

COLORADO AGRICULTURAL COLLEGE
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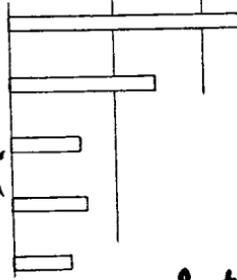
TOAST AND COFFEE



Vitamins
A B C

2 slices toast (white) ?	+	-	
1Tb. butter	+++	-	-
1Tb. rich cream	+++	++	?

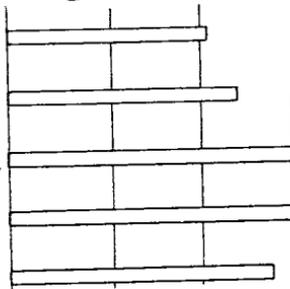
For Energy
For Muscles
For Bones
and Teeth
For Blood



Calories
Protein
Calcium
Phosphorus
Iron

Which is better?

For Energy
For Muscles
For Bones
and Teeth
For Blood



Calories
Protein
Calcium
Phosphorus
Iron

CEREAL AND MILK



Vitamins
A B C

$\frac{3}{4}$ cup cooked whole-wheat cereal	++	++	-
$\frac{1}{3}$ cup whole milk	+++	++	?
1Tb. rich cream	+++	++	?

Better Breakfasts

By Miriam J. Williams

"A good breakfast starts the day right," is fast becoming an American adage. Many a home testifies that breakfast is the most important meal of the day, that its success or failure makes the biggest difference of any meal.

Why Are Breakfasts So Important?

Preparedness.—After breakfast, a day's work or play is ahead, and the manner and attitude in which this is approached means a great deal. Some people can show sunny dispositions, unflagging energy and continued alertness in spite of an inadequate or hasty breakfast, but those people are the exception rather than the rule.

Fuel food is necessary to give the body energy. A lack of a sufficient amount may show up in headaches, lassitude or general tiredness.

Easily digested food which leaves the body free to do other work is important. Warm food stimulates digestive activity and makes possible good digestion and elimination.

No "Piecing."—Satisfying food eliminates desire for food between meals. Children who go to school "armed" with good breakfasts will not be rifling their lunch boxes or seeking a candy stand at recess.

Dr. John H. Peck of Des Moines says, "Breakfast is the most important meal of the day, and to no one is it more important than to a high-school student—a good big breakfast. The person who eats a good breakfast every morning will never have tuberculosis."

Morale, or enthusiasm and anticipation for what the day may bring, is promoted by a good breakfast. An attractive, unhurried meal with pleasant conversation is essential for best results in mental and spiritual well-being.

The "Breathless Breakfast."—Breakfasts in Colorado homes are typical of those found the country over. The "breathless breakfast" is perhaps the most glaring fault. School busses which call an hour before school actually begins, the extra 40 winks of sleep, dishes in the sink from last-night's spread, Johnny's missing stocking, and the empty cereal box or prunes which didn't get cooked are keeping breakfast levels subnormal.

Remove the Stumbling Blocks.—Planning in advance will eliminate many worries—a checking on the next day's clothes as well as food supplies, the table set the night before, some of the food preparation made in advance, an earlier bed-time for the children.

Breakfast seems to be the test of parents' management of children. Of prime importance is the power of a good example—the whole family enjoying good wholesome food. The most disastrous error is to admit food dislikes and worst of all to discuss in the presence of children that "Johnny won't eat cereal," or "Don't you like eggs cooked that way?" or "I don't like milk." It's nothing to be proud of but something to overcome. **The negative attitude toward wholesome food which some parents foster in their children is the biggest stumbling block they can offer to developing sound food habits.**

For the Cranky and Constipated.—One of nature's warnings of "danger ahead" is a tendency toward constipation or faulty elimination. The unhurried, cheerful breakfast which contains fruit, a whole-grain cereal in bread or porridge, and only a small amount of sweet and fat is the best preventive and the least expensive cure one can find. Cranky people are apt to be constipated. A better breakfast should cure both ills.

Planning the Breakfast

What's Wrong With These?—Some dangers to avoid in planning breakfasts are found in these examples of meals which were served in Colorado homes:

- No. 1.—Oatmeal, pancakes, syrup, white bread, jam, butter, coffee.
- No. 2.—Prunes, cornmeal muffins, wheat porridge, fried mush, coffee.
- No. 3.—French toast, oatmeal, eggs, ham, cream, butter, syrup, coffee.
- No. 4.—Pancakes, sausage, fried potatoes, butter, syrup, coffee.
- No. 5.—Toast and coffee.

Criticisms.—Number 1—Too much cereal and fuel food, and lacking in fruit.

Number 2.—Too much cereal and fuel food.

