

RECEIVED

JAN 2 1931

Housekeepers' Chat

Monday, February 2, 1931.

NOT FOR PUBLICATION

Subject: Better Breakfasts. Approved by the Bureau of Home Economics, U.S.D.A.

Bulletins available: A Guide to Good Meals for the Junior Homemaker.

Have you ever had breakfast in a railway station early in the morning? And have you, while you were eating, looked about and observed what the people around were having for their breakfasts? The Menu Specialist had this experience the other day and came home to tell me what she saw.

"Next to me in that restaurant sat a mother and her five small children, all under ten years old, I'm sure. What do you think that mother gave each of her little children for breakfast? Just guess, Aunt Sammy."

I thought a minute and then, naturally, I guessed the kind of breakfast any sensible mother would give her children. I suggested orange juice and cereal and was going to say toast and milk, but the Menu Specialist stopped me.

"No, Aunt Sammy, no orange juice and no cereal for those poor little children. Each one of them was given a cup of coffee and two big doughnuts, and that was all."

No wonder the Menu Specialist was upset after seeing a sight like that. Think of the condition of those five small digestions after working on that big doughnut and coffee first thing in the morning!



Though few mothers, I am thankful to say, subject their children to breakfasts like that, there are homes where breakfast is usually the neglected or hurried meal of the day. The mother's problem is often complicated because Father and the children will get up the very last minute, and then have only time to snatch a cup of coffee or a roll, eat it hastily and go rushing off to the office or to school. And Mary Louise is very likely not to have much appetite and to start for high school without eating anything at all. Though I hate to admit it, there are mothers who spend hours planning and preparing the fanciest luncheons or teas for their bridge guests, yet quite neglect their own family's morning meal.

A good breakfast is the way to start the day right and to give us cheer for the day's work. Sit down to a leisurely, well-prepared, attractive looking breakfast containing the foods needed to set you up for the day, and the chances are that you won't have any trouble with either your disposition or your digestion, even if you did step out of the wrong side of bed.

I leave it to you, Georgine. Isn't it a cruelty to anyone's perfectly good digestive apparatus to break a twelve-hour fast in the morning with a hastily gulped cup of coffee and a doughnut or a muffin swallowed on the run? No wonder some husbands are grouchy and some children get low grades and behave badly at school.

As for this business of going without any breakfast at all, that deserves a regular, old-fashioned sermon all its own. Three meals each day is the first step in good nutrition and breakfast is just as valuable as the other two, especially for growing boys and girls. Many people under twenty years of age are underweight, and if they omit breakfast, they miss one of the three chances to get building material and fuel supplies. The person who goes without breakfast runs a great risk of being undernourished, a condition, you know, which may cause susceptibility to disease or bad teeth, nervousness, or other disorders.

There is still another way that breakfast aids good health. One of the recognized ills of modern life is constipation. The omission of breakfast or the eating of a hasty breakfast and rushing away immediately to school, to work or to play are often causes of constipation. One of the best ways of preventing or overcoming this condition is to take plenty of time for this first meal in the day and to eat fruit, which has a laxative effect both because of the fiber and because of the acid it contains; some whole wheat cereal or bread; and only a small amount of sweets, fats and other rich foods.

Breakfast is a simple easy meal to plan because it is the one meal which varies little from day to day. Any breakfast menu will contain some of six foods. These are fruit, cereal, a beverage (usually hot), bread, eggs and bacon or perhaps some other meat. Just which and how much of these foods you choose depends on how much nourishment you need. Grandmothers do not eat the same breakfasts as growing girls and boys; a man working all day in an office does not eat the same breakfast as a soldier



on the march; and Fiji Islanders do not eat the same breakfast as Eskimos. Whether you choose a heavy, medium or light breakfast, you see, depends on who you are, what your age and occupation are, and the climate or the weather. For the man engaged in strenuous physical labor or for someone who is underweight a heavy breakfast is needed. It will contain all the foods listed above. On the other hand, a light breakfast of fruit, toast, a beverage, and perhaps a poached or boiled egg, is probably best for the adult who leads a sedentary life. For growing children a medium sized breakfast of orange, cereal, milk or dilute cocoa, toast and an egg will mean better marks at school and happier, more successful days. In cold weather everyone needs more food for warmth, so heartier breakfasts can be served than in summer when fruits and light food is most tempting.

One of my friends told me the other day how she met a breakfast problem in her family. Her two daughters in their teens suddenly lost their appetites for breakfast so she began to look about for a cause and a cure. The family had been eating in the kitchen in the morning for the sake of warmth and convenience. My friend, who is a very busy woman, hadn't bothered much about the appearance of the table or the room. Her husband was used to pancakes and good coffee each morning so she had been putting this menu on the table day after day. When the rebellion against breakfast began, she did not insist on her children's eating breakfast or tell them how much they needed the food. Instead she decided to make breakfast so attractive and tempting that they couldn't resist eating it. So she set the table with a fresh cheerful cloth and her prettiest china. She kept the kitchen looking spotless and immaculate and was careful to serve everything in a way that appealed to the eye. And she featured dainty foods such as fruit, attractively prepared, crisp curled bacon and fresh evenly browned toast. (Raw fruit, by the way, as my friend learned, is an excellent appetizer because of its color and because it contains a vitamin that stimulates the appetite.) It wasn't long before the daughters began to enjoy breakfasts as much as any meal in the day, and, even the husband was converted to these pleasant attractive meals instead of the great pile of morning pancakes he once insisted on.

For the menu today we have a winter breakfast planned for Sunday or when there are guests. Sunday breakfast can be a most delightful meal. Because dinner is later than usual the family can eat a little more heartily. And there is more time than on week days to allow for making waffles and other favorite foods. Here's our menu:

Orange juice; Waffles or griddle cakes; Sausage or bacon served with apple rings and tart jelly; Coffee, milk for the children.

There should also be hot cereal and top milk for the younger children who will not eat sausage and will only be served a taste of the waffles rather as a dessert.

At present oranges and grapefruit, always ~~among~~ the most appetizing breakfast fruits, are inexpensive.



Your radio recipe book contains a very good recipe for waffles. The Menu Specialist also suggests that you can make waffles, having a little different flavor and texture, from prepared pancake flour by adding egg and fat. Because this flour is made of combination of different grains, such as rye, corn and wheat, it makes waffles that are a little coarser than of plain white flour. Follow the directions on the box for making waffles from pancake flour.

The sausage or bacon may be served on a platter surrounded by red and green apple rings dotted with bits of bright red jelly. For the apple rings select a few firm, tart apples, some red and some green. Wash and core the apples but do not peel them. Cut in rings or slices about $1\frac{1}{4}$ inch thick. Make a thin syrup of a cup of water and a cup of sugar, drop in the apple rings, let them cook rapidly in an open kettle until tender and then simmer slowly until they appear clear. Lift them out and arrange them around the edge of the platter. These apple rings are sweet enough to take the place of marmalade with the waffles.

Tomorrow: Family Jolts and Jars.

#

1850