## IT'S BAD NEWS TO SKIP BREAKFAST

Nutritionists warn that if you rush out of the house in the morning and neglect to supply your body with some kind of nourishment, then you're asking for trouble. Bad news.

Breakfast is the most important meal of the day. That makes sense when you think that after ten to twelve hours without food (postdinner and sleeping time), you'll need some kind of nourishment to give you energy.

There're all kinds of excuses folk use folk use for not eating breakfast:

"I can't face food when I get up," says the dedicated night person. And the perennial "I'm on a diet' brother or sister. Finally, there's the person who doesn't have time to fix it during a busy week.

Well, Dawn Magazine came up with some solutions to your favorite excuses:

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-If you're too busy or can't

face food the minute you get up, don't fall into the trap of an early morning cup of coffee and a calorie-filled sweet roll from the local coffee shop.

-Consider brown baggin' it not much trouble and a lot cheaper. Bight ounces in a leakproof plastic cup, a homemade bran muffin you made during the weekend (instead of a cream-filled

-Try mixing instant breakfast, strawberry flavored with 8 ounces of orange juice and ½ cup vanilla

-Dieting shouldn't mean missing breakfast. On a 1200 calorie diet, 340 calories are usually allotted for breakfast. Here's one: 6 ounces or 34 cup grapefruit juice, 75 calories; boiled or poached egg, 80 calories; 2 slices whole wheat toast, 130 calories; 1 teaspoon butter, 35 calories; 3 tablespoons milk, 20 calories, coffee or herb tea.



## DAWN RECIPES FOR NUTRITION NEEDS

Orange Juice Frappe 8 oz. orange juice

l tablespoon powdered milk

tablespoon pure honey

raw egg (optional) Blend and serve over cracked

Get-Up-And-Go

cups grapefruit juice med. apple peeled and cored

teaspoon sugar

teaspoon lemon juice 1/4 teaspoon nutmeg

Place all ingredients in blender. Blend on high speed 20 seconds. Serves 2.

Wake-Up-Now Drink

cups tangerine juice small banana

1/2 cup vanilla yogurt

1/8 teaspoon cinnamon 1/8 teaspoon cloves

1/8 teaspoon nutmeg Break banana into small pieces.

Place all ingredients in blender for

25 seconds at high speed. Serves

Spicy Citrus Cup cups grapefruit juice cup tangerine juice

1/4 cup sugar (or 1/8 cup honey)

whole cloves

1/8 teaspoon ground cinnamon In medium saucepan combine grapefruit juice, tangerine juice, sugar (or honey), cloves and cinnamon. Stir until blended. Slowly bring to a boil. Lower heat, simmer about 5 minutes. Remove cloves. Yield 314 cups.

Hot Orange Delight

cups water

cups orange juice stick cinnamon

15 whole cloves

tea bags 1/2 cup honey

teaspoon aromatic bitters

Put water, cinnamon and cloves on stove and bring to boil. Simmer 10 minutes. Remove from heat and allow to stand five minutes. Remove spices and tea bags. Add orange juice. Heat to simmer and

Serves 3.

Whole Wheat Muffins cup whole wheat flour

teaspoon baking powder teaspoon, baking soda

1/2 teaspoon cinnamon

egg tablespoon oil

tablespoons honey 1/2 teaspoon vanilla

tablespoons plain yogurt or sour cream

mashed bananas

Mix flour, baking powder, baking soda, salt, and cinnamon in bowl. Add egg, oil, honey, vanilla, yogurt or sour cream and mashed bananas. Mix thoroughly. Grease muffin tin and bake in 425° oven 15 to 20

Makes 8 muffins.

### Disco Pix

One little aside: that new dance, "Freaky-Deak" was suggestive, that the pictures submitted to us were not suitable for this family - styled magazine. And, if that's what they're doing these days - WOW!

# Month

The second stamp in the Black Heritage USA series went on sale in Atlanta, Ga., on January 13.

The stamp, which is pictured at (right, honors Dr. Martin Luther King, Jr., and is issued to coincide with his birthday, Jan. 15.

It goes on sale nationwide on ) that date and will be available in sheet form only, 50 stamps to a sheet. The stamp bears the 15 cents denomination.

Designed by Jerry J. Pinkney of Croton - on - Hudson, N.Y., there will be 150 million stamps issued.

Collectors of covers, who don't make arrangements for first-day issuance, can do so by sending \$1.00 to the Association for the Study of Afro-American Life and History in Washington, D.C.

The address there is 1401 14th St., NW, Washington, D.C.,

This is the second in the Black Heritage series. The first stamp bore a likeness of Harriet Tubman, and was issued on Feb. 1, 1978. That stamp had a 13-cent denomination.



### SPECIAL REPORT ON:

## DISCOMANIA!

What began as an inexpensive variation to live music are now the Discotheques. Discos are making an estimated yearly gross of four billion dollars a year, making it one of the most profitable forms of entertainment.

The night clubs of the 1970s, are filled with electronic bursts of light, sound and color. Infinity mirrors, glasspanes, air cannons are located in strategic places in the disco ceiling, and at the appropriate moment the dee jays' can project these devices onto the gravitating dancers who provide the ever-loving pattons and participants with the best floor

The audience ranges from forty to fifty million ranging from the toddler to mature adults of sixty who use dancing as a form of release and self enjoyment.

Discos are being called "Nightclubs of the 70s," and rightfully so. In New York, you often hear of the fancy downtown clubs, but Harlem has always been famous for dancing — and disco dancing is no exception.

By Jeanne Parnell

There are discos in New York City that cater to the single parents who can bring their children along. There are discos for the teenagers, where no liquor is served and there are discos where the beat gets slower and slower as the nightly crowd gets older and older but the shows are always provocative and moving.

"Discomania" has touched and continues to affect television and all forms of the media. When Don Cornelius' syndicated TV show "Soul Train" first appeared it drew a black audience. Only his cast of dancers could have us patting our feet every Saturday

Before long "Soul Train" was

copied, varied in some cases to deliberately suit the white

"Saturday Night Fever" is a minor success compared to the growth and development of the John Travolata image.

Conversion

Club owners all over the New York area, concerned with image, have hurried to redecorate and convert their night clubs into

Smalls Paradise, a Harlem entertainment landmark for fifty years, is now featuring disco dancing. Owner Bill Hickman, a veteran, who has moved with the times explains, "We attract a young college crowd during the weekdays and on the weekends we bring in the ole crowd and everyone dances together."

The Apollo Theatre has started to provide live entertainers which has helped the club's new image. Dancing at The New York Savoy, Renny or Paladium should not be forgotten and cannot be compared to the local discos in New York City.

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