

Cookies for breakfast? That's only the beginning

You've heard it all of your life - "breakfast is the most important meal of the day." Those of you with children have probably even uttered those same words many times. Why is it then that this is the hardest meal to be enthusiastic about? Even as mothers, we will often force our children to eat something before leaving the house yet we think nothing of rushing off with only a cup of coffee or juice.

Research has proven that breakfast is critical to learning. If children don't have the proper nutrients when they need them, they suffer. I'm sure that many teachers can attest to the fact that a child is happier, more active yet less restless when he is not hungry. This had to be true for adults also.

Nutritionists recommend that breakfast provide at least 1.4 of our daily recommended allowances of vitamins, protein and minerals, consisting of a bread, a fruit and some milk. Sounds simple enough huh? A bowl of cereal, glass of milk and some juice, right? You could look at it that way I suppose, or you can be a little more creative and you might see a few smiles in the mornings.

I felt fairly confident that my children were getting a nourishing and varied breakfast by serving nice hot oatmeal most mornings, alternating with muffins and then pancakes on Saturdays. It took hearing "not oatmeal again" a few times from my older daughter to get my attention. So I dug out some old recipes that are: number one, nutritious; number two children as well as adults will eat; number three, they must be quick and easy to prepare--we are talking about morning now.

If you have older children, daughters especially, who are trying to cut calories, or you yourself, try to blender drinks using low-fat milk. These make great afternoon snacks also. At first glance the Monkey Bread may seem more like a dessert. It does contain quite a bit of sugar so you wouldn't want to fix it everyday. I timed it to take 15 minutes of preparation time plus the 30 minute baking time. If you don't have that much time in the morning, make it the night before, it tastes great warmed up. The Breakfast Cookies are not very sweet and quite honestly are more appealing to children than adults. My girls thought it was great to be eating cookies for breakfast. Serve them with a piece of fruit and some



From My Kitchen To Yours by Shearra Miller

milk to round out the meal. Likewise with the Orange-granola-nut spread. What a treat to have a sandwich for breakfast.

This is only the beginning. I'm sure that you have some recipes in your files that can double as breakfast foods. Remember, the only rule is that the food be nutritious yet enjoyable. So if they want that leftover pizza, let them have it. Who knows, breakfast may become your favorite meal of the day!

EASY CINNAMON-PECAN ROLLS

1/3 cup chopped pecans
1/3 cup firmly packed light brown sugar
1/4 teaspoon ground cinnamon
2 (8-ounce) packages refrigerated crescent dinner rolls
Butter-flavored vegetable cooking spray or 2 tablespoons melted margarine or butter.

Combine first 3 ingredients; set aside. Separate rolls at perforations, and spray one side with cooking spray or brush with butter. Sprinkle with sugar mixture, and roll according to package directions. Place on a lightly greased baking sheet. Bake at 400° for 10-12 minutes. Yield: 16 servings.

SAUSAGE APPLE BALLS

1 pound bulk pork sausage
2 cups biscuit mix
1 cup raisins
1 cup grated unpeeled apple
1/2 cup chopped nuts
1/2 teaspoon apple pie spice

Combine all ingredients, mixing well. Shape into 1-inch balls. Place on ungreased baking sheets; bake at 350° for 20 minutes or until lightly browned. Yield: about 4 1/2 dozen.

WHOLE WHEAT BANANA BREAD

1/2 cup margarine
1 cup sugar
3 eggs
1 cup whole wheat flour
1 2/3 cups all purpose flour
1 tablespoon baking powder
1 teaspoon salt
1/4 teaspoon baking soda
1 cup mashed banana

cream margarine and sugar until light and fluffy. Add eggs, one at a time, mixing well after each addition. Add combined dry ingredients to margarine mixture alternately with bananas, mixing just until blended. Pour into greased and floured 9x5-inch loaf pan. Bake at 350°, 1 hour or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan.

MONKEY BREAD

2 cans Buttermilk biscuits
1 1/2 teaspoons cinnamon
1 cup sugar
1 stick margarine
3/4 teaspoon vanilla

Preheat oven to 350°. Cut each biscuit in half; combine sugar and cinnamon in a plastic bag; coat biscuit halves with cinnamon/sugar mixture. Meanwhile, melt butter, add vanilla. Lightly grease a tube pan. Lay biscuits in pan in layers. Sprinkle with remaining cinnamon and sugar. Pour melted butter/vanilla mixture over all. Bake for 30-35 minutes. Yield: 1 loaf

BREAKFAST COOKIES

1/3 cup sugar
1/2 cup margarine
1 egg
2 tablespoons orange juice
1 1/4 cups flour
1/2 cup frosted flakes
1 teaspoon baking powder
4 slices bacon, cooked and diced
1/4 cup raisins

Cream sugar and margarine; add egg and orange juice. Combine remaining ingredients and stir into sugar mixture. Drop tablespoons onto lightly greased baking sheets and bake at 350° for 15 minutes.

