Home Demonstration News

How Much Attention Do You Pay to Family Breakfasts?

By FLOY G. GARNER

September was "Better Breakfast Month". Were your breakfasts bet-ter? Breakfast has long been recog-nized as the most important meal of the day. It is essential that we start our day right with a good breakfast. At this meal you are really breaking a fast, because you have had no food for 10 to 12 hours.

It is difficult and unwise to try 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 con-You need a breaktast which con-tributes its proper share of the foods you should have each day — because eating the right food at each meal helps you to have buoy-ant good health. More than that, a clear skin, shining eyes, glossy hair, and an attractive figure are all aided by a good diet.

Milk is as essential to good health as a good breakfast, and breakfast is a good time to include a good share of milk you need to meet this nutritious



Floy G. Garner

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. For the body to make the best use of these minerals, adequate Vitamin D is needed. Most commonly used foods, including milk, are low in this vitamin. To provide this vitamin, most of the different forms of milk available today, have had vitamins added. Milk also furnishes the vita mins needed for growth, for good skin, and for the use of foods by the body.

Milk for your family does not need to be an expensive item in the food budget. Evaporated milk and dried skim milk are available Both contain the same food value as fresh whole milk, except the fat in the case of the dried skim toilk. The dry milk of today is easy to use. It mixes instantly . . . just add water and stir with a spoon to make fresh-tasting nourishing nonfat milk! It is rich in nourishment . . contains all the protein, calcium, phosphorus, and B-vitamins of the best fresh milk.

Dry milk saves you money

Dry milk saves you money . . . costs less than half as much as bottled milk, actually about 8 cents a quart. In dry form, it keeps per-fectly on your pantry shelf, and the new economy-size packages are ex-cellent buys. And of interest to those of us who might be watching

those of us who might be watching our waistlines, dry milk is low in calories . . . only half the calories of whole milk.

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, she must plan this meal just as carefully as she does the other two meals of the day.

Breakfast should furnish one-fourth to one-third of the daily food have one built anyway.

needs. A breakfast of fruit, cereal, bread and botter, and heverage is a good one if the foots are exten in adequate amounts.

Another good breakfest plan in-cludes fruit, eggs, bread and but-ter, and beverage. To this cereal may be added. A breakfast with still greater variety of foods in-cludes, fruit, cereal, egg and bacon or some other meat, bread and but-ter, 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, laste 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 for about 10 minutes, stirring con stantly. (Chopped stewed prunes raisins or sliced dates may be add ed just before serving).

Makes 4 servings or (31/2 cups). Each serving contains the equiva lent of 1 cup of whole milk.

For Corn Meal Mush: Use the same amount of milk and salt as above. Measure 2/3 cup corn meal into a heavy saucepan. Add the milk and salt. Boil until mixture begins to thicken, and continue boiling 8 to 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 8½ x 4½ x 2½ inches. Cool. Slice and fry in a greased fry pan over medium heat until golden brown on under side. Turn and brown or second side.

Chocolate Syrup

1 cup cocoa

For each serving, mix 3 tablespoons of chocolate syrup with ½ cup evaporated milk and ½ cup boiling water, or 1 cup re-constituted dry milk. Heat before serving. ing. Each serving contains the equivalent of 1 cup of whole milk.

Crossword Puzzle

ACROSS 1. Male duck 6. Issue forth 13. Stiff 14. Deep gorges 15. Genus of

read 25. Color 26. Land

27. Posts of staircase

36. Expression of repug-nance 38. Costs 39. Diplomacy 15. Genus of grasses 16. Fourth callyb 17. See segle 16. You stoff 15. Plateaus 21. Itsen churacter 22. Roman

42. Jap. sash 44. "Lights out" 45. Old aton la 46. Lined 48. Football positions

position abbr. 49. Metaf fastener 50. Third king of Judah

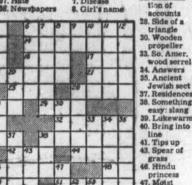
2. Machine for fastening girders 3. Years o. one's life 4. Relative 5. Dutch 51. Another time 54. Recited musically 66. General



Solution to Tuesday's Puzzle

9. Nickel symbol 10. Close: poetic 11. Concise 12. Ancient slaves 20. Bitter vetch 23. Female sheep DOWN 1. Sketch

seaport 6. Rub out 7. Disease 8. Girl's name



grass 46. Hindu princess 47. Moist 52. Hebrew proselyte 53. Liquor 55. Musical



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 Weignter who is sta-tioned 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

Sunday cleaning the rabbish of their homes.

Everyone is sorry to hear about Mrs. Bertha Styron beins in the Sea Level Hospital. We hope her a speedy recovery.

Everyone is sorry to hear of the



VIEGINIA FRUIT BRANDY DIST. CO.

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 university pioneered a traveling chemistry laboratory in 1957 and will con-tinue it this year.

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

sickness of Mr. Claude Day, We all hope him a speedy recovery.

