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What Kind of Breakfasts Do You Serve?

By N. Beth Bailey, Associate Professor of Home Economics

How is your disposition at breakfast?

To start the day right, the breakfast meal should be a successful breakfast, it is necessary to have the entire family properly dressed and ready to eat together. A "bad" cap and kimono are for the privacy of one's room and should never be worn at breakfast. Perhaps even more to be bemoaned is the rather modern state where the lady of the house fails to arise for breakfast and lets the man either get his own food or go down town for it. If she wishes to help spend the family income the woman should help earn that income by preparing good nourishing food and by encouraging cheerfulness to start the day right for the man of the family.

Another necessity of the "right" breakfast is that this meal should meet the needs of the specific family, yet must be so simple that it can be prepared and served without too much effort and time. This would eliminate waffles, omelet or any other food that requires constant watching, unless one has a maid, or has a breakfast table. It is possible to have an electric grill to be used at the table. It is far more important that the mother should preside at the table and insist on good table manners; the table should present the pancake griddle and insure good pancakes.

The type of breakfast depends on the vocation of the family and upon their food requirements. If the family does not come home for the noon meal, it is quite desirable to have a fairly heavy breakfast. But, if the noon meal is the heavy meal of the day, a lighter breakfast will do.

The simplest breakfast consists of fruit, bread of some kind, and a beverage. Fruit is most necessary because of its refreshing acids and appetizing flavor. Acid fruits, either cooked or raw, are more desirable than sweet fruits as dates, bananas, and raisins. Dried fruits are very acceptable if soaked over night, cooked until tender and then only slightly sweetened. Canned fruits, jellies, and jams also furnish variety. Of course, oranges and grapefruit hold first place for breakfast, and apples, raw or cooked, offer ample opportunity for change. The keynote in the preparation of fruit, as in the rest of the meal, is simplicity. Fancy shapes and styles should be reserved for invalid trays.

At breakfast, most people prefer a hot bread. Toast is in best favor either as dry, French or milk toast. To serve milk toast, toast piece, have a plate of buttered crisp toast, as oven toasted bread, and a tureen or pitcher of hot milk. This insures a crisp, crunchy toast, rather than the soaked soggy variety. The quick breads, as muffins of different kinds and baking powder biscuits, or coffee cake and yeast biscuits, are also desirable at this meal.

Coffee is often deemed indispensable for the adult's breakfast, tho the English prefer tea. However, cocoa and chocolate have the advantage of being both hot and nutritious.

A breakfast of grapefruit, buttered toast and coffee may be sufficient for some adults. This would be served as one course probably, without removing the grapefruit plate, since the motto of the American family is "speed."

To the above menu, one may add a cereal, either cooked or uncooked. Often, one or two members of the family require added nutritive values in the cereals furnish minerals at a moderate cost and are therefore desirable.

A meal of grapefruit, cornflakes, toast and coffee may still be served as one course in families where there is no help. The grapefruit may be placed on a small plate on a breakfast plate at each cover with a spoon alongside. The cornflakes may be put into cereal bowls and set near each cover. The coffee, cream and sugar are at the place of the hostess. When all have finished the grapefruit, this plate is exchanged for the cereal dish. Of course, if time and help permit, it is preferable to remove the grapefruit plate before serving the cereal, but most families will not mind the time.
is eaten. The host may add the cream and sugar, or these may be passed.

Many times it is possible to combine the fruit and the cereal, as hot rice with apricots, raisins or other dried fruit. Any canned or fresh fruit may be served on cornflakes or other prepared cereal. This is one way of giving variety, which is no less important for breakfast than for dinner.

Too often the breakfast does not vary from week to week and the growing daughter of 12 to 18 years who is at the full grown stage of development and is growing so much that it is hard to meet the growing appetite. For them add a simple protein dish of steak or a similar meat for breakfast or fish.

For dinner, a grown son or daughter should be served with the vitamin foods, as bread, cereals, potatoes and fat, yet it is equally necessary to include minerals, fruit acids and the vitamins to insure the proper functioning of the body.

