**Old Fashioned Oatmeal Cookies**

2 cups quick-cooking rolled oats  
3/4 cup sugar  
1/2 cup butter or margarine, melted and cooled  
1/4 cup flour  
1 egg, beaten

Mix ingredients together well. Drop by heaping teaspoonsful on greased cookie sheets. Bake in preheated 350 oven until golden brown - about 12 minutes. When cool, store in airtight container.

Yield: about 36.

**Sesame Seed Bread Sticks**

4 slices bread  
2 teaspoons butter or margarine, melted  
1/2 teaspoon sesame seeds

Cover both sides of each bread slice with butter or margarine. Cut each slice into 4 equal-sized strips. Roll strips in sesame seeds. Place on ungreased baking sheet and bake in 350 oven for 10-12 minutes.

Yield: 16 sticks.
Nutrition Facts
Servings Per Recipe 12
Amount Per Serving 3 cookies
Calories 120
Total Fat 2.4g
*Vitamin A 1%
*Calcium 2%
18% of total calories from fat
Sodium 50mg
*Vitamin C 0%
*Iron 38%

*Percentage Daily Values

Nutrition Facts
Servings Per Recipe 8
Amount Per Serving 2 sticks
Calories 40
Total Fat 1.6g
*Vitamin A 1%
*Calcium 1%
35% of total calories from fat
Sodium 77mg
*Vitamin C 0%
*Iron 2%

*Percentage Daily Values