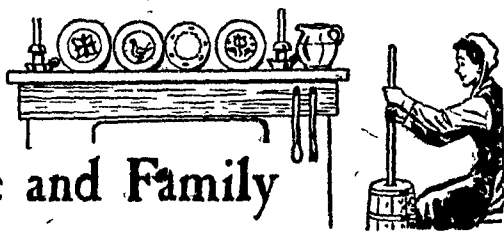


For the Farm Wife and Family



The Egg and YOU

by Mrs. Richard C. Spence

March is National Egg Month but the wise homemaker knows that no one time is better than another for using eggs in her daily menus. The egg furnishes complete protein (unusually high in quality) - which is needed by all ages for building and repairing the body. Egg protein comes so near to perfection that scientists use it as a standard to measure the value of protein in other foods.

The egg contains vitamins and minerals essential for health. It's Vitamin A makes us see well. It's Vitamin B Complex puts verve in our nerves. It's Vitamin D and phosphorus team up with calcium to build sturdy bones and teeth. It's iron and copper put glow in the skin and a twinkle in the eye.

Eggs, excel among foods, they combine high food value with moderate calorie content. They are easily and completely digested. Eggs are important in meals every day

They are usually included in low calorie and other prescribed diets.

You can easily use small and medium eggs in omelets, souffles, custards, scrambled eggs and egg casseroles. In fact, they fit in any recipe where egg volume can be slightly increased or decreased without affecting the results.

Regardless of how you ser-

ve eggs, they are one of the best protein foods available to Mrs. American Homemaker today

We usually eat poached eggs on toast but how about trying them on corned beef hash for a change. Make the eggs as follows:

Bring water two inches deep in shallow pan, to boiling point. Reduce heat to keep temperature at simmering. Break each egg into sauce dish.

Slip eggs one at a time, into water quickly at surface. Cook three to five minutes, depending on firmness desired. Lift eggs with slotted spoon and drain well. Serve promptly on heated corned beef hash.

With them you might like to serve: Broccoli, grated carrot salad, roll butter, ice cream and coffee or tea.

Different Egg Salad

- 1 No. 2 can baked beans
- 4 coarsley chopped, hard-cooked eggs
- ½ cup minced onions
- 1 tablespoon chili sauce
- 1 tablespoon mayonaise
- 1 teaspoon prepared mustard
- ¼ teaspoon salt
- Dash pepper
- 3 slices crumbled crisp bacon
- 3 tablespoons snipped parsley

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No where is the influence of soft water upon the family health stronger than in the kitchen. For it is here that water affects us internally—water for cooking and for washing dishes containing the food we eat. Soft water is wonderful for wash-

ing foods

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Drain beans; add eggs and onions. Toss in combined chili sauce, mayonaise, mustard salt and pepper. Serve chilled salad bowl; sprinkle with bacon and parsley. Makes four servings.

Buffet Scrambled Eggs

1 loaf unsliced white bread
Melted butter or margarine

1 dozen eggs
1 teaspoon salt
¼ to ½ teaspoon pepper
¾ cup milk
2 six-ounce packages of chive cream cheese, crumbled.

¼ cup butter or margarine
6 slices bologna, halved
For giant toast cups, cut loaf of bread in half horizontally; slice piece off rounded top half so it will rest flat.

Remove most of bread from inside of each half, leaving two shells about ½ inch thick; gash sides of each shell for easier serving. Brush

shells with melted butter and set aside.

Into medium bowl add salt pepper and cream cheese, beat just enough to melt. Melt ¼ cup butter in skillet, tilting it so sides are well coated. When hot enough drop of water, sizzle, egg mixture.

Cook eggs over low heat, gently scraping both sides with spoon as sets, so liquid can get to bottom. (Don't scramble rapidly or eggs will curdle).

Cook until set but moist. Remember, when skillet removed from bottom, continue to cook egg.

While eggs are cooking, toast bread cups in toaster or margarine until brown. Then line each of each toast cup with bologna; spoon scrambled

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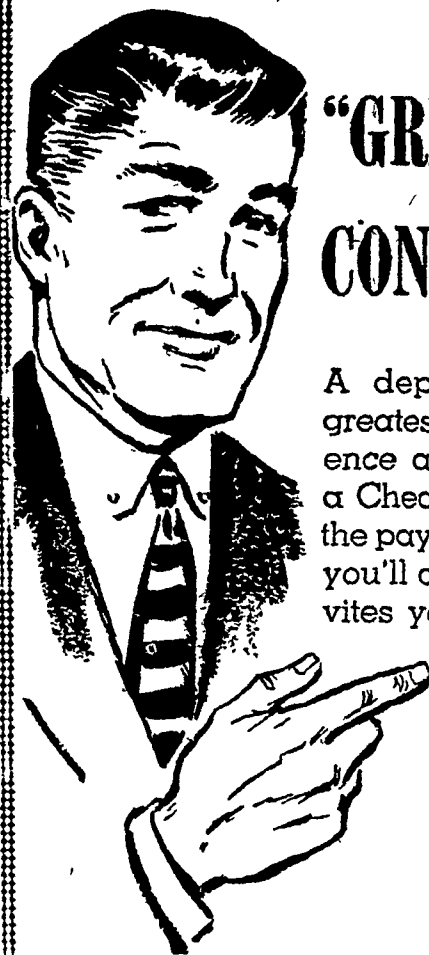
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