Number 3.—Three forms of protein, and lacking in fruit.

Number 4.—Difficulty of digestion because of excess of fried foods, and lacking in fruit.

Number 5.—Inadequate and lacking nourishment.

A county nurse in Colorado found, on questioning grade children in two schools that, of the 111 who wrote out what they had for breakfast, 50 percent had milk, only 19 percent had fruit of some kind, 43 percent had a cooked cereal and about 51 percent had eggs.

Billy, aged 10, must be hale and hearty since he ate 2 dishes of oatmeal, 1 glass of milk, 2 eggs, 1 dish of applesauce and 3 pieces of bread, on that particular morning. George, of the same age, did not fare so well since he had a "cup of coffee, five pancakes and a plate of syrup." While 8-year-old Edward had only bread and tea, Bertha had bread and gravy, Jack had 2 peanut-butter sandwiches and water, Pete had no breakfast.

If the breakfast of Colorado school children were consistently to include fruit in some form, cereal, (frequently a cooked whole-grain cereal), milk or milk drink and at least occasionally an egg, many worries of parents and teachers alike would disappear.



Beverly Ann, aged 4, has a small glass of orange juice, whole-wheat cereal cooked with dates and served with top milk, milk and crisp toast. She uses her own set of nursery-rhyme dishes.

Better Breakfasts

Here are some better breakfasts which were served in Colorado homes. They illustrate several typical combinations which make well-balanced, attractive meals.

Fruit Served with Cereal, Egg or Meat Dish, Bread, Beverage.—For families with children, these breakfasts are ideal.

Bananas with cornflakes, scrambled eggs, muffins, jelly, cocoa and coffee.

Whole-wheat porridge with dates, poached eggs on toast, cocoa and coffee.

Baked apples with oatmeal, toast, bacon, cocoa and coffee.

Cooked cereal with raisins, creamed eggs on toast, coffee and cocoa.

Lighter Breakfasts for both children and grown-ups.

Tomato juice, cooked whole-wheat cereal with dates, toast-ed cinnamon roll, egg-nog.

Sliced bananas with cornflakes, toast, bacon, cocoa, coffee.

Baked apple with cream, poached eggs on toast, cocoa, cookies.

Scrambled egg, raisin toast, orange marmalade, milk coffee.

Prunes with orange juice, creamed eggs on toast, milk, coffee.

Pineapple, baked eggs, toast, honey, milk, coffee.

Apple sauce, codfish cakes, muffins, jam, cocoa.

Sliced orange or orange juice, cooked cereal, toast, coffee, milk.

An Acid or Refreshing Fruit, a Hot Bread, Meat or Substitute, Beverage. Cereal Is Omitted.—These are best suited to adults.

Sliced orange, waffle, bacon, coffee.

Tomato juice, French toast, sausage, coffee.

Grapefruit, whole-wheat muffins, bacon and eggs, coffee.

Pineapple juice, pancakes, bacon, honey, coffee.

Value of Typical Breakfast Dishes

Fruits stimulate the appetite and please the palate. They provide bulk, minerals and vitamins to a meal otherwise apt to be lacking. Variety, interest and flavor are added to a meal which is often considered tiresome and uninteresting.

Cooked Whole-Grain Cereals furnish energy in a readily digestible form. They help prevent constipation because as a hot food containing bulk, peristaltic action is stimulated. The family income is spared. Five cents will provide 10 or more serv-



Breakfast in the kitchen can be a cheery affair. This farm woman gave her family tomato juice, scrambled eggs and bacon, muffins, cocoa and coffee.

ings. When served with whole milk, or part milk and part cream, they are an inexpensive and valuable source of minerals and vitamins A and B.

A little of that surplus wheat, cleaned, dried thoroly in the oven, and then ground, costs nothing but the time and cannot be excelled for food value and goodness of flavor.

Consult the chart on page 2 to be convinced of the value of whole-grain cereals with milk.

Cereals ready-to-eat are more expensive, but valuable for energy and mineral content, especially when served with whole milk. Five cents will provide three to six servings. Refined cereals have their place and value, but are somewhat lower in mineral and vitamin content. Avoid, however, coarse cereals with a large amount of bran since they may irritate and damage the intestinal tract.

Breads of all kinds furnish chiefly heat and energy. Supplemented with butter, jams and syrup such as are used on hot breads, their caloric value is high. Whole-grain breads provide some regulating and protective material in addition. They duplicate to some extent the food value of cereals. Use breads more sparingly when cereals are served. Hot breads do not digest as

readily as crisper, drier breads and so are not recommended for children or habitually for adults.

Eggs are an efficient building and repair food. They supply vitamins A, B and D and iron in considerable amounts (the yolk is the important part). Once a day, for children at least, is an excellent standard.

