

## PEACHY HAM 'N EGGS

Here's a Sunday breakfast that makes getting out of bed worthwhile. Frosty glasses of orange juice for a starter, then scrambled eggs, frizzled ham slices and tender muffins topped with canned cling peach slices, along with plenty of hot coffee and cold milk. The "Peachy Muffins" are tender and light as can be. Golden cling peach slices across the top, with just a dash of sugar and spice, make them like little individual coffee cakes.

### PEACHY MUFFINS

- 1 (1-pound) can cling peach slices
- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup sugar
- 1 egg
- 1 cup milk
- 1/4 cup melted butter
- 1 teaspoon grated lemon rind
- Sugar
- Cinnamon

Drain peach slices thoroughly while mixing muffins. Sift flour with baking powder, salt and sugar into mixing bowl. Beat egg lightly and combine with milk, butter and lemon rind. Add to dry mixture; stir only until all of flour is moistened. Spoon into buttered muffin pans. Top each muffin with peach slices, pressing them lightly into batter. Sprinkle tops with sugar and cinnamon. Bake in 400° oven about 25 to 30 minutes. Allow to stand a few minutes. Remove from pans; serve hot. Makes about 10 large muffins.

When appetites vary from hearty to humdrum, pique the most indifferent breakfaster's appetite with a simple, take-what-you-want mixed grill. They'll serve themselves more heartily!

Start the meal with icy cold orange juice. Then bring out hot biscuits with butter and creamed honey . . . bacon and little pork sausages cooked crisp and brown . . . especially good with the hot peaches, broiled with a bit of butter and honey until they're tinged golden brown.



Breakfast Grill . . . meat and peaches broiled together. Honey and butter glaze the fruit to a finish. Serve with hot, hot biscuits, butter!

## BREAKFAST GRILL WITH GLAZED PEACHES

- 1 pound pork link sausages
- 6 canned cling peach halves
- 2 tablespoons honey (or light molasses, if you wish)
- 1 tablespoon butter
- 1/2 pound bacon

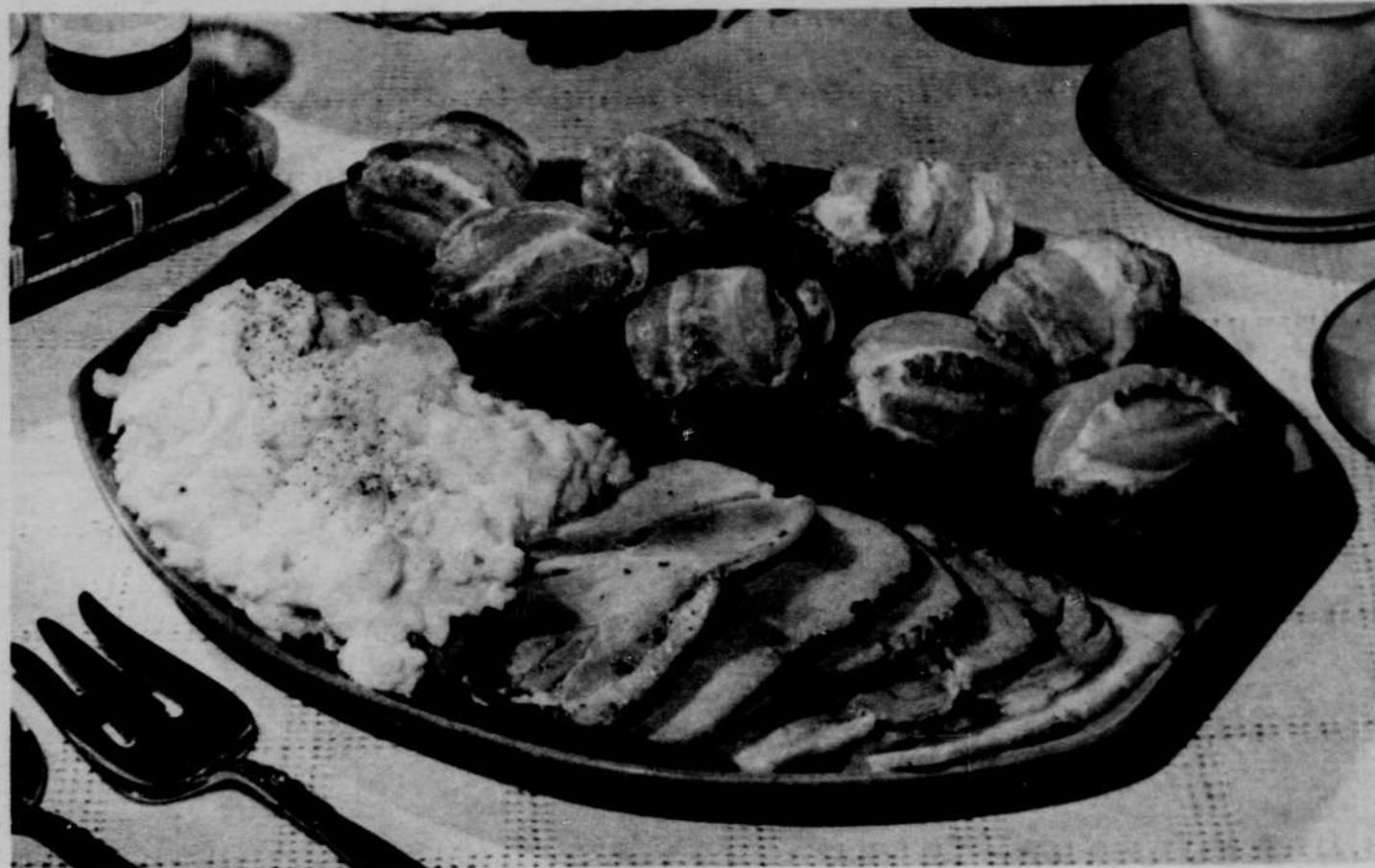
Arrange sausages on broiler rack in unheated broiler, about 5 inches from heat. Broil 8 minutes, turning frequently. Drain peaches thoroughly; arrange, cut side up on rack with a teaspoon of honey or molasses in each peach cup. Dot with butter. Place bacon on rack. Continue broiling 5 to 7 minutes longer until sausage and bacon are cooked and peaches lightly browned. Makes 6 servings.

