



## A BETTER BREAKFAST

Fruit

Saucy Ham Omelet

Toast

Milk Coffee

## A MORNING COFFEE

A Large Fancy Bread  
(Tea Ring or Coffee Cake)

A Small Bread  
(Doughnuts, Muffins, or  
Tiny Biscuits)

Assorted Relishes  
(Fruit and Vegetables)

Coffee



This Saucy Ham Omelet is a choice dish to serve frequently as "Better-Breakfast" fare.

## RELISHES FOR THE COFFEE HOUR

Some relishes may be eaten easily with the fingers; others need "stems" which can be wooden or plastic picks. Include one or more raw vegetable relishes such as carrot sticks, radish roses, cauliflowerets, celery curls or short lengths of stuffed celery. Flavorful fruit relishes could include small clusters of grapes, cherries with stems (in season), strawberries with hulls, melon balls, pineapple chunks or small orange sections on a pick. An appetizer-relish or two should appear along with the vegetables and fruit. Chipped beef, ham, sausage, olives, sweet pickles, cheese cubes, cream cheese and peanut butter are choice mak-in's for such appetizers. Arrange an assortment of these sweet and sour, bland and savory relishes attractively on a serving tray.

## MEAT 'N' CHEESE PINUPS

With a round cutter, cut 2½- to 3-in. rounds from ¼-in. thick slices of ham, canned luncheon meat, ready-to-serve meat, bologna or other sausage. Repeat the process with ¼-in. slices of Swiss or Cheddar cheese. Stack alternate meat and cheese rounds, using five in all. Wrap in waxed paper and chill until time to serve. Cut stacks into ¾-in. wedge-shape pieces. Insert picks.

### Biscuit Bites

Spread toasted bite-size shredded wheat biscuits with peanut butter. Insert picks and on each end of biscuit secure a thin slice of sweet pickle.

## SAUCY HAM OMELET

TO PREPARE: 20 MIN.

- 1 10-oz. can ham sticks
- 2 tablespoons butter or margarine
- 1 tablespoon flour
- ¼ teaspoon salt
- 2 tablespoons milk
- 4 eggs

1. Prepare Apple Sauce and keep warm.
2. Empty contents of can of ham sticks into a skillet. Set skillet over medium heat. Turn ham sticks frequently to brown evenly.
3. Put butter into skillet. Turn heat to low.
4. Combine flour, salt and milk in a bowl. Add the eggs and beat until thoroughly blended. Pour mixture into skillet and arrange ham sticks spoke-fashion (see photo). Cook until egg mixture is set. Cut into wedges and serve with warm Apple Sauce.

About 4 servings

For Apple Sauce (about 1¼ cups)—Pour contents of one 12-oz. can (about 1½ cups) apple juice into a saucepan and heat until hot. Stir into the hot apple juice a mixture of 2 tablespoons brown sugar, 1 tablespoon cornstarch, ¼ teaspoon ground cinnamon and 2 tablespoons lemon juice. Bring to boiling, stirring constantly. Simmer about 10 min., or until slightly thickened. Remove from heat and stir in 1 tablespoon butter until melted. Serve warm.

## FIG COFFEE BRAID

CONVENIENCE FOOD RECIPE

TO PREPARE: 30 MIN.

TO BAKE: 25 MIN.

(allow about 2 hrs. for rising)

- 1 14½-oz. pkg. hot roll mix
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 cup warm water (110°F to 115°F)
- ½ teaspoon vanilla extract
- 1 lb. fig bars, cut in small pieces
- ½ cup chopped walnuts

1. Combine in a bowl the hot roll mix, sugar and salt. Soften yeast in the warm water. Stir yeast into the dry ingredients, add the vanilla extract, and mix well. Form dough into a ball in the bowl and lightly grease top. Cover; let rise in a warm place until doubled, about 1 hr.
  2. Punch down with fist and turn onto a lightly floured surface. Knead the fig bar pieces and walnuts into the dough, a small amount at a time.
  3. Divide dough into four equal portions. Roll and stretch each portion into a strip about 12 in. long. Twist two strips together and seal ends. Place each loaf on a lightly greased baking sheet. Cover, let rise in a warm place until doubled.
  4. Bake at 375°F about 25 min. While still warm, brush with Orange Glaze. 2 coffee cakes
- For Orange Glaze—Blend together 1½ cups sifted confectioners' sugar, 3 tablespoons orange juice and ¼ teaspoon grated orange peel.