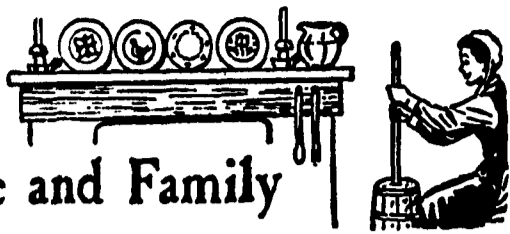


## For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor  
**THE EGG AND YOU**



SPENCE

Eggs are one of nature's most nutritious ready-packaged foods. Not only are they especially valued as a source of highest quality protein, they also supply ample quantities of vitamins A and D, so important during the growth periods of childhood and adolescence.

If someone in your family is dieting, remember that all the good nutrition in an egg is contained in only 77 calories. For those wanting to gain weight, rich egg drinks are tasty snacks with fine food value.

**USE EGGS AT PEAK GOODNESS** — For the best flavor and cooking quality, use eggs within a week after purchase. After long storage they may get an "off flavor" and they may lose some thickening and leavening power.

Put eggs in the refrigerator as fast as possible after you buy them. They will lose as much freshness in a few hours in a hot car or kitchen as they will lose in a week in the refrigerator.

Leftover egg yolks should be covered with cold water and refrigerated in a tightly covered container. Extra egg whites

should be stored in the refrigerator in a tightly covered container. It is best to use leftover yolks and whites within a day or two.

Leftover egg yolks make a good custard; use 2 egg yolks for each whole egg in custard recipes. Extra egg whites combine well with whole eggs in scrambled eggs and soufflé and are handy for meringue. Egg whites may also be used in icings, candy, chiffon desserts and of course in white cakes.

Yolks poached hard and pressed through a sieve or potato ricer make a colorful topping

for salads, casserole dishes and green vegetables.

**ABOUT CHIFFON DESERTS** — In chiffon desserts, egg whites act as an aerator; they help increase the volume and make texture light. If you want a light, fluffy chiffon dessert, how do you go about making it?

Here are a few suggestions: Air must be beaten into the egg whites and retained in preparation of the product. Egg whites whip more easily and give greater volume at room temperature than when first taken from the refrigerator. For best results, whip egg whites until they are stiff, but not dry. When egg whites are at their "peak", they stand in peaks, moist and glossy.

When combining beaten egg whites with other ingredients, use a folding, not a stirring motion. Mix only enough to blend ingredients well.

### ORANGE CHIFFON PIE

- 1 baked pastry shell, 9-inch
- 1 tablespoon unflavored gelatin
- 1/2 cup cold water
- 4 egg yolks
- 1/2 cup sugar
- 6-ounce can frozen orange juice concentrate
- 1/4 teaspoon salt
- 4 egg whites
- 1/4 cup sugar

Make pastry shell and let it cool. Soften gelatin in water. Beat egg yolks in the top of a double boiler until light; then beat in 1/2 cup sugar. Add the orange juice concentrate and salt. Cook over boiling water,

stirring often, until thickened. Remove from heat. Add softened gelatin and mix well. Cool. Beat egg whites until foamy. Then add 1/4 cup sugar gradually, beating constantly until soft peaks form. Fold into orange mixture. Pour into pastry shell and chill until set. Serve with whipped topping or whipped cream.

**NOTE:** Use only clean, sound eggs in this recipe.

### MERINGUE SHELLS

- 3 egg whites
  - 1/4 teaspoon salt
  - 1/4 teaspoon cream of tartar
  - 3/4 cup sugar
- Preheat oven to 250 degrees (very slow). Beat egg whites until foamy. Add salt and cream of tartar. Beat until soft peaks form. Add sugar gradually, beating constantly, and continue beating until very stiff peaks form. Shape meringue into six mounds on heavy brown paper on a baking sheet. Using the back of a spoon, form a hollow in the center of each mound. Bake 1 hour. Turn off heat and let meringues cool in oven. Serve filled with ice cream or fruit or both.

**NOTE:** One teaspoon lemon juice may be used instead of cream of tartar. Add it after the sugar has been beaten into the egg whites.

Calories per meringue shell—About 105.

**Variation:** Meringue pie crust — Spoon the meringue mixture into a 9-inch pie pan, heaping it around the edge to form shell. Bake as above.

### MACARONI AND CHEESE SOUFFLE

- 1 cup cooked elbow or 1-inch macaroni
  - 4 well beaten egg yolks
  - 1/2 teaspoon dry mustard
  - 1/4 teaspoon pepper
  - 1 cup process cheddar cheese spread
  - 4 stiffly beaten egg whites
- Chop macaroni fine. Preheat oven to 350 degrees. Grease a 1/2 quart casserole. Combine macaroni with egg yolks, mustard, and pepper. Soften cheese spread over low heat. Add gradually to macaroni mixture, stirring constantly. Blend well. Fold in egg whites. Pour into casserole and set in a pan of hot water. Bake about 35 minutes, or until set.

Calories per serving — About 215. To reduce calories to about 155 per serving, use only 1/2 cup cheese spread. Blend 1/4 cup skim milk or reconstituted non-fat dry milk with the cheese before adding it to the macaroni mixture.

(Continued on Page 15)

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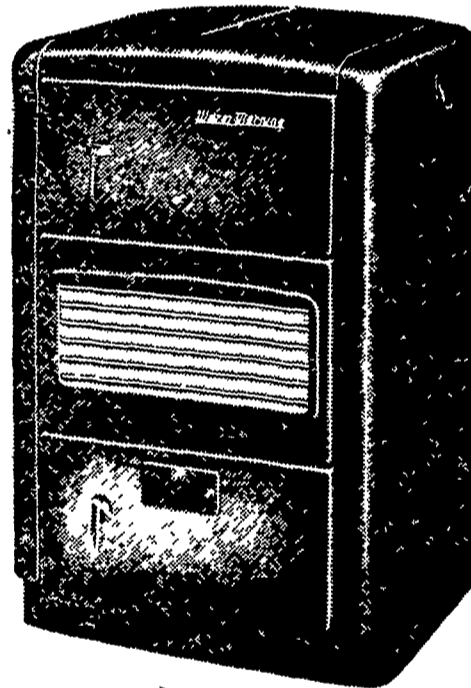
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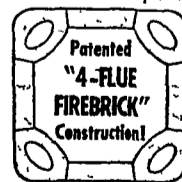
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