

Make Breakfast A Family Time

Fondly remembered in many households are the family breakfasts of old. Everyone gathered at the breakfast table and, over a hearty repast, exchanged plans for the day's activity. Lamented by some as evidence of the passing of yet another element of family stability, and by others who see the eat-and-run system leading to nutritionally scanty breakfasts, there is perhaps reason to attempt a return to the earlier custom.

When possible, why not set a pretty and appetizing breakfast table and reuse all family members in time to be present for a nourishing morning meal. You'll have no trouble with breakfast attendance when the menu includes Raisin Bran Buds Muffins. These fruit-filled muffins are best served hot. With them, serve tomato juice, assorted ready-to-eat cereals, coffee and milk.

Another hot bread treat your family will applaud is Applesauce Raisin Coffee Cake. Served warm in hearty squares, this spicy bread features whole bran cereal. It teams nicely with grapefruit halves, corn flakes, coffee and hot chocolate.

For a weekend breakfast or brunch, consider Corn - Crisped Ham and Potato Patties. This hearty morning entree needs only fruit juice, buttered whole wheat toast, milk and coffee as accompaniments, and is notably quick to prepare.

RAISIN BRAN BUDS

MUFFINS
1 cup bran buds (whole bran cereal with wheat germ)
1/2 cup milk
1 egg
1/4 cup soft shortening
1 cup sifted flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup sugar
1 cup seedless raisins

Combine bran buds and milk; let stand until most of moisture is taken up. Add egg and shortening; beat well. Sift together flour, baking powder, salt and sugar; mix in raisins. Add to first mixture, stirring only until combined. Fill greased muffin pans two-thirds full. Bake in moderately hot oven (400 degrees F.) about 25 minutes. Serve immediately.

Yield: 12 muffins, 2 1/2 inches in diameter.

APPLESAUCE RAISIN COFFEE CAKE

1 cup sifted flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon nutmeg
1/4 cup sugar
1 cup sifted bran (whole bran cereal)
1 cup sweetened applesauce
1 egg
1/2 cup vegetable oil
1/2 cup seedless raisins

Sift together flour, baking powder, salt, spices and sugar. Combine all-bran with applesauce, egg, oil and raisins; let stand until most of moisture is taken up, about 5 minutes. Beat well. Add sifted dry ingredients, stirring only until combined. Spread in greased 8x8-inch baking pan.

Combine sugar and cinnamon; sprinkle evenly over coffee cake batter. Bake in moderately hot oven (400 degrees F.) about 25 minutes or until done. Serve warm, cut in bars or squares.

Yield: Eight to nine servings.

CORN-CRISPED HAM AND POTATO PATTIES

3 cups ground cooked ham
1 cup seasoned mashed potatoes
1 tablespoon finely cut parsley
4 cups corn flakes or 1 cup packaged corn flake crumbs
1/2 teaspoon seasoned salt
1/2 cup evaporated milk

Combine ham, potatoes and parsley. Shape mixture into 10 patties. If using corn flakes, crush into fine crumbs. Combine corn patties in evaporated milk, then roll in seasoned corn flake crumbs. Place patties in shallow baking pan lined with aluminum foil. Bake in moderate oven (375 degrees F.) about 15 minutes.

Yield: Five servings, two patties each.

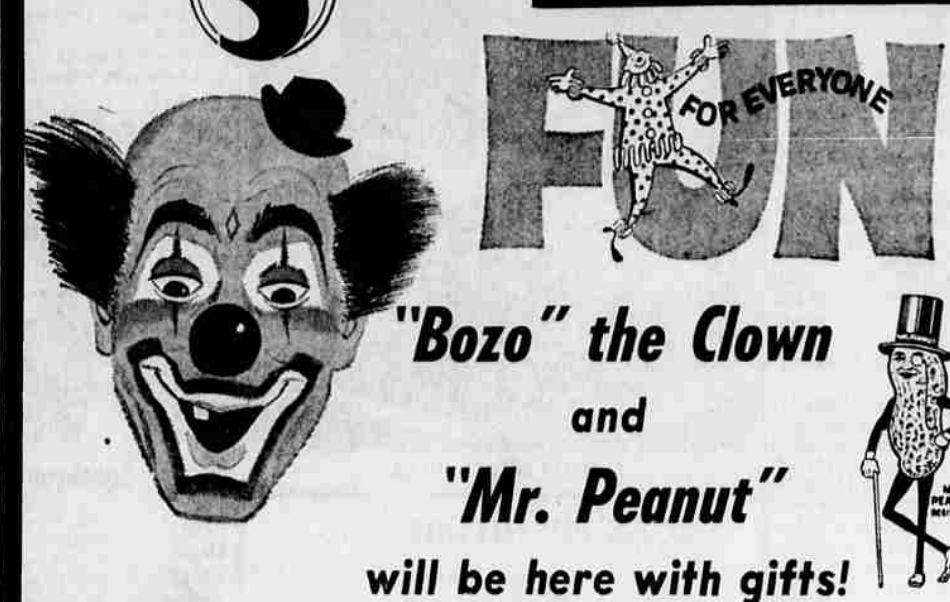
NEW HASH RECIPE

This recipe deserves consideration for a Sunday brunch. Chop a medium-size onion fine and cook in 3 tablespoons of bacon fat. Drain a 7 1/2-ounce can of minced clams. Chop 4 to 6 boiled potatoes very fine and add to the drained clams and to the onion in the skillet. Season with salt and pepper and mix lightly. Press down firmly in the skillet and cook over medium heat until browned. Stir to loosen browned bits, then brown again. Makes 4 to 6 servings.