To serve a breakfast of apricots, cream of wheat, bacon, eggs, creamed toast and coffee, it would be best to make at least two courses of the meal. This would consist of an open face of bread and butter, "fried" potatoes, salt pork and coffee. The strenuous labor of the farm requires more fuel foods, as bread, cereals, potatoes and fat, and yet it is equally necessary to include minerals, fruit acids and the vitamins to insure the proper functioning of the body.

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Mere Lines—They Make or Mar Our Costumes (Continued from page 3)

should be kept near the center as much as possible, and the flow of line should be vertical. This may be accomplished by means of a V neck, or collar which comes to a point, or a vest, or a bit of embroidery, or an appropriate pin. If there are any decorations on the skirt they should also be kept near the center. Pockets on the hips, tunics, accordian pleats, and tucks, for example, are very important. A narrow belt made of the dress material is much better.

A neck line that comes to a point at the center is best. If a collar is used it should follow the same line, come close to the neck at the sides, and should not roll, so that all of the neck may be seen. She will add much to her height by dressing her hair high on her head. Not much of the forehead should be covered. The hair should be worn close to the side, leaving the ears uncovered, or letting the hair fall over, especially if it is very long. Pockets on the hips and tucks in the skirt must be avoided. Skirts should be long. Long sleeves are better than three-quarter length or short sleeves. Wide or contrasting belts should never be used. Skirts should also be kept near the center. If a collar is used it should follow the same line, come close to the neck at the sides, and should not roll, so that all of the neck may be seen.

Some families want a more substantial meal in the morning, or often one or two members of the family need more food. For them add a simple protein dish of eggs, bacon, sausage, or corned beef, or fish. It is not wise to serve chops, steak or a similar meat for breakfast since meat is usually served at dinner. Eggs are most desirable because of the ease of preparation as well as because of their value as tissue builders for the growing children.

There are a number of ways of serving eggs. The soft cooked, poached, scrambled and creamed eggs on toast are the most reasonable because of being so quickly cooked.

For the very heavy breakfast, potatoes in some form are used. There are usually potato cakes, hashed brown or creamed potatoes.

The great danger in this kind of a breakfast is that the fruit will be omitted. This is true of many farm men who the first meal of the day consists of oatmeal, bread and butter. "Fried" potatoes, salt pork and coffee. The strenuous labor of the farm requires more fuel foods, as bread, cereals, potatoes and fat, and yet it is equally necessary to include minerals, fruit acids and the vitamins to insure the proper functioning of the body.

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The Angular Figure

Pronounced angular lines may be found among persons of all ages, but more often after middle age, and among all sizes and proportions, except the stout.

Some of the characteristics of this type are a slender square jaw, large nose, thin chin; cheeks somewhat hollow, and the neck quite long and thin. When to this is added a drooping mouth, and hard or severe expression, much care and thought is required in the choice of lines.

The shoulders are often too square, and the back forms a straight, uninteresting line. Sometimes the shoulders droop and the chest is flat. In some persons certain bones seem unusually prominent, such as the collar bone, bones of the hips, wrists and ankles. Then there is the angular type commonly called the "rawboned"—a person who is not necessarily thin but whose bone structure is large.

What shall she wear? Soft materials will run the expression, and curves repeat roundness of face and figure, and make one forget the angles. The strictly tailored mannish suit should not be worn.

The trimmings should be soft, such as ocelot feathers, fur, graceful bows or weight-light materials, or ribbons, or bunches of small flowers soft in color and texture. The severely tailored suit will never do. The trimmings such as quills, pointed bows should not be used, because they emphasize the undesirable lines of the face and make the expression seem more severe.

A large hat makes the face seem thin and small, and by deepening the shadows in the face, emphasizes angularity.

Furs always have a softening effect upon the lines of face and figure and do much to suggest, or emphasize, graceful curves. The result is appreciated so much by women that some of them suffer with furs on a hot summer day, simply because they are becoming. Long-haired furs such as wolf and fox are especially good.