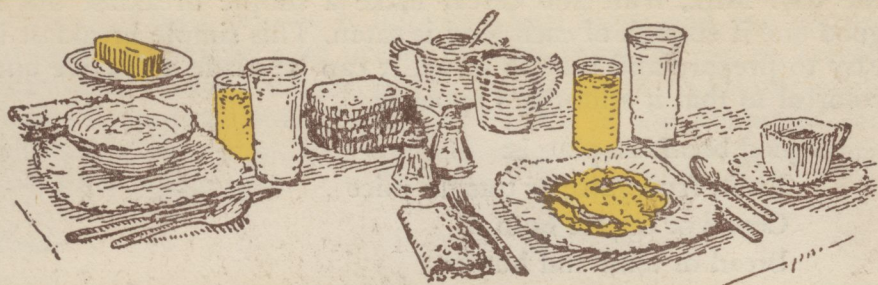


A GOOD BREAKFAST



A GOOD BEGINNING

To begin the day with a good breakfast is important. The time which elapses between the evening meal and breakfast the following day is considerably more than between other meals. Losses in body reserves result from this overnight fast, for body processes expend energy even during sleep.

A good breakfast is needed to repair these body losses and to furnish food energy needed for the morning's activities. When nothing, or too little food is eaten, body tissues are burned instead of food to supply energy. This lack of food often results in mid-morning hunger, bodily fatigue and irritability. Work suffers—likewise health and disposition. If midmorning hunger is satisfied by a between-meal snack, generally too little of the right food is eaten. Usually, too, appetite for the next meal is spoiled.

In addition to furnishing energy, foods are needed to develop strong muscles, hard bones and teeth, and to keep the body functioning efficiently. These foods should be eaten in the right amounts and at the right time. Breakfast should supply its share of the protein, minerals and vitamins which the body needs every day for growth, maintenance and health protection. The meal can be simple, yet furnish all these essential nutrients.

Breakfast should be planned ahead of time just as are the other meals of the day. Foods selected should be easy to prepare and serve in the time allowed for the morning meal. It is time-saving to set the table before retiring and to assemble foods and utensils needed for meal preparation. Some of the food may be prepared the night before. With planning, it is easy to begin the day right with a good breakfast.



A Good Breakfast

A good breakfast provides about one-third of the food needed for the day. Milk, fruit and cereal make a simple breakfast but a good one if enough of each food is eaten. This simple breakfast is easy to prepare and easy to serve. It can be made attractive and colorful so that it stimulates appetite.

A good breakfast plan is:

Fruit, fruit juice or tomato juice

Cereal or egg, or both

Bread or toast and butter

Milk for children

Milk, coffee or tea for adults

Bacon or ham may be added

Milk

The daily use of milk contributes to the health and well-being of everyone. Milk is an important, inexpensive source of the minerals, calcium and phosphorus, needed for building bones and teeth. It supplies good quality protein essential for growth and to repair the daily wear and tear on body tissues. It is an excellent source of vitamins A and riboflavin needed for growth and health protection. Milk also supplies calories for body warmth and energy.

Children need four cups (a quart) of milk each day. Adults need about as much as children. Breakfast should provide its share of the needed milk quota. This may be a glass of milk to drink, or a hot milk drink flavored with cocoa or coffee, or a generous amount of milk on cereal. Milk cooked into cereal or other food is an easy way to get a part of the needed amount of milk. Liberal use of evaporated milk on stewed fruits and raw fruits, such as berries, bananas and peaches, provides a share of the daily milk quota.

Evaporated milk is good whole cow's milk with half the water removed. It has been homogenized to distribute the cream evenly through the milk—thus making every drop equally rich. It has been sterilized by heat in the sealed can for safety and safe-keeping. Evaporated milk supplies all the protective and body building nutrients, including the vitamins, which milk is depended upon to supply. In addition, evaporated milk is fortified with 400 USP units of vitamin D per pint, or reconstituted quart. This extra vitamin

D helps to assure the best use of the milk minerals in building strong bones and teeth.

For drinking, for cooking, evaporated milk is a dependable and convenient milk supply. It imparts a rich flavor and fine texture to foods. It may be used just as it pours from the can on cereals and fruits, in coffee and tea, and to put extra milk solids into many foods. Evaporated milk keeps indefinitely in the unopened can without refrigeration. It is economical, generally costing less than any other whole milk.