Meat supplies building and repair food. It duplicates, to some extent, the food value of eggs. Avoid using both in the same meal. Fat meats, as bacon and sausage, furnish more fuel and less building food than lean meats.

Beverages are selected according to taste and needs.

Provide a milk beverage for children, of course, since their quart a day must be given somehow. Cocoa, hot or cold milk, postum made with milk, and egg-nog are possibilities.

Coffee—good coffee properly made—may make the difference between a cross or cheerful husband. No food value is secured except in cream and sugar. The amount of caffeine present depends much upon the method of making.

De-caffeinated coffee and cereal beverages furnish a hot drink without stimulating effects.

RECIPES

Breakfast Fruits

Tomato Juice.—Drain from canned tomatoes, strain and chill. Serve in small glasses or sherbet cups. If tomatoes are rubbed thru also, than with a little cold water.

Oranges.—Sliced; halves; sections, arranged daisy fashion; orange juice. For slicing, first pare as you would an apple, removing all white membrane.

Grapefruit.—Halves with each section cut around; canned or fresh sections, served alone or combined with other fruits.

Apples.—Raw, whole; thin slices, arranged daisy fashion; baked; sauce, plain or stewed with raisins or lemon. Nutmeg helps the flavor of late-winter apples.

Other Fruits.—Berries, peaches, bananas, etc., sliced and served with cereal; canned or cooked fruit as pineapple, rhubarb, peaches, or apricots; fruit juice as grape juice, pineapple or berry juice (served in sherbet cups).

Dried fruits are especially suited for breakfasts to serve alone or with cereal. Wash carefully. A new method of cooking is to omit soaking and boil quickly. Prunes require a little over an hour; other fruits less. Or the fruit may be soaked overnight and cooked the next morning until tender. Little or no sugar is required. Dried fruits are delicious cooked in a

covered baking dish in the oven. After dried fruits are cooked, keep them covered with liquid, or nearly so, until they are served.

A stick of cinnamon cooked with prunes adds an interesting flavor or a little lemon or orange juice may be added just before serving.

Peaches may be prepared in this manner; wash in hot water, remove thin film, add $\frac{1}{3}$ c. sugar to each cup of peaches, cover with fresh boiling water and allow to stand over night.

Cooked Cereals.—Directions for cooking cereals are found on the packages. A general rule is to stir the cereal slowly into boiling salted water and cook over a direct flame at least 5 minutes. Then cook in the top of a double boiler from 20 to 30 minutes.

The so-called 10-minute cereals are likely to have a starchy, unpalatable taste unless given a somewhat longer cooking. Keep the lid on during cooking to avoid drying out on top. Do not stir cereals unnecessarily while they are cooking. Avoid a thick, pasty cereal. Remember that they are slightly thicker when cool enough to eat.

Coarse cereals, such as oatmeal are used in the proportion of 1 c. cereal to 3 c. boiling water and 1 tsp. salt; while fine cereals are used as $\frac{3}{4}$ c. cereal to 3 c. water and 1 tsp. salt. Add dried fruits as raisins, chopped dates, prunes and figs during the last 10 minutes of cooking.

Eggs.—A low temperature is the secret of successful egg cookery. Poaching, frying, soft-cooking, baking, omelets—all should have a low heat.

For poaching, drop eggs in a shallow pan of salted water which is just below boiling. Buttered muffin rings aid in keeping the egg a nice shape. Cook until the yolk is coated and the white is firm.

For "boiled" eggs, start in boiling water but keep below the boiling temperature—about 5 to 7 minutes for soft-cooked and 30 to 40 minutes for hard-cooked. The white is more tender and more digestible. Hard-cooked eggs are added to white sauce for creamed eggs on toast. The whites may be cut into the sauce and the yolk rubbed thru a sieve after the sauce is poured over the toast.

Eggs in Bacon Nests.—Broil strips of bacon until partially done. Line muffin tins with bacon strips, break an egg in each tin. Add 1 tb. cream and a little salt and pepper to each egg. Place muffin pan in an oblong pan of hot water and bake until firm. Serve with toast or muffins.

White Sauce.—

	Fat	Flour	Milk	Salt	Use
Thin	1 T.	1 T.	1 c.	½ tsp.	Cream soups.
Medium	1½ T.	2 T.	1 c.	½ tsp.	Creamed meat and eggs.
Thick	2 T.	3 T.	1 c.	½ tsp.	Croquettes, etc.

Heat fat until melted, add flour and stir until cooked. Add milk, stir until thick. Season. A double boiler is the best utensil for making white sauce.

French Toast.—1 egg, slightly beaten, ½ c. milk, ¼ tsp. salt, 3 slices of bread about ¾ inch thick, cut in triangles. Combine egg, milk and salt. Dip slices of bread in mixture and fry in deep fat (390° F.) until a golden brown, or on a hot griddle in a small amount of butter or fat. Drain. Serve with honey, syrup, powdered sugar or jelly.

