

### Breakfast Right Schoolday Bright

By VERNE STRICKLAND  
N. C. Farm Bureau Federation

Does your day go wrong when you get up on the wrong side of the bed in the morning? Nope. That's just superstition.

Does your day go wrong when you fail to eat an adequate breakfast? Could be. And that's a fact proven by surveys. Students who are hearty breakfast eaters get better grades. Workers who pause at the table for a good, solid morning meal do better on the job. People are like cars. They can't operate without fuel.

A special statewide promotion during the month of September is going to spotlight this fact for the over two million North Carolinians who make a habit of ignoring good breakfast habits.

"Breakfast Right-- School day Bright." That's what the promotion has been tagged. Its sponsors are the North Carolina Dairy Products Association, American Dairy Association of North Carolina, North Carolina Egg Marketing Association, and North Carolina Pork Producers Association.

The September kick-off for the promotion is significant. This will give it added meaning as Tar Heel youngsters head back to school. Authorities say that inferior diets affect six out of every ten girls in the nation, and four out of every ten boys. Skipping breakfast, the authorities add, is one of the main reasons why the diets are poor.

The message should have meaning for everybody, though. So if your first motion in the morning is toward the door, be sure to table that motion!

### LOCALS

Kenneth Sales spent from Friday until Sunday at Myrtle Beach, S. C.

Mrs. Mattie McCullough has returned home from Rowan Hospital.

Mrs. Lila Wagner and Mrs. Mary Howerton spent from Saturday until Wednesday visiting their son and grandson, Harold Wagner and family in Augusta, South Carolina.

Lindsey Head remains a patient at Rowan Hospital. Mr. and Mrs. Loman Jordan and Mr. and Mrs. George Jordan spent Labor Day week end visiting Mr. and Mrs. A. T. Kelley of California, Md. and also visited Washington, D. C.

Joe Jordan, son of Mr. and Mrs. Loman Jordan had the misfortune to break his right arm last Saturday while playing.

Ben Jordan was expecting to enter Rowan Hospital for treatment on Wednesday. Bob Athey entered Davie Hospital on Wednesday to undergo surgery on Thursday.

Mrs. Paul Booe will spend Sunday, Monday and Tuesday of next week visiting her daughter, Mrs. Joe Warwick and new granddaughter, Jamie Ann, in Elkin.

Mr. and Mrs. James Potts of Danville, Va., Mr. and Mrs. E. L. Wyrick of Salisbury and Mr. and Mrs. Vernon Potts of Aberdeen, North Carolina spent Sunday visiting Mrs. Mabel Head.

Brady Alexander, Jim Scott and Tommy Hutchens attended the "Southern 500" races at Darlington, South Carolina on Labor Day.

Mrs. Brady Alexander entered Rowan Hospital Thursday morning to undergo observation.

Tom Richardson returned home Saturday from Rowan Hospital.

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### Open Air Hunger - Soup's On!



Chow time will be quite a sight at the Senior Girl Scout Roundup on the shores of Lake Pend Orielle at Farragut, Idaho. Over 1,000 fires will be burning simultaneously for breakfast, lunch and dinner. Sixty-eight tons of charcoal will provide the fuel. The 9,000 teen-age cooks will learn much about the arts of gourmet and outdoor cooking, and they will also take home many ingenious methods for shortening meal preparation through the use of convenience foods.

Two hundred and fifty tons of food will be used. Just to give you an example of the staggering grocery list, 29,300 cans of soup will go into the preparation of 10 meals during the event. Here are two of the Girl Scout tested and approved recipes.

- |  |   |
|--|---|
| <b>Pink Velvet Soup</b><br>2 cans (10 1/2 ounces each) condensed cream of mushroom soup<br>1 can (10 1/2 ounces) condensed tomato soup<br>2 soup cans water<br>1 soup can milk | <b>Oliver Twist</b><br>3 cans (10 1/2 ounces each) condensed tomato soup<br>2 soup cans water<br>18 ice cubes |
|--|---|
- Put soup, water and ice cubes in a container. Stir until thoroughly mixed and chilled. Serve with 2 ice cubes in each glass. Makes 9 servings.

### Spaceman Cookies



Spaceman Cookies, perched on marshmallow "launching pads," take popular gingerbread men into the realm of tomorrow. These cookies haven't zoomed aloft in a spaceship yet, but they're guaranteed to send your youngsters into "orbit."

Bake Spaceman Cookies with enriched self-rising flour to be sure of extra nourishment. Enrichment contributes valuable nutrients -- the B-vitamins thiamine, niacin and riboflavin, the minerals iron and calcium, plus protein and food energy -- all "musts" on your family's diet list.

The leavening and salt pre-blended by the miller in specific amounts into self-rising flour speed preparation, too. For best flavor bake the cookies a day ahead and store in a tightly covered container to "mellow" overnight.

- SPACEMAN COOKIES**  
About 3 dozen cookies
- |  |                                  |
|--|----------------------------------|
| 4 cups sifted enriched self-rising flour | 1/2 cup melted shortening or oil |
| 2 teaspoons ground ginger                | 1 egg                            |
| 1 teaspoon cinnamon                      | Currants or raisins              |
| 1 cup light molasses                     | Confectioners' sugar icing       |

Set out baking sheets. Preheat oven to 350°. Sift together flour, ginger and cinnamon. Blend molasses, shortening and egg. Mix thoroughly into flour mixture. Chill at least 2 hours. Roll 1/4-inch thick. Cut out "spacemen" using cardboard pattern or lightly floured cookie cutter. Place on baking sheet and decorate with currants or raisins. Bake 15 to 20 minutes, or until lightly browned. Cool on wire rack, then decorate with confectioners sugar icing. Store in tightly closed container.

If you don't sift and in the absence of other directions, spoon flour directly from container into a one-cup dry measure, level off, then remove two level tablespoons, according to USDA recommendations.

### DON'T BE HALF-SAFE!



WHEN GETTING INTO A SMALL BOAT, STAY LOW AND STEP AS NEAR THE CENTER AS POSSIBLE. AND NEVER JUMP ABOARD!

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