Fruit

Fruit and fruit juices stimulate appetite and good digestion. Fruits—raw, cooked, canned or dried—all are appetizing. The citrus fruits, such as oranges and grapefruit, and tomato are our best sources of vitamin C needed for good health. Most fruits also supply some iron and calcium. Whole fruit and unstrained juice are best. Some nourishing values are lost when fruit juices are strained.

Bread and Cereal

Bread and cereal supply calories needed for energy. Whole grain bread and cereals, or the enriched and restored ones, are excellent sources of the vitamins thiamine, riboflavin and niacin, and of minerals, especially iron. Since cereal is usually served with milk, it has the added nutritive value which the milk provides. For extra milk nutrients, use evaporated milk mixed with an equal amount of water or just as it pours from the can on cereals.

Eggs

Egg is one of the best sources of protein for muscle growth and development. Eggs supply excellent amounts of iron, and vitamins A, riboflavin and thiamine. They contain some vitamin D. One egg daily is a good rule for everyone. An egg for breakfast assures the daily quota. Foods, such as muffins and griddle cakes, contain eggs but furnish only part of one in a serving.

Meat

Meats, such as ham and sausage, and bacon are optional for breakfast. However, they add variety, attractiveness and flavor appeal. Ham and sausage furnish good quality protein, some minerals and the vitamins thiamine, riboflavin and niacin. The food value of bacon is chiefly its fat content.

RECIPES

A good breakfast is important for good nutrition. These recipes are examples of the variety of nutritious foods which can be prepared with evaporated milk and served for breakfast. The recipes which require more time and effort to prepare are included for days when breakfast can be more leisurely. The simpler and more easily prepared recipes make everyday breakfasts more attractive and appetizing.

Milk to Drink

Mix equal parts of evaporated milk and water. Serve hot or cold.

Chocolate Syrup

$\frac{1}{2}$ cup cocoa,
or 2 ounces bitter
chocolate, melted over
boiling water
 $\frac{1}{2}$ cup sugar,
or 1 cup light corn syrup
 $\frac{1}{8}$ teaspoon salt
2 cups boiling water

Mix cocoa or chocolate, sugar or syrup and salt. Add the water slowly, stirring constantly. Bring to a boil and boil 5 minutes. Store in a covered jar in a cool place. Yield: 2 cups.

Cocoa

For each serving, mix 1 to 2 tablespoons Chocolate Syrup with $\frac{1}{2}$ cup evaporated milk mixed with $\frac{1}{2}$ cup boiling water. Heat before serving.

Mocha

For each serving, mix $\frac{1}{3}$ cup Chocolate Syrup with $\frac{1}{3}$ cup evaporated milk and $\frac{1}{3}$ cup strong coffee. Serve hot or cold.

Boston Coffee

Fill cups half full of freshly made hot coffee. Stir in evaporated milk to fill. If milk has been standing in the refrigerator or is very cold, rinse cups with boiling water before pouring coffee into them. If instant coffee is used, scald coffee cups. Fill half full of boiling water. Stir in instant coffee to dissolve. Fill cups with evaporated milk.

Cereal Cooked in Milk

- 2 cups water
- 2 cups evaporated milk
- 1 teaspoon salt
- 2 cups flaked cereal such as rolled oats, or 1 cup granular cereal

Bring water and milk to a boil, stirring occasionally. Add salt and cereal, and boil briskly about 10 minutes, stirring constantly. Chopped stewed prunes, raisins or sliced dates may be added just before serving. No sugar is required

with cereal when dried fruits are added. Yield: 6 servings (3½ cups).

Corn Meal: Use the same amount of water, evaporated milk and salt as above. Measure ⅔ cup corn meal into a heavy saucepan. Add water and salt. Boil until mixture begins to thicken, then add milk and boil 8 to 10 minutes, stirring constantly.

For Mush to fry: Increase meal to 1⅓ cups. Pour into a shallow pan to cool. Slice and fry to a golden brown. Yield: 6 servings.

Griddle Cakes

- 2 cups sifted flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- ¼ cup shortening
- ½ cup boiling water
- 1½ cups evaporated milk
- 1 egg

Sift flour with baking powder and salt twice. Melt shortening in boiling water, add milk and beaten egg. Combine quickly with dry ingredients. Bake slowly on a hot, slightly greased iron griddle or ungreased aluminum griddle. Yield: 6 servings.