Muffins.—

2 c. flour—(sifted once before measuring)	1 egg ¾ to 1 c. milk
½ tsp. salt	2 Tb. fat
2 Tb. sugar	
3 to 3½ tsp. baking powder	

Mix by cake method (creaming fat and sugar first) for a fine-textured muffin. The muffin-method of mixing is much quicker, however. Beat egg, add milk, melted fat. Add liquids to the dry ingredients which have been mixed and sifted, and stir just enough to moisten all ingredients. Over mixing causes tunnels. The dough should be a drop mixture. Drop into greased muffin tins and bake in a quick oven. Small tins are best.

For Surprise Muffins, put a spoonful of jam or jelly or a stoned date in the center before baking.

For Whole-Wheat Muffins, substitute whole-wheat flour for at least half of the white.

For Bacon Muffins, use bacon fat and add crisp bacon broken in small pieces.

For Fruit Muffins add ¾ c. raisins, chopped dates or figs. These are especially good with whole-wheat flour. Canned fruit as blueberries and crushed pineapple may be used by substituting part of the juice for milk.

Beverages

Breakfast Cocoa.—Make a cocoa paste of the following:

2½ Tb. cocoa	3 Tb. sugar
1 c. boiling water	A few grains of salt

Mix the sugar, salt and cocoa, add water, cook to a smooth paste. Add 3 c. milk, heat to near boiling point and beat with a dover beater before serving.

A large amount of cocoa paste can be made as follows: Cook $\frac{3}{4}$ c. cocoa, 1 c. sugar, $\frac{1}{2}$ tsp. salt and 3 c. hot water until smooth and slightly thick. Store in a glass jar and add to hot milk as needed.

Avoid a sweet, dark, cocoa beverage which shows a sediment at the bottom. The powdered cocoa is a slight stimulant and if used in larger amounts in a beverage it will approximate the stimulating effect of tea and coffee.

Coffee.—No bigger crimes are committed against any food or beverage than against coffee. Properly made, it has a mild, mellow flavor, free from a bitter or sour taste, and with a minimum of caffeine. Certain rules are essential:

First, use a good grade of coffee which is either **freshly** roasted and then **freshly** ground, or else purchased in a vacuum-tight, dated can. Aroma and flavor disappear quickly after roasting, especially when exposed to air. Buy a size of can that will not last more than a week or 2 weeks at the most. The amount of coffee to use per cup depends upon individual taste. A rounding tablespoon per person makes coffee of medium strength. Coarsley ground coffee is wasteful. Use a medium or fine grind for percolating or "boiling," and a pulverized coffee for filtering.

Second, use an earthenware or glass pot if possible. Metal containers affect the flavor somewhat. Keep the pot, whatever it is made of, **clean**.

Third, use fresh water. Very hard or very alkaline water affects quality.

Fourth, do not allow coffee to boil, as actual boiling develops bitterness and destroys both aroma and flavor. Just below boiling (185° to 203° F., or between 175° to 195° in the altitude of Colorado) is the best temperature to use. Coffee boiled for 1 minute is markedly more bitter than that prepared at a few degrees below boiling.

Fifth, strain liquid from the grounds as soon as the brew is "done." Continued standing extracts the bitter flavor.

"Boiled" Coffee.—For a so-called "boiled" coffee, measure 1 tablespoon of coffee for each cup, add a very little egg white if it is available, and cold water, measured. Mix thoroly, bring slowly to a near-boil, stirring down occasionally. Remove immediately from the fire and let stand in a warm place for 2 to 3 minutes. Pour a little cold water in the pot to settle and **strain**

the coffee from the grounds. The use of a bag for coffee is excellent since it can be removed when the brewing is complete.

Steeped Coffee is made by pouring freshly boiling water over finely ground coffee, covering and letting stand in a warm place for 3 to 5 minutes. Then strain from the grounds.

For Percolated Coffee start with **cold**, freshly drawn water and percolate slowly and gently for 10 to 15 minutes. Rapid percolation brings out the bitter qualities of coffee.

Drip Coffee is made with fresh water, briskly boiling. Pre-heat the pot with hot water, which is thrown off, then pour water over grounds and let it filter thru only once. Remove the grounds, as they absorb flavor and aroma from the liquid.

Note.—After 3 years of research at the Massachusetts Institute of Technology on scientific coffee brewing, they arrived at the conclusion that the best results were obtained by using freshly roasted coffee, finely ground, infused at temperatures of about 185° to 195° F. (which would be lower at higher altitudes) for not over 2 minutes in a glass or porcelain container, and immediately filtered from the grounds.