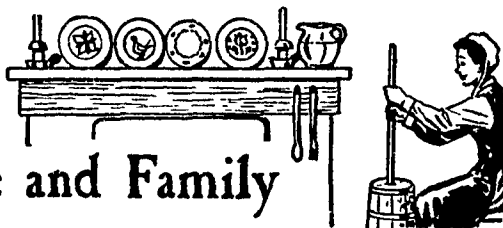


For the Farm Wife and Family



It's Egg Time

by Mrs. Richard C. Spence

Eggs play an important role in meals. They're nutritious and, when properly prepared, are delicious.

Eggs are an economical source of high-quality protein. Two eggs supply the same amount of protein as an average serving of meat—which amounts supplies about one-fourth of a day's protein needs.

Eggs are very versatile and serve as wonderful main dishes at breakfast, lunch and dinner. For lunch or dinner try serving a hot deviled egg casserole. Arrange deviled eggs in the bottom of a baking dish and top with a rich cheese sauce. Bake in a slow oven until bubbly hot.

For a quick meal, add sliced hard-cooked eggs to slightly diluted canned cream of chicken or cream of mushroom soup. Serve over toast. To add new flavor to fried eggs, sprinkle shredded processed cheese over them just before they are done. The cheese will melt as the eggs finish cooking.

It's a good idea to hard cook a supply of eggs ready to use in salads, casseroles and vegetable toppings. And

don't overlook frying eggs outdoors for your breakfast cookout or supper meal.

French fried eggs are a novel touch you might add to a supper meal of pancakes or waffles. Hard cook eggs, shell them, then drop into the waffle batter. Fry in deep fat until golden brown and crisp. Serve these fried-cooked eggs with waffles, bacon slices or ham.

When you cook the eggs start them in cold water and bring the water just to the boiling point. Turn off the heat and let stand for 15 minutes. Cool quickly by running cold water over them.

Keep Eggs In Refrigerator
If eggs flatten out excessively when broken open the chances are they were held too long at too high temperature.

Keep eggs in the refrigerator, preferably in an upright position in a closed con-

tainer. If held in an open pan or dish, evaporation takes place and a large air cell shows up when they are hard cooked.

Most poultrymen gather their eggs at least three times a day and remove them to a cool damp egg holding room so as to get the animal heat out of them quickly. Eggs are packed with the small end down. Usually they are marketed within a day or two to assure the consumer eggs of top quality.

Here are some recipes showing the versatility of eggs:

Homestead Skillet Eggs

1/2 cup (1/4 pound) butter or margarine
2 cups (about 10 oz.) chopped onion
1 dozen eggs
1 teaspoon salt
Pepper as desired
Heat butter or margarine in 10-inch skillet moderately hot. Spread onions to make even layer on bottom of pan and cook until transparent, stirring occasionally. Break eggs into bowl, then slide them into pan on top of onions. Sprinkle with salt and pepper. Cover tightly and cook eggs to desired doneness, 3 to 5 minutes. Makes six servings.

NOTE: Peeled, sliced cooking apples may be used with onions for delicious variation.

Deviled Eggs Delmonico

2 tablespoons grated onion
1/2 cup grated sharp cheese
1 1/2 cups thin white sauce
2 cups cooked macaroni

10 deviled egg halves (5 eggs)
Paprika or parsley garnish
Blend onion, cheese, white sauce and macaroni. Place in greased 1-quart shallow casserole. Press deviled eggs into mixture. Cover casserole. Heat in hot oven (400 degrees) about 20 minutes. Garnish. If desired, serve with additional grated cheese. Makes 4 to 5 servings.

Egg & Baked Bean Salad

6 hard-cooked eggs, coarsely cut
1/3 to 1/2 cup minced onion
1 can baked beans (1 lb. 4 oz.), drained
1 tablespoon chili sauce
1 tablespoon mayonnaise
1 teaspoon prepared mustard
1/4 teaspoon salt
Dash of pepper
Salad greens
3 slices bacon, diced and fried crisp
3 tablespoons minced parsley

Have all ingredients chilled. Add eggs and onion to drained beans. Combine chili sauce, mayonnaise, prepared mustard, salt and pepper and add to egg mixture. Toss to combine. Taste for seasoning.

Place in a chilled salad lined with salad greens before serving sprinkled with bacon and parsley. Makes six one half servings.

Royal Custard Sundae

4 yolks, beaten
1/2 cup sugar
1/4 teaspoon salt
1 1/2 cups scalded milk
1/2 teaspoon almond extract
1 teaspoon vanilla

Blend beaten egg sugar and salt. Stir slowly into egg. Blend thoroughly and simmering water constantly, cook until mixture coats spoon thick immediately into a bowl. (Or set saucepan of cold water) Adding extracts. Refrigerated, until it is served. Makes 1 1/2 cups. Make Royal Sundaes peach slices in dessert. Top with chocolate ice cream. Add additional peach. Top with Royal Custard Sauce.

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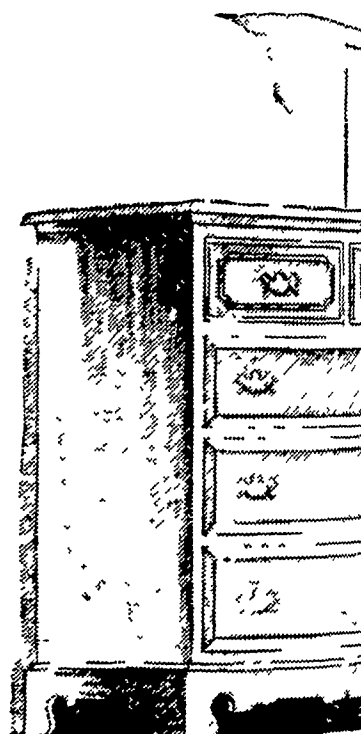
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