

**Breakfast Important**

(Continued from Page 5)

test for a good breakfast.

1. It gives you protein, vitamins and minerals. Material needed to build and repair the body and help keep you healthy.

2. It provides fuel for body energy.

3. It tastes good.

Today I want to tell you how to make a taste treat for a Sunday morning — or any morning for that matter — oatmeal raisin muffins — they freeze well and can be ready in a jiffy. It takes little more than that to make and bake them for that matter. Simply get out two mixing bowls. In the smaller one beat 1 egg, add a cup of milk. You may use instant non-fat dry milk or fresh milk. The dry milk is on the list of donated foods some of our homemakers get and it's less expensive for those of us who need to pinch pennies. To the milk and egg mixture add 1/3 cup melted shortening. Mix the remainder of the ingredients in the large bowl: 1 1/2 cup flour, 1 TB baking powder, 1 tsp. sal, 1/3 cup sugar, 1 cup rolled oats (another commodity or donated food), and 1/2 cup raisins — also a donated food. Add the egg mixture all at once to the flour mixture and stir with a fork until just moistened. The batter should be a little lumpy — don't overbeat. Fill greased muffin tins half full and bake at 400 deg. F 20 to 25 minutes or until the muffins are golden brown. The recipe makes 12 muffins. Served piping hot with butter and syrup (a donated food) or jelly.

You're on the way to fulfilling the requirements we mentioned earlier—protein, vitamins, minerals, energy, and good taste.

Add orange juice and get your vitamin C fruit for the day. Top it off with cold fresh milk for every one and add coffee for the adults. It's always good to have one hot dish for breakfast, especially on cold mornings. The hot muffins are sure to please.

Another way to have a good breakfast is to be sure to include a fruit or vegetable as tomatoes — a protein food as eggs, meat, fish, milk, and a bread or cereal. Let me show you a couple of balanced breakfasts.

One with appeal to the youngsters might be: Tomato juice, grilled cheese sandwich, hot chocolate.

Another: Orange juice, oatmeal with ice milk or ice cream, milk or cocoa.

Or: for the adults try a more conventional breakfast— grape fruit halves, poached eggs, English muffins, milk, coffee.

**A Thought to Ponder**

The tide of life is sometimes very rough, but each storm ridden through makes us a better captain of our soul! — H. A. Hunt.

**VOTE  
NOVEMBER  
3RD**

**FOR SALE — VA HOME**

READY FOR OCCUPANCY

*No Discrimination — Anyone Can Buy*

516 LAMA STREET — 5 rooms, Brick Veneer and Frame. Price \$14,600, cash down payment \$500, balance payable in 360 monthly installments of \$108.42 each, including principal payments plus interest at an annual percentage rate of 8 1/2%.

See Any Licensed Broker

Or Call

Veterans Administration

Winston-Salem, N. C.

723-9211 Ext. 226

# Re-elect JOSEPH P. SHORE



## Clerk of Guilford County Superior Court

Licensed Attorney; Member of Greensboro Bar Association; Served as President of North Carolina Clerks Association; Deacon, Westminster Presbyterian Church; Initiated jury pooling in Guilford County; Planned and directed orderly change to new court system.

**JOSEPH P. SHORE IS RECOGNIZED AS  
NORTH CAROLINA'S MOST EFFICIENT AND  
CAPABLE CLERK OF SUPERIOR COURT**

(This ad prepared and paid for by friends of Mr. Shore)