Waffles

- 2 cups sifted flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 4 eggs, separated
- 1 cup evaporated milk
- 1 cup water
- ⅓ cup melted butter or other fat

Sift flour with baking powder, salt and sugar. Beat egg yolks, add milk, water and melted butter. Stir into dry ingredients and beat to blend well. Fold in beaten egg whites lightly. Pour enough batter into hot waffle iron to almost cover. Bake to a golden brown. Yield: 8 waffles, 7 inches in diameter.

Oatmeal Waffles

- 2 cups evaporated milk
- 2 tablespoons vinegar
- 2 cups quick cooking oatmeal
- 2 eggs, separated
- 6 tablespoons butter or other fat, melted
- ⅓ cup sifted flour
- ½ teaspoon soda
- 2½ teaspoons baking powder
- ½ teaspoon salt

Mix milk and vinegar. Stir in oatmeal and let stand two hours, or soak overnight in a cold place. Add egg yolks. Beat well. Add melted butter. Stir in flour that has been sifted with the soda, baking powder and salt. Fold in stiffly beaten egg whites. Bake in a hot waffle iron. Yield: 6 waffles, 7 inches in diameter.

Muffins

2 cups sifted flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar
 $\frac{1}{2}$ cup evaporated milk
 $\frac{1}{2}$ cup water
1 tablespoon vinegar
 $\frac{1}{2}$ teaspoon soda
1 egg
3 tablespoons shortening,
melted

Sift flour with other dry ingredients into mixing bowl. Combine milk, water and vinegar. Add soda. Beat egg, add the milk mixture and shortening. Stir quickly into dry ingredients. One-half to 1 cup well washed and drained berries or raisins, or chopped nuts may be added. Pour into greased muffin pans. Bake in a hot oven (425°F.) about 15 minutes. Yield: 24 small muffins.

To make Whole Wheat Muffins: Substitute 1 cup whole wheat flour for 1 cup white flour.

Raised Muffins

$\frac{1}{2}$ cup boiling water
 $1\frac{3}{4}$ teaspoons salt
 $\frac{1}{4}$ cup sugar
3 tablespoons shortening
 $\frac{1}{2}$ cup evaporated milk
1 cake compressed yeast
 $\frac{1}{4}$ cup lukewarm water
2 eggs
 $3\frac{1}{2}$ cups sifted flour

Pour boiling water over salt, sugar and shortening in mixing bowl. Add evaporated milk. Soften yeast in lukewarm water. Add to first mixture. Beat eggs well. Add to liquid mixture. Add about $\frac{1}{2}$ the flour. Beat very well. Add remainder of flour. Beat until smooth. Let dough rise in a warm place until double in bulk, about $1\frac{1}{2}$

hours. Beat dough again. Fill greased muffin pans about two-thirds full. Let dough rise in pans until double in bulk, about 1 hour. Bake in a moderate oven (375°F.) about 25 minutes. Raised muffin dough may be covered and kept in the refrigerator and used as needed. Yield: $1\frac{1}{2}$ dozen large muffins.

Milk Toast

3 cups evaporated milk
 $4\frac{1}{2}$ cups water
 $\frac{1}{4}$ cup butter
 $\frac{1}{4}$ teaspoon salt
12 slices toast

Scald milk with water over boiling water. Add butter and salt and pour over toast. A dash of celery salt may be added. Yield: 6 servings.

French Toast

3 eggs
 $\frac{1}{2}$ teaspoon salt
 $2\frac{1}{2}$ cups evaporated milk
12 slices bread
 $\frac{1}{4}$ cup butter or other fat

Beat eggs. Add salt and milk. Dip bread in mixture and let stand just until it has absorbed enough to become moist, but not too soft to handle. Fry in butter to a golden brown. Serve

very hot with a sprinkling of sugar and cinnamon or with syrup. If desired, garnish with fresh berries that have been well washed, drained and dipped in confectioners sugar. Yield: 6 servings.

Biscuits

2 cups sifted flour
4 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup shortening
 $\frac{1}{3}$ cup evaporated milk and
 $\frac{1}{3}$ cup water, mixed

Sift flour with baking powder and salt. Work in shortening with fingers or pastry blender until appearance is like coarse meal. Add diluted milk to flour mixture and combine thoroughly. Turn onto a floured board. Knead just enough to make

dough smooth. Roll to about $\frac{3}{8}$ inch thickness. Cut and bake on an ungreased baking sheet in a hot oven (450°F.). Yield: 12 large biscuits.