PEANUT BUTTER DIP

1/2 cup peanut butter
1/2 cup sour cream
1/4 cup frozen orange juice concentrate, thawed and undiluted
1/4 cup water

Combine first 3 ingredients in a small bowl; beat until smooth. Stir in water until blended; cover and chill. Serve with fresh fruit; Yield 1-1 1/3 cups

ORANGE GRANOLA NUT SPREAD

1/2 cup chunk-style peanut butter
1/4 cup honey
1 cup granola
1 teaspoon grated orange rind
1 large seedless orange (optional)
8 slices bread

Mix peanut butter and honey, stir in granola and orange rind. Peel or

ange, section, and cut into bite-size pieces. Stir into mixture. Spread mixture on bread. Makes about 1 1/2 cups, enough for 4 sandwiches.

DOUBLE ORANGE FROSTIE

1 cup cold milk
1/2 cup orange juice
1/2 cup orange sherbet

Combine all in blender and process until blended and smooth. Serve immediately. If a thicker shake is desired, process 1/2 medium banana with other ingredients. Yield: 2 servings

PEACHY VANILLA COOLER

1 cup canned peach halves, drained
1 cup vanilla ice cream
1/2 cup vanilla-flavored yogurt

Process in blender until blended and smooth. Yield: 2 servings

BANANA BONANZA SMOOTHIE

1 cup milk
2 tablespoon chunk-style peanut butter

1/2 medium-size banana, frozen
Process in blender until blended and smooth. Yield: 2 servings



HEALTH VIEWS

RAGAN HARPER

Medication vs. moisture

Recent studies show that carbamazepine, one of the leading drugs used to help control epileptic seizures, may lose up to 80 percent of its power if stored in a humid place, like the bathroom cabinet.

Finding a cool, dry location to store all medications is a good rule. Storing drugs in a dry place, such as the bedroom closet, allows them to work effectively up to the expiration date on the container.

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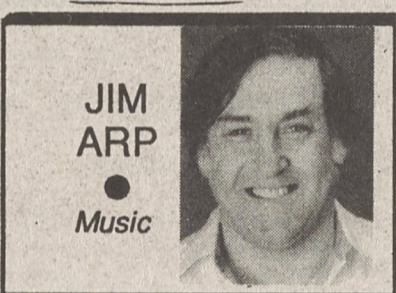
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Good ole singing and preaching

The old plaintive funeral hymn busted through the Appalachian air. It reverberated through the little country church. It drifted out the open windows into the church yard. There it was met by a late spring wind that caused it to dissipate. The words just tumbled off down the holler.

Religion played a major role in the life of the mountain people. Traditionalism was followed closely. I remember when I was a little kid (that's been many moons ago) when the men sat on one side of the church, the women on the other. Praying and shouting were evident at each meetin' as the old folks called it. Camp meetin's were filled to the ceiling. All day singings were also crowd pleasers. They came early and stayed late. The revivals were usually held after the crops had been laid by. Thirty or forty years ago most of the people walked to church. Some rode horses, or had mules and a wagon. Now and again you'd see a car. However, they came they got there on time.

There was all kind of singing at those get togethers. The mountain folks have a great love for music. There was all kind of singing. The whole crowd would join in and belt out the old spirituals. There were also quartets and single efforts. Those mountain people sang like they lived, hard and with a feeling of freedom. Their tight-throat de-



JIM ARP
Music

livery with sincerity sprang from their very soul. On those mournful numbers those rough, stalwart men's eyes would puddle up. They'd get as happy on the upbeat tunes.

The old country preachers would open the Bible. They'd read a few lines. That's all it took. From then

on they delivered a fire and brimstone message that would make the rafters ring. They hardly ever stood behind the pulpit. They were up and down the aisles. The preacher-man would get out among his flock. One thing was for sure, he'd keep you awake.

When the service was over the crowd would stand and sing some more. Then, there was an altar call. Sometimes there was a mourner's bench full. The old folks called it "going up for a mourner."

So it went with these descendants of the pioneer. They loved hard. Worked hard. Lived hard. They were very enthusiastic and sincere about their worship and singing.

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Food commodities to be distributed

U.S.D.A. food commodities will be distributed for eligible Gaston County residents on Sun., Mar. 24 from 8 a.m. until 1 p.m. at North Gaston High School on Ratchford Road in Dallas.

Food stamp recipients have received their certification cards in the mail. Others wishing to apply for commodities must go to one of the following sites on March 21 from 5-8 p.m.: Bessemer City Recreation Center, 200 N. 14th St.; Cherryville Day Care Center, 301 W. 2nd St.; or Central Intake, 941 S. New Hope Rd., Gastonia. (The Central Intake Office will also be open on Sat., Mar. 23 from 8 a.m. to 12 noon to certify applicants).

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