

Breakfast Is Important



The cry goes up in this country from dietitians, doctors, home economists and teachers—too many people in this land of abundant food are poorly nourished because they don't eat a good breakfast. The first meal of the day is especially important for children and active workers, the experts say. In the home of Dr. and Mrs. Richard Frederick, 712 Whitman place, breakfast is a hearty meal. Bruce, 6, drinks lots of milk and little brother, Matthew, 2, goes for eggs, especially when sister Shauna, 8, gives him an assist with the slippery bites. Jan, a grown up 10 years, is having toast and peaches. Their mother (at right) says she plans her menus a week at a time, shops in quantities and tries to provide "lots of good, sensible food without too many sweets." The Fredericks have 23 quarts of milk delivered weekly, and often buy more. The four children all have hearty appetites and "love to eat."



Not recommended for children, but a drink which most Americans insist upon for breakfast is aromatic, hot coffee. Nutritionists urge adults to also eat enough protein—meat, eggs or grain foods, to provide a good share of the day's needed calories.



Both Jan and Shauna Frederick are learning to cook and can, and last week helped their mother do up a batch of peaches. They also are learning to bake, and were making plans to turn out a cake for a family birthday party.



Mrs. C. W. Anhorn, a graduate of Oregon State university in home economics, has spent a lot of time in the last 20 years cooking big breakfasts. Her husband, four sons and daughter all enjoy the first meal of the day and Mrs. Anhorn serves various combinations of eggs, hot bread, pancakes or toast, bacon or other meat, potatoes, fruit and juices. Pictured during a typical family breakfast are (left to right) Mike, Bill, Jeff, Mrs. Anhorn, Mr. Anhorn, Catherine and James.



The active Anhorns consume more than 10 gallons of milk a week when all seven are at home. Bill (above) will return to OSU this fall as a junior in engineering and Jeff, who was valedictorian of Crater High school's 1962 class, will enter OSU as a freshman this fall. These two and Mike, who will be a junior at Crater, are all ball players. James will be an eighth-grader at Central Point Junior High school this year.



Catherine Anhorn helps with the cooking and is learning first-hand from her mother how to buy and prepare food which provides all the essential nutrients for growth and body-building. Many nutrition experts declare that the average American diet is deficient in protein and calcium—girls and young women often mistakenly skimp on some foods because they fear becoming overweight.



Mrs. Anhorn, whose hungry family devours a pan of cinnamon rolls in a twinkling, has found from her teaching experience that many school children come to classes without an adequate breakfast. The yearbook of the U.S. Department of Agriculture reports that "breakfast commonly is the day's poorest meal" and warns that children who skip breakfast are less well fed than those who eat breakfast—they don't "make it up" in other meals.

(Knackstedt photos)