

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Add Savor To Any Meal With Eggs



Eggs are too good to save just for breakfast. Delicious fixed a dozen different ways, high in protein and inexpensive — they're one of your best food buys today.

But buy them, store them and cook them right. Buy eggs only from refrigerated cases in the store and keep them refrigerated at home. For highest quality, use them within a week. Store them covered — the paper carton they come in is fine — with large end up to keep the yolk centered. Don't wash eggs before storing; the natural protective film on the shell prevents moisture loss and keeps out bacteria, molds and odors.

Cook eggs at simmering temperatures below the boiling point of water for firm, tender whites and smooth yolks. If mealy and custards curdle or you cook eggs at boiling temperature, the whites are separated at too high a temperature and the yolks are overcooked. The food value is affected, too, since the protein is less digestible when overcooked.

Hard-cooked eggs are a boon to the busy homemaker. Sliced, they add flavor and nutrition to almost any vegetable or seafood salad or to a salad plate. Combine them with green beans, chopped onions and crumbled bacon, or use kidney beans, chopped celery and pickles or relish.

Ham and eggs go just as well together on the salad plate as they do on the breakfast platter. Vary the salad with chopped celery and cucumber or with cheese strips, cooked peas and lettuce.

Your family will always welcome deviled eggs. For a change, stuff them with crabmeat, ham or chicken salad.

Chopped or sliced hard-cooked eggs can add protein and flavor to many casseroles, too. Or try an omelet — and there are dozens of ways omelets can be varied.

A quick egg sauce can be made by adding chopped hard-cooked eggs and chopped green pepper or onion to a can of cream of celery soup. Serve over cooked vegetables or ham or chicken croquettes. Use cream of mushroom or asparagus soup if you prefer.

Plain, toasted or grilled egg and meat sandwiches are marvelous for lunch. Serve with tossed green salad, fruit dessert and beverage for an easy but complete and colorful meal.

Don't forget eggs for dessert either. Whip them into a billowy meringue to top a pie or bake a golden custard; try a chiffon fruit pie, fruit pudding or a souffle. For instance, a tangerine chiffon pie or pudding ends a large meal with a light touch.

As you see, eggs add so much to every meal—plan to use them for breakfast, lunch and dinner.

HAM 'N DILLED EGGS

- 6 slices baked ham
- 6 eggs, hard cooked
- 1/2 stick (1/4 cup) butter or margarine
- 1/4 cup flour
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1/2 teaspoon dill weed
- 1/8 teaspoon cayenne pepper
- 2 cups milk

Place ham slices in oven or under broiler only long enough to heat through. Chop eggs and set aside. Melt butter in a saucepan. Stir in flour, salt, mustard, dill weed, and cayenne pepper. Blend in milk gradually. Heat and stir until sauce is thickened. Stir in chopped eggs. To serve, spoon creamed eggs over hot ham slices.

EGG AND CHEESE CAKES

- 4 eggs, slightly beaten
- 2 tablespoons chopped onion
- 1/2 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cups shredded Cheddar cheese
- 2 tablespoons butter or margarine

Combine eggs with onion,

flour, salt, pepper and baking powder. Stir in cheese. Heat butter or margarine in skillet or on griddle, just hot enough to sizzle a drop of water. Pour 1/2 cup amounts of mixture onto hot skillet or griddle. Brown well on both sides, turning once. Serve immediately with spiced fruit or other relish. Makes 4 servings.

EGG CHOWDER

- 2 cups cubed (about 1 inch thick) raw potatoes
- 1 can (13 oz) chicken broth
- 1/2 cup butter or margarine
- 1/4 cup flour
- 1 can (14 oz) evaporated milk, diluted with 1 can water
- 1 can (1 lb) whole kernel corn, with liquid
- 1 can (1 lb) green beans, with liquid
- 1/4 cup chopped pimiento
- 1 small onion, sliced and separated into rings
- 1/4 teaspoon pepper
- 1 bay leaf
- 3/4 cup diced Cheddar cheese
- 9 hard-cooked eggs, sliced

Salt to taste. Simmer potatoes in chicken broth, covered, until just tender, about 10 minutes. Meanwhile, in a large kettle or saucepan (3 quarts), melt butter or margarine over low heat. Stir in flour and cook until bubbly. Add milk and water all at once. Cook, stirring constantly, until smooth and thickened throughout. Add corn, beans, onion, cooked potatoes (with broth), pimiento, pepper and bay leaf. Simmer for 15 minutes to blend flavors; remove bay leaf. Add cheese and eggs just before serving. (One egg slice may be set aside and floated on top of each serving.) Season to taste with salt. Makes about 11 cups—6

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