

Home Demonstration News

How Much Attention Do You Pay to Family Breakfasts?

By FLOY G. GARNER Home Agent

September was "Better Breakfast Month". Were your breakfasts better? Breakfast has long been recognized as the most important meal of the day.

It is difficult and unwise to try to crowd into two meals the foods that should be spread over three. A good breakfast helps to give you the energy you need to get "off to a good start".

You need a breakfast which contributes its proper share of the foods you should have each day—because eating the right food at each meal helps you to have buoyant good health.

Milk is as essential to good health as a good breakfast, and breakfast is a good time to include a good share of the milk you need to meet your daily requirements of this nutritious food.

Since you need about a quart of milk each day, it is a good idea to start right in getting part of your milk in your breakfast. The milk you eat in cereals, breads, and various egg dishes counts as well as the milk you drink.

Milk furnishes high quality protein for building and repairing body tissues. It is an excellent source of calcium and phosphorus, the minerals needed for good bones and teeth.

Milk for your family does not need to be an expensive item in the food budget. Evaporated milk and dried skim milk are available to us, and neither is expensive.

It is up to the homemaker to see that each member of her family (including herself) has a good breakfast, and to be sure that it is a breakfast which measures up as carefully as she does the other two meals of the day.

Breakfast should furnish one-fourth to one-third of the daily food needs. A breakfast of fruit, cereal, bread and butter, and beverage is a good one if the foods are eaten in adequate amounts.

Another good breakfast plan includes fruit, eggs, bread and butter, and beverage. To this cereal may be added. A breakfast with still greater variety of foods includes, fruit, cereal, egg and bacon or some other meat, bread and butter, and beverage.

Whatever breakfast you choose, plan it in detail. A plan of work for preparing and serving any meal helps to save time and steps, helps to make sure that everything is ready to be served at one time and appears on the table attractively.

After your plan is made, prepare the foods so that they look good, taste good and are good. Include milk either as a beverage or with the cereal, or cooked in some of the other breakfast foods.

One of the best ways to include milk in your breakfast plan, is to cook cereal in milk instead of in water.

Cereal Cooked in Milk: 4 cups milk, 1 teaspoon salt, 2 cups flaked cereal such as rolled oats or 1 cup granular cereal.

Evaporated milk may be used. 2 cups milk to 2 cups water, or dry milk mixed with water according to package directions. Bring milk to a boil, stirring occasionally. Add salt and cereal, and boil briskly for about 10 minutes, stirring constantly.

For Mush to Fry: Increase corn meal to 1 cup. Cook as for Corn Meal Mush. Turn into a loaf pan 8 1/2 x 4 1/2 x 2 1/2 inches. Cool. Slice and fry in a greased fry pan over medium heat until golden brown on under side. Turn and brown on second side.

Chocolate Syrup: 1 cup cocoa, 1 1/2 cups sugar, 1 teaspoon salt, 2 cups boiling water. Mix the cocoa, sugar and salt. Add the water slowly, stirring constantly. Bring to a boil and boil 5 minutes. Cool, then pour into a jar. Cover and store in a cool place. Makes 2 1/2 cups.

This chocolate syrup can be added to cold milk, or it may be used as the base for cocoa. Cocos: For each serving, mix 3 tablespoons of chocolate syrup with 1/2 cup evaporated milk and 1/4 cup boiling water, or 1 cup re-constituted dry milk. Heat before serving. Each serving contains the equivalent of 1 cup of whole milk.

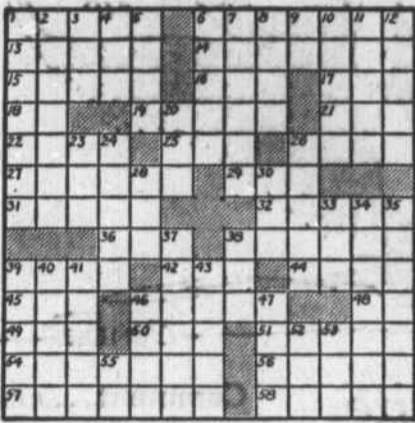
Contractor Pours Drive At Wrong Man's House: Ponca City, Okla. (AP)—When Shorty Goddard returned home one evening he discovered he had a freshly poured concrete driveway.

The contractor, he said, had mistakenly put the drive at his home instead of a neighbor's. Goddard said he had been planning to have one built anyway.

Crossword Puzzle

- ACROSS: 1. Male duck, 6. Issue forth, 13. Stiff, 14. Deep gorges, 15. Genus of grasses, 16. Fourth calf, 17. Sea eagle, 18. You and I, 19. Plebeian, 20. Roman character, 21. Roman road, 22. Color, 23. Land measure, 24. Poet of staircases, 25. Person addressed, 26. Loinlike bird.

- DOWN: 2. Idolize, 3. Expression of repugnance, 3. Costs, 3. Diplomacy, 4. Jap. wash, 4. "Lights out", 4. Old musical note, 4. Lined, 4. Football position abbr., 4. Metal fastener, 4. Third king of Judah, 4. Another time, 4. Recited humorously, 4. General fight, 4. Hate, 4. Newspapers.



