

For the Farm Wife and Family



A Good Breakfast

by Mrs. Richard C. Spence

Breakfast is the most important meal of the day. Between the evening meal and breakfast, there is a 10 to 12 hour fast and every person needs a good breakfast to re-fuel his body. Without breakfast he may feel tired, be ir-ritable, or have a headache during the morning.

Studies show that persons are more alert and can do their work better when they eat a good breakfast. This is true of adults and children alike. A child who eats a good breakfast has a better chance to do well in his studies than if he went without breakfast or ate only a skim-py one.

Breakfast should supply one-fourth to one-third of the daily food requirements. This first meal should contain these foods: fruit or juice; a protein-rich food, such as cereal and milk, eggs, meat, or cheese; bread or other cereal products; and milk. Eating snacks and larger lunches does not make up for the lack of breakfast.

Breakfasts can be made so appealing and appetizing that the family won't want to miss them. It's easy to vary

hot cereals by cooking frozen canned, or dried fruits with them. Adding dried beef, grated cheese, or a pinch of an herb gives a new differ-ent flavor to scrambled eggs. A sprinkle of shredded cheese over fried eggs just before they are done adds interest and food value.

Let's see what a good breakfast does for you:

1. Fruit — gives zest to meals, helps prevent consti-pation, and supplies a goodly amount of vitamin C.
2. Cereals, bread — give protein, iron and other min-erals, vitamins, and food en-ergy.
3. Milk — a good source of calcium, the B-vitamin ribo-flavin and top-grade protein.
4. Eggs, meat, fish — pro-vide high grade proteins for body building and repair, and they have mineral and

other values besides. 5. Something hot — is cheering and gives you a sense of well-being.

SOMETHING DIFFERENT FOR BREAKFAST — Most folks like a change now and again. Here are a few ways to get variety — and maybe surprises into breakfast.

Mix fruits — berries with sliced peaches, for instance, or sliced bananas with or-anges — for change of flavor, and when you haven't en-ough of one kind to go a-round.

To add interest to cereals, top with favorite fruits — fresh in season, or frozen, canned, or dried. Fruits go well with both hot and read-y-to-eat cereals.

Sprinkle grated cheese over eggs to be baked, or com-bine with scrambled eggs for a different flavor treat.

Scramble eggs with toma-toes. To serve 6: Beat togeth-er 6 eggs and a cupful of of cooked or canned toma-toes. Season, and cook in a little fat over low heat, stir-ring constantly, until as firm

as you like it.

Broil or fry tomatoes — red or green — and serve with bacon.

Take a tip from New Eng-land and have Saturday night's baked beans for Sun-day morning — perhaps with codfish cakes and brown bread.

Chop cold potatoes, heat in a little fat, then scramble them with eggs.

Brown slices of leftover oatmeal, cornmeal mush, or other cooked cereal in a lit-tle fat. To slice and brown well, the cereal must be cold and thick.

Split leftover rolls, bis-cuits, muffins, or cornbread and toast in the oven. Or put crisp brown bacon between halves of toasted rolls.

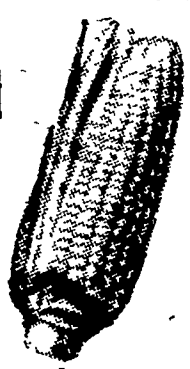
Use stale bread to make an old favorite — french toast. Dip bread in a mixture of egg and milk or egg and tomato juice. Brown care-

fully in a little fat. Sauté chicken livers — serve on toast. Crisp can be used as a garnish.

A favorite breakfast especially with the men — good old-fashioned pan-cake — fruits, cheese and the like can be added to the batter to make your own batter is a basic recipe.

Griddlecakes
 1½ cups sifted en-ri-
 flour
 1 tablespoon baking
 der
 2 tablespoons sugar
 ½ teaspoon salt
 1 egg, beaten
 1½ cups milk
 3 tablespoons melted
 shortening
 Sift together flour, b-
 powder, sugar and salt
 bine egg and milk Ad-

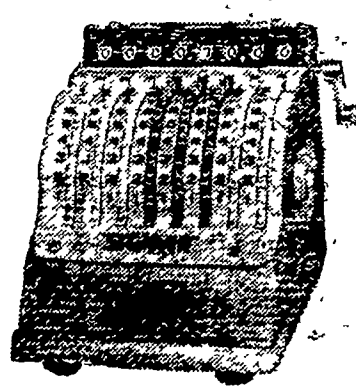
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