Here's another pleasant change of pace to get the day off to a good start: "Glorified Grapefruit." The grapefruit is removed from the shells, combined with canned fruit cocktail, and returned to the shells to be broiled with a bit of brown sugar. The tart grapefruit and sweet fruit cocktail combine to make a "just right" appetite teaser.

### GLORIFIED GRAPEFRUIT

- 3 medium-size grapefruit
- 1 (1-pound, 1-ounce) can fruit cocktail
- 2 tablespoons maraschino cherry syrup, or fruit cocktail syrup
- 2 to 3 tablespoons brown sugar

Cut grapefruit in halves. With curved grapefruit knife, remove fruit in one piece, leaving shell intact. Section fruit, removing membranes. Drain fruit cocktail thoroughly, and add to grapefruit, along with 2 tablespoons syrup. Mix lightly and spoon into fruit shells. Sprinkle with brown sugar. Place in shallow pan; broil about 4 inches from heat until thoroughly heated and tinged with brown. Serve warm. Makes 6 servings.



Light, sweet muffins topped with golden cling peach slices, sugar and cinnamon make breakfast seem a special occasion.



Fluffy Date Muffins . . . especially nice to add to the breakfast menu: muffins like these with a lot of extra goodness — extra nutrition, too.



### SKILLET BISCUITS

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup butter
- 3/5 to 3/4 cup milk

Sift flour with baking powder and salt. Cut in butter with pastry blender until mixture looks like coarse corn meal. Stir in enough milk to make a soft dough. Turn out on a lightly floured board. Knead 5 to 6 times. Roll out to a half-inch thickness. Cut with a knife or floured wide-mouth jar, so biscuits will be bun size. To "bake," arrange the biscuits in butter, melted in a heavy skillet. (If you use an electric skillet, set it at 380°). Cover tightly. Cook 3 to 5 minutes on each side until golden brown. To serve, split and butter. Or split and "toast" under the broiler with the grapefruit.

Who can resist a wholesome breakfast when the fragrance of these Fluffy Date Muffins comes wafting out of the kitchen? Studded with pieces of fresh California dates, wearing a crusty crown of sugar and orange rind, they are simply delicious!

Serve them piping hot from the oven with plenty of butter. Precede with sliced bananas in orange juice, accompany with scrambled eggs, Canadian bacon and hot coffee!

### FLUFFY DATE MUFFINS

- 1 cup fresh dates
- 2 cups sifted all-purpose flour
- 1/4 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup butter
- 1/2 teaspoon soda
- 2 teaspoons grated orange rind
- 1 egg
- 1 cup buttermilk

### Topping

- 1 teaspoon grated orange rind
- 2 tablespoons sugar

Pit and slice dates into medium-sized pieces. Sift flour with sugar, baking powder, salt and soda. Cut in butter. Add rind and dates. Beat egg lightly and combine with buttermilk. Blend into first mixture, just until all flour is moistened. Spoon into buttered muffin pans. Sprinkle with Topping ingredients. Bake in 425° oven about 20 minutes. Makes 12 3-inch muffins.

To freezer-store breakfast muffins, cool them, freeze on baking sheets. When frozen, pack in freezer bags. To serve, heat in 350° oven.