

March Winds



March month brings stormy weather,
That can have an icy blast;
So oatmeal is the perfect choice,
On which to break our fast.



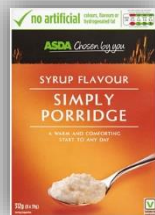
Yet porridge is the perfect dish,
You'll find it so versatile;
It gives you lots of stamina,
To help go that extra mile.



Back in old time Bothy days,
Lads would start the day on brose;
Farm hands' wives made porridge,
For their menfolk when they rose.



Keep giving it a new flavour,
Add fruit and berries to the mix;
And breakfast will become a treat,
As you get perfect with the fix.



But in the modern way of life,
Oatmeal went out of favour;
Kids have so much to choose from,
With a sweet and chocolate flavour.



Be ready for what March may bring,
Just keep the porridge pot handy;
'Cause when you dine on Scotland's fare,
You will stay warm and dandy.



By Eila Webster