Solution to Tuesday's Puzzle

- DOWN: 1. Sketch, 2. Machine for fastening, 3. Years of one's life, 4. Relatives, 5. Dutch seaport, 6. Rub out, 7. Disease, 8. Girl's name, 9. Nickel symbol, 10. Close poetic, 11. Concise abbr., 12. Ancient slaves, 13. Bitter vetch, 14. Female sheep, 15. Refute, 16. Examine, 17. Kind of accounts, 18. Side of a triangle, 19. Wooden propeller, 20. So. Amer. wood sorrel, 21. Answers, 22. Ancient Jewish sect, 23. Residences, 24. Something easy slang, 25. Ring into line, 26. Tips up, 27. Spear of grass, 28. Hindu prince, 29. Knot, 30. Hebrew proselyte, 31. Liquor, 32. Musical work: abbr.



Sept. 30—A2/c Carlton and Lester Day who have been spending some time at Georgia spent the weekend with their parents, Mr. and Mrs. Claude Day.

A2/c Tom Weinger who is stationed at Florida is spending a few days with Mr. and Mrs. Arlie Daniels.

Mrs. Harry Van Horn and boys and Mrs. Kate Van Horn spent Sunday with Mrs. Van Horn's mother, Mrs. Dora Day, and her grandparents, Mr. and Mrs. Bernice Goodwin.

Strong winds and high tides Saturday night caused much damage here. It kept many people busy Sunday cleaning the rubbish out of their homes.

Everyone is sorry to hear about Mrs. Bertha Styrone being in the Sea Level Hospital. We hope her sickness of Mr. Claude Day. We all hope him a speedy recovery.

Oklahoma University Sponsors Mobile Lab

Stillwater, Okla. (AP)—A mobile physics laboratory—sponsored by Oklahoma State University—will permit 270 students in southcentral Oklahoma to take physics for the first time this fall.

The services are for small schools without adequate resources and physical facilities to teach the science courses.

Smyrna, 10:50-11:00—Mrs. Wilma Morris, 11:10-11:20—Mrs. Maggie Hancock.

Otway, 11:25-11:45—Leslie Gillikin's Store, 11:50-12:00—Mrs. Roland Lawrence, 12:05-12:45—Mrs. Dolores Thompson's book station.

Bettie, 12:50-1:30—Mrs. Vera Salter's book station, 2:15-2:45—Mrs. Ethel Lewis' book station, 2:50-3:00—Mrs. Myrtle Arthur.

The Key, Starring Holden, Sophia Loren Opens Sunday

The best bet in film entertainment this week, is the surprise movie, The Key, starting Sunday at the City theatre, Morehead City, and playing through Wednesday.

The film company feels that the story content and the actors can sell the picture without the need of advance publicity. The Key is the story of a fighting man and of the woman whose presence gave him the only peace possible in a world at war.

Bookmobile Route Listed

Miss Dorothy Avery, director of the county library, has announced the bookmobile route for Monday and Tuesday. (Last week the bookmobile visited the schools).

Monday: 9:45-10:30—Cedar Island book station at the postoffice; Atlantic, 10:55-11:05—Mrs. Norma Mason, 11:10-11:45—Miss Betsy Styrone's book station, 12:05-12:50—Taylor's Restaurant, 1:25-1:35—Mrs. Manly Fulcher, 1:40-2:15—Mrs. Madeline Nelson's book station, 2:20-2:30—Mrs. Nadine Harris, 2:35-2:45—Mrs. Roma Smith, 2:50-3:05—Mrs. Anita Morris.

over night when she won the coveted role of Liane, Jungle Goddess. Marion Michael, considered Germany's answer to Brigitte Bardot, was chosen over 12,000 other contestants for her acting ability and flawless beauty.

City Theatre advertisement for 'The Showplace of Carteret County' featuring Sal Mineo in 'Dino' and 'Seven Guns to Mesa'.

Advertisement for 'The Key' starring William Holden and Sophia Loren, featuring a large key illustration.

Advertisement for 'The Vikings' at Morehead Theatre, featuring Kirk Douglas, Tony Curtis, Ernest Borgnine, and Janet Leigh.

Advertisement for 'Beaufort' at Morehead Theatre, featuring Frank Sinatra, Tony Curtis, and Natalie Wood.

Comic strip 'Scorchy Smith' by AP Woodbury, featuring Scorchy Smith and Greg. Panels include: 'Hi, name, I was headed out to your base...', 'I know of Project Recovery—That's why firing you makes no sense!', 'Well, welcome, Scorchy! Ready to go to work?'.

Comic strip 'Oakly Doaks' by AP Woodbury, featuring Oakly Doaks and Lady Liza. Panels include: 'L-Lady Liza, you need an exterminator!', 'I fell in love with this oakly doak!', 'Leggo!'.

Comic strip 'Orful Orville' by AP Woodbury, featuring Orful Orville. Panels include: 'He's likely to get hurt—but see if I care!', 'I fell in love with this oakly doak!', 'Orful Orville!'.

Advertisement for Captain Apple Jack brandy, featuring a bottle illustration and text: '2.50 PINT 150 PROOF BOTTLED IN BOND'.

Advertisement for Ocean Oil Co. Fuel Kids, featuring a cartoon of a fuel tank and text: 'Fall days are grand, but let us fill your tank to thwart that evening chill!'.