

# in the Kitchen

day what she had for breakfast that morning.

"What did you have yesterday morning

"I didn't have any break-fast," she answered in a small

"When did you last have

'I can't remember." whispered, giving me a reproachful glance from those vely brown eyes.
"All right," I said in des-

peration, "skip breakfast,"
"That's what I do," she
said, and skipped away with a giggle before I could ques-tion her further about her dreadful eating habits.

Girls, much more than boys, tend to go without breakfast, though boys are sometimes guilty, too. Skipping break-fast is an easy habit to slip into, and it is not a good one -- for that matter, for

tries today, five, six or seven meals a day are eaten; these are usually smaller to begin with learn to be done. these are usually smaller tinguish between good resmeals than the three - a -day customary in this country, good ones are clean, attractcustomary in this country. The number matters less than does the regularity.

The body requires a regu-lar supply of food in order to maintain the supply of nutrients available to the tissues at an adequate level. This is true especially of the blood sugar (sugar in the blood)

with you some time, it helps to break the monotony, and tends toward better and more which is the immediate source of energy. When the interval between the evening meal and the first meal the next day is as long as 18 hours, as nappens when the breakfast is omitted, the blood sugar may fall lower than it should.

Low blood sugar creates late - morning inefficiency, drowsiness, fainting and proneness to accident through ineffective coordination. This is a mild form of the insu-

LOW BLOOD SUGAR
FROM MISSED MEALS

She was a lovely blonde with big, trusting brown eyes and long golden curls, She sat on my knee and believed every word I told her. She was two years old, and inclined to be a bit chubby.

Later, when she was in high school, she was still blonde and lovely, but she wasn't chubby any more. She was, if anything, a bit inclined to be thin. I asked her one day what she had for high school where were signal by jumping from her desk and starting to enter my office. On the atributes learned years ago through the school, she was still blonde and to be to work with high school who were some to witation when somebody says, "Let's eat out."

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A good breakfast should in clude fruit, eggs or bacor or both, enriched bread o "I didn't have any break-fast this morning," she said time enough to eat without gobbling!

#### EATING IN RESTAURANTS

'I never know what I want

in a restaurant!"
"I always get too much or
too little in a cafeteria."
"There isn't enough choice on the menu."

Everybody else eats a meal while I play with a salad." Restaurant meals are all the

Is that the way you feel about eating in restaurants?
I don't mean going out to a good restaurant for a nice dinner with friends or family
That's a party! I mean trying to eat all or most of
your meals in a restaurant
because you have no time
to cook at home, or have no home to cook in.

How can you be sure of any member of the family.

The number of meals a day varies with custom and a price you can afford to pay?

ive, with varied menus and friendly service. It's a pleasure to eat there, especially as you become acquainted find a pleasant person, or a number of persons, to eat

leisurely eating.

The main difference between home and restaurant eating is that when you eat out you select your food ready cooked instead of in the raw at the supermart.
The same principles apply.
You can, and should, get your
quota of each of the four food groups, just as you do at home -- meats, fish and poultry or cheese, or eggs; the dairy group of milk and its products, the vegetable and fruit groups, and the enriched flour-cereal-and bakery-goods

The restaurant gives you a wider variety than you can have at home, and also alevery member of the party to have his own preferred foods, which he can't

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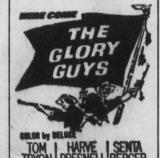
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If you eat regularly in restaurants, try different ones from time to time, since resplans to organize a numerant chefs are just like air defense batallions to the contract of er of the Chr taurant chefs are just like air defense batallions to procook along the same lines forward battle areas. Each matic Vulcan,

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