

**For The Farm Wife**  
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ches from heat source. Turn to cook uniformly. When bacon is turned, place peach halves on the broiler rack. Broil until bacon is done and peaches are lightly browned. Spoon creamed eggs into toast cups. Arrange bacon, peach halves, and toast cups on a large platter. Serve immediately. 4 to 6 servings

Light, fluffy and delicately flavored with cheese, this omelet is a quick breakfast dish to

bolster any lagging early morning appetite.

**PUFFY CHEESE OMELET**  
6 eggs, separated  
¼ cup milk  
¼ teaspoon ground black pepper  
¼ teaspoon salt  
Dash cayenne pepper  
2 tablespoons minced chives  
½ cup cheese-flavored cracker crumbs, finely rolled  
1 tablespoon butter or margarine

Beat egg yolks. Add milk, pepper, salt, cayenne and minced chives. Beat egg whites un-

til stiff but not dry. Fold egg whites and cracker crumbs into yolk mixture. Melt butter or margarine in a 10-inch skillet. Pour in egg mixture. Cook over medium heat about 4 minutes. Finish cooking under broiler at medium heat until lightly browned, about 5 minutes. Makes 4 servings.

Serve Ham Scramble for a quick breakfast.

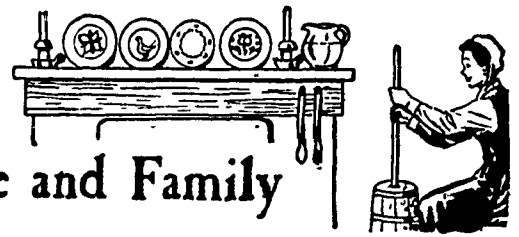
**HAM SCRAMBLE**  
¾ cup instant nonfat dry milk  
1 cup water  
6 eggs  
1 teaspoon salt

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**For the Farm Wife and Family**

**Ladies, Have You Heard? . . .**

By: Jane Thurston, Extension Home Economist



**Read The Label On The Cheese**

Many different terms are applied to cheese and cheese products. And reading the label on the package or container is one way to know how the cheese is made and what's in it. Some terms you'll find include:

Natural cheese — this is cheese in the original sense of the word, such as Cheddar, Swiss, Muenster, Edam, and others. Natural cheese is made by curing or aging to develop flavor.

Pasteurized process cheese — is a blend or combination of natural cheeses that have been blended by heating and melting.

Pasteurized process cheese food — a product prepared in much the same way as process cheese except that it contains less

cheese and has nonfat dry milk or whey solids and water added. Such cheese foods may also contain pimiento, fruits, vegetables, or meats.

Pasteurized process cheese spread — is a product contain-



THURSTON

ing more water than cheese food. The milk fat content is also lower and often flavoring materials are added.

Club cheese — a blend or mixture of natural cheeses which have been well mixed without heating. Flavoring and spices may also be used.

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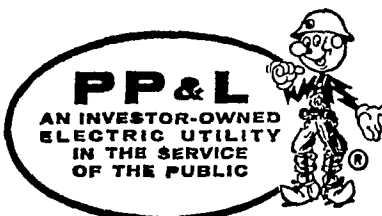
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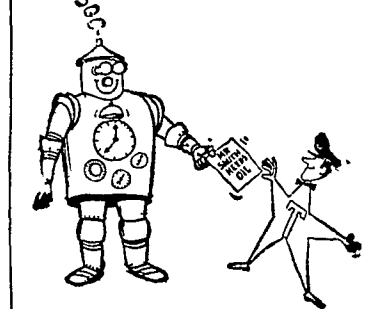
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