Sausage with Cream Gravy on Hot Biscuits

1½ pounds sausage meat
 $\frac{1}{8}$ cup flour
2 cups boiling water
2 cups evaporated milk
Salt and pepper

Shape sausage meat in patties and fry slowly until brown. Remove patties from frying pan. Blend fat remaining in pan (there should be about $\frac{1}{4}$ cup) with flour. Add water gradually.

Stirring constantly, cook until mixture begins to thicken, then add milk and continue cooking until thickened. Return sausage patties to sauce and reheat. Serve on hot, split biscuits. Yield: 6 servings, 12 patties.

Eggs à la Ranch

1 cup corn meal
1 cup boiling water
1 cup evaporated milk
 $\frac{1}{4}$ cup sifted flour
 $\frac{2}{3}$ teaspoon salt
1 egg, well beaten
2 teaspoons baking powder
6 eggs

Pour boiling water over corn meal. Let stand 5 minutes. Add milk, then flour, salt and beaten egg, stirring until smooth. Stir in the baking powder. Pour enough batter on hot, greased griddle to make a 6-inch pancake. Break an egg on top of pancake, sprinkle with salt and pepper

and pour a little of the batter over the egg. Turn pancake when batter begins to show bubbles. Bake to a golden brown. Yield: 6 servings.

Fluffy Omelet

5 eggs
 $\frac{1}{2}$ teaspoon cream of tartar
2 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
Dash of pepper
1 cup evaporated milk
2 tablespoons butter or
bacon fat

Separate eggs. Beat yolks until thick and lemon colored. Beat whites until foamy. Add cream of tartar and continue beating until stiff but not dry. Add flour, salt and pepper to yolks and mix until smooth, then add milk. Fold yolk mixture lightly but thoroughly into whites. Heat butter

bubbling hot in large frying or omelet pan. Pour in egg mixture. Cover and cook slowly over low heat until bottom is well browned, about 20 minutes. Uncover and set in a moderate oven (350°F.) to dry out top. With a spatula or pancake turner fold omelet and slide it onto a hot platter. Serve immediately. Yield: 6 servings.

French Omelet

6 eggs
½ cup evaporated milk
1 teaspoon salt
3 tablespoons butter or
bacon fat

Beat eggs until light and foamy. Add milk and salt. Melt butter in frying pan. Pour in egg mixture. Cook slowly. With a spatula, lift up the cooked egg from sides of pan and let uncooked

egg run under. Continue cooking and lifting until omelet is of soft creamy consistency. Set in hot oven or under broiler to brown top. Fold and slide onto hot platter as for Fluffy Omelet. Yield: 6 servings.

Scrambled Eggs

6 eggs
½ teaspoon salt
Dash of pepper
1 cup evaporated milk
2 tablespoons butter or
bacon fat

Beat eggs until they are no longer stringy. Add salt, pepper and milk. Put butter into hot pan. When it bubbles, add egg mixture. Stirring constantly, cook until firm, but not hard. If very soft scrambled eggs are desired, cook in top of a double boiler. Yield: 6 servings.

Eggs Poached in Milk

1½ cups evaporated milk and
1½ cups water, mixed
6 eggs
6 slices hot buttered toast
Salt and pepper
1 tablespoon butter

Bring milk to simmering point in deep frying pan or shallow saucepan. Break eggs one at a time into a saucer and slip them into hot milk. Dip milk over eggs with a spoon until whites are set. Lift out carefully with a large slotted spoon

and serve on toast. Season with salt and pepper, dot with butter and pour remainder of milk around toast. Yield: 6 servings.

White Sauce for Creamed Dishes

1½ tablespoons butter
or bacon fat
2 tablespoons flour
½ teaspoon salt
1 cup boiling water
1 cup evaporated milk

Melt butter. Add flour and salt. Stir to blend well. Add boiling water and cook until sauce begins to thicken, stirring constantly. Add milk and continue cooking until thickened, stirring constantly. Add 6 sliced hard cooked eggs, or 12

slices crisp chopped bacon, or 1 cup flaked cooked cod fish or ¼ pound chipped beef to sauce and serve on hot toast. Yield: 6 servings.

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