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Full Cut Round Steak

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M.J.B. Rice Long Grain Rice 42 oz. package 43¢
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Mandarin Oranges Town House 11 oz. can 24¢
Del Monte Corn Whole kernel or cream, 303 can 51.00

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FRIDAY and SATURDAY Sept. 13 & 14th

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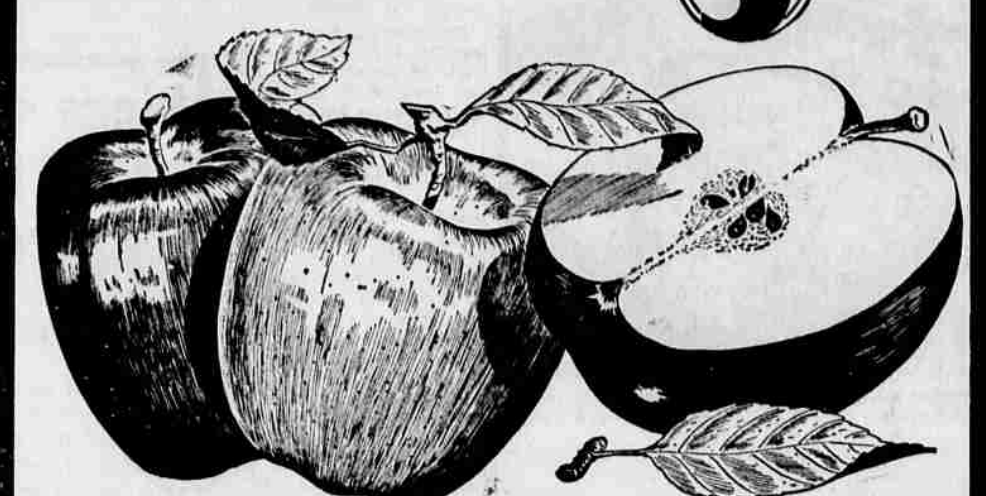
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Cat Food Dr. Ross. Liver or Kidney & Meat Can **71.00**

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Working Women

(Continued from Page 5-C)

Working mothers should look for qualities in a caretaker that children need — acceptance, warmth, a home that a child can feel free in, and can learn to trust. Relatives, as caretakers, should be evaluated on the kind of care they can provide. Regularity in care is important.

When a youngster is shifted from place to place, he may learn not to depend on others. If he isn't able to enter into deep relationships as a child, it may affect his relationships with others as an adult.

Before arranging for a babysitter or group care, make a personal visit to the home where the child will be cared for. Try to detect the feeling tone of the adult. Look at the setting. Does it have the kind of equipment that encourages children to grow?

There's a limit to the number of children one adult can care for and give the attention they need. The experiences a child has in his pre-school years are important. Special provision also needs to be made for supervision of school-age youngsters.

Pork Chops 'Italiano'

Here's a simple way to give a foreign treatment to a supper main dish. Bake pork chops on top of spinach and cheese sauce. The result: pork chops bringing a feeling of Italy to your meal.

The chops bake during the majority of the cooking time in a covered baking dish. This holds in the moist heat pork chops need to be their juicy best at serving time.

Complete your easy Italian-style menu with fried eggplant, a tossed salad with garlic-oil dressing, Italian bread and a dessert of apricot ice cream.

PORK CHOPS

6 ribs or 10 pork chops, cut 3/4 to 1 inch thick
2 tablespoons lard or drippings
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter or margarine
3 tablespoons flour
1 cup milk
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup grated cheddar cheese
2 packages (10 ounces each) frozen spinach, cooked; or 2 cans (11 ounces each) spinach

Brown chops in lard or drippings. Pour off drippings. Season chops with 1/4 teaspoon salt and 1/4 teaspoon pepper. Melt butter or margarine and blend in flour. Gradually add milk and cook, stirring constantly, until thickened. Add 1/4 teaspoon salt, 1/4 teaspoon pepper and grated cheese, and continue cooking until cheese is melted. Drain cooked or canned spinach; add spinach to cheese sauce and pour into a greased baking dish. Arrange browned chops on top of spinach mixture. Cover lightly and bake in a moderate oven (350 degrees F.) 30 minutes. Remove cover and continue baking uncovered 15 minutes or until done. Six servings.

DRESS UP LETTUCE

A simple wedge of head lettuce turns into a special salad when you top it with this unusual blue cheese dressing. Blend one cup of Italian-style dressing with 1/4 cup (about 1 1/2 ounces) crumbled American blue cheese. Stir in 3 tablespoons chopped pimiento-stuffed olives and one chopped hard-boiled egg, a n d spoon over each lettuce wedge.

LUNCHEON SPECIAL

For that special warm-weather luncheon, here's how to give a seafood salad intriguing color and delectable flavor. Simply add a blend of one cup mayonnaise with 1/4 cup (about 1 1/2 ounces) crumbled American blue cheese, two tablespoons lemon juice, and two tablespoons each finely-chopped parsley, chives, and watercress to the basic seafood mixture.

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fish
meaty mix
kidney'n meat
6 Dr. Ross' CAT FOODS