

U. S. DEPT. OF  
AGRICULTURE



U. S. FOOD  
ADMINISTRATION

## Start the Day Right with a good breakfast

FRUIT

CEREAL

MILK

These make a meal—

NOURISHING

EASY TO COOK

GOOD

CHEAP

of foods the Government asks us to eat

### Use Fruit

Fruit helps to keep your body in good health and to prevent constipation.

Use fresh fruit when possible.

Use prunes, dried apples, dried apricots. Soak them in water over night and cook them long enough to make them tender.

Use dates or raisins. These are good added to the cereal ten minutes before taking it from the stove. Then you will not need sugar.

Use ripe bananas with dark skins. Bananas with greenish-yellow skins are hard to digest unless cooked.

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## Right Foods Make for Efficiency

### Use Cereals

Corn-meal mush, oatmeal, rice, hominy (grits).

These are much cheaper than the "ready-to-eat" breakfast foods. A "ready-to-eat" breakfast food may cost 15 cents for a big package, but if the package contains only one-quarter pound—60 cents a pound for cereal! This is eight or ten times as expensive as corn meal at 6 or 7 cents a pound. Look for the weights printed on the package and get the most for your money.

Corn-meal mush and oatmeal are good only when well cooked. Many people use too little salt and don't cook them long enough.

To cook corn-meal mush for five people use  $1\frac{1}{2}$  cups corn meal, 2 teaspoons salt (level), 5 or 6 cups water. Bring salted water to a boil. Stir in the corn meal slowly. Don't let it lump. Cook it at least 30 minutes. It is better when cooked for three hours, or overnight. Use a double boiler on the back of the stove, or a fireless cooker.

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For oatmeal use  $2\frac{1}{2}$  cups rolled oats,  $2\frac{1}{2}$  teaspoons salt, 5 or 6 cups water. Bring the water to a boil. Stir the rolled oats slowly into the boiling water and cook for one hour, or overnight.

Eat the cereal with milk or sirup or butter or butter substitutes. You don't need bread besides.

A large amount of corn meal or oatmeal may be cooked at one time. The unused part placed in a greased bowl may be kept for a few days in a cool place. Do you know how good sliced and fried oatmeal is?

Instead of breakfast food you can take bread—preferably one of the war breads. Corn bread and milk is delicious.

### Use Milk

Milk is an excellent food. A quart of whole milk gives as much nourishment as one pound of lean meat.

Children especially need it to make them grow strong and keep well. It is good for grown people, too. Give each child at least a glass for breakfast. Drink it hot or cold, or use it on the cereal, or make it into cocoa. Even at a high price milk is a cheap food for children.

**Start Your Family Off with a Well-Chosen Breakfast**

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**No Coffee and Tea for Children:** They are not food. Let the grown people have them if they want them, but do not give the children even a taste. The children's drink is milk.

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This leaflet is the first of a series on foods. They will help you to plan and cook good meals at a low cost. They show many and varied uses for the foods the Government asks us to use.

The next of the United States Food Leaflets are:

- No. 2. Do You Know Corn Meal ?
- No. 3. A Whole Dinner in One Dish.
- No. 4. Choose Your Food Wisely.
- No. 5. Make a Little Meat Go a Long Way.
- No. 6. Do You Know Oatmeal ?
- No. 7. Food for Your Children.
- No. 8. Instead of Meat.

**Keep Them.**

**Refer to Them.**

**Show Them to Your Neighbors.**

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United States Food Leaflet No. 1

