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**Hints for Homemakers**

by **SONDRA REID**

**EGGS & BREAKFAST MEATS**

Eggs and meat are essential to a breakfast that is to provide its share of the day's food needs, especially those of protein and minerals. Just as a roll-and-coffee breakfast is a poor meal, so is a breakfast of fruit and toast. Both these breakfasts are devoid of certain food values. A body needs protein and fat from eggs or meat, as well as the vitamins from fruit, minerals and protein from milk, and carbohydrates from cereals and breads. In addition to supplying necessary food values, eggs and meat taste good satisfy hunger.

Meat and eggs may be used as alternates for one another in protein values. People everywhere eat eggs because they provide

such, concentrated good values. They contain an ample supply of vitamins and minerals, protein and fat. In children's diets the yolk is especially important. If every child after the age of one month had the yolk of an egg every day, he would probably never suffer from anemia during the course of his life. Each day's menu should include an egg.

Eggs may be prepared in a number of different ways. They may be soft-cooked, hard-boiled, fried (soft or hard), poached or scrambled.

Excellent breakfast meats are bacon, sausage, ham, codfish balls, and left over meats.

To round out the breakfast meals, serve fruit, or cereal, a break and the favorite beverage.

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