Mr. and Mrs. Vernie Styron of Beaufort spent Sunday at

Mr. Floyd Daniels, who has been working at New Jersey, spent the ter's book station, 2:15-2:45-Mrs. weekend with his wife and chil- Ethel Lewis' book station, 2:50-3:00

FALL DAYS ARE GRAND,

BUT LET US FILL YOUR TANK TO THWART

THAT EVENING

CHILL /C

6.3414

Dollars And No Sense

Sophia Loren Opens Sunday By O. J. Morrow The best bet in Constants for her land to the story of a field of the story of the story of a field of the story of the story

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. By surprise we mean that this pie-ture is so new that very few peo-ple have seen it, and even less have seen any publicity on it.

The Key, starring William Hol-den, Sophia Loren and Trevor den, Sophia Loren and Trevol-Howard, is what movie the indus-try calls a sleeper. This is a pic-ture that is good entertainment that has no advance publicity, and

The film company feels that the story content and the actors can sell the picture without the need of advance publicity. The Key is

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).

out for what he can get. The girl, unfortunately, is unable to dis-Monday: 9:45-10:30 - Cedar Island book station at the postoffice; tinguish between true love and "a Atlantic, 10:55-11:05-Mrs. Norma Mason, 11:10-11:45 - Miss Betsy Styron's book station, 12:05-12:50the City theatre is Bullwhip, star-ring Guy Madison and Rhonda Fleming. Guy Madison turns in a masterful performance as a con-Tayfor'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, vict who escapes the death penalty after agreeing to the request of a :50-3:05-Mrs. Anita Morris. judge to marry a young woman who must have a husband in order to receive a large inheritance.

Sea Level, 3:10-3:25—Mrs. Jo Anne Lewis, 3:30-3:45—Mrs. Lula Mason, 3:50-4:00-Mrs. Alma Salter, 4:05-4:20—Mrs. Leone Gaskill, 4:25-4:40 — Mrs. Truman Taylor, 4:45-4:55—Dr. Dewalt.

Tuesday: Marshallberg, 8:45-9:00 —Mrs. Vilma Willis, 9:05-9:50 — Miss Claudia Brown's book station, 9:55-10:10-Mrs. Jo Anne Jeffries, 10:15-10:40 — Mrs. Florence Hunnings.

Smyrna, 10:50-11:00-Mrs. Vilma 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 Sal-ter's book station, 2:15-2:45—Mrs.

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mometer do what it

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fortable.

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Last Times Today "THE NAKED EARTH"

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Starring Richard "The Man Called and Juliette Greca

Saturday -- Double Feature "RETURN TO WARBOW"

Starring Phil Carey - AND -

"Underwater Warrior" Starring DAN DAILY

Sunday -- Monday "IMITATION GENERAL"

Starring GLENN FORD

since Bridge on the River Kwai. The Key is filmed in Chemascope.

Starting Sunday and playing through Wednesday at the Morehead theatre is Kings Go Forth starring Frank Sinatra, Tony Curtis, and Natalie Wood. To me, this

picture is another sleeper. It is superb entertainment, but unlike

The Key has had numerous reviews and you have probably seen

numerous ads in the magazines.

Many people who have seen this picture say that Frank Sinatra sur-

passes his role in From Here to Eternity, but I do not agree with

Although Frank Sinatra is not up

to par in this picture, Tony Curtis and Natalie Wood make up for

the loss. Kings Go Forth is a ten-

der love story with the unusual theme of an inter-racial conflict.

The picture tells of two men who fall in love with a girl. One man

is genuinely in love, the other is

Playing Thursday and Friday at

Miss Fleming, as the girl, is

excellent. When she takes over a

large trading business, she emerges as a fiery young woman

not at all averse to lashing out with a bull-whip to have her de-sires filled and her commands

Starting Thursday and playing

through Saturday at the Morehead theatre is Liane the Jungle God-dess, starring Marion Michael. At

17, the shapely and talented beau-ty, Marion Michael became a star

the story of a fighting man and of the woman whose presence gave him the only peace possible in a world at war. William Holden is seen as the American skipper of an unarmed British tug assigned to rescue crippled ships from U boats and enemy planes in World War II. This is his first picture.

many's answer to Brigitte Bardot, was closen over 12,000 other content and its picture that he has ever had with a starring role. Making up the second half of the double feature is Seven Guns to Mesa starring Charles Quinlivan and Lols Albright.

Charles Quinlivan, a new young actor who seems destined to become one of Hollywood's most important personalities, has his first starring role in this picture. the story of a fighting man and of the woman whose presence gave him the only peace possible in a world at war. William Holden is seen as the American skipper of an unarmed British tug assigned to rescue crippled ships from U-boats and enemy planes in World War II. This is his first picture cinca Bridge on the River Kwai.



"THE SHOWPLACE OF CARTERET COUNTY

FRIDAY - SATURDAY - DOUBLE FEATURE





STARTS SUNDAY



morehead

"CARTERET'S FINEST THEATRE"

"Home of the Best In Film Entertainment"

LAST TWO DAYS - FRIDAY - SATURDAY KIRK DOUGLAS-TONY CURTIS-ERNEST BORGNINE-JANET LEIGH The Viking THE PROPERTY OF THE PROPERTY O

• STARTS SUNDAY



SCORCHY SMITH















OAKY DOAKS









NOW I MUTHT FIND OUT WHY THIR OAKY DOAKTH TH THTHLL IN THE CELLAR!

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STAY HERE THIR









