dish which will appeal to the most fastidious palate is found in this unusual way of preparing cubes of beef.

Beef Cubes in Sour Cream

2 pounds beef shank or neck
2 medium sized onions
½ cup thick sour cream
½ cup water
2 tablespoons grated cheese
salt and pepper

Have beef shank or neck cut into 1-inch cubes. Dredge these with flour and brown in hot lard. Add the onions, water, sour cream, grated cheese, salt and pepper. Cover tightly and let cook slowly until tender, about two hours.

Grapefruit Salad

1 cup diced grapefruit
½ cup diced celery
¼ cup chopped green pepper
½ teaspoon salt
¼ cup French dressing

Mix and chill ingredients and serve in a bowl lined with crisp salad green.

Cocoanut Freshener

To freshen dry cocoanut, soak the cocoanut for five minutes in enough milk to cover it. Then spread it thinly in a shallow pan and heat it for five minutes in a moderate oven. If you like toasted cocoanut, heat it until it turns a light brown.

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