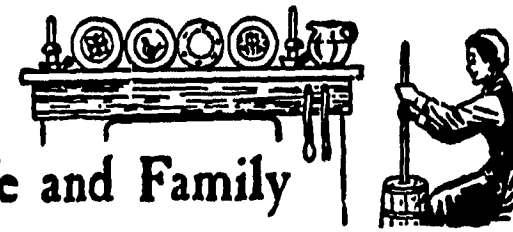


For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor



EGGS--Specially For You

We feature eggs often in this column for several reasons. They are so good for you — chock full of nutritive ingredients. Eggs are so versatile — can be used in so many ways. They are economical — certainly a feature to be taken into account in these days of soaring living costs.

Here's a recipe whose major ingredients — potatoes, eggs, and milk — are all in bountiful supply.

SPENCE

HAM, EGG, AND POTATO SCALLOP

- 1 or 2 tablespoons melted butter or margarine, as desired
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups whole or skim milk
- 1 tablespoon chopped parsley
- 2 medium-sized cooked sliced potatoes

- 2 or 4 hard-cooked, sliced eggs, as desired
- 2 cups cooked, diced ham

TOPPING:

- 1/2 cup fine dry breadcrumbs
- 1 tablespoon melted butter or margarine

Blend fat, flour, salt, and pepper. Stir in milk slowly. Cook over moderate heat, stirring constantly, until thickened. Remove from heat.

Add parsley. Preheat oven to 375 degrees. Grease a 2-quart casserole. Place alternate layers of potatoes, eggs, and ham in casserole. Pour sauce over the layers.

To make topping: Mix breadcrumbs with melted fat. Sprinkle over the ham mixture. Bake about 25 minutes. Makes 6 servings.

Calories per serving: About 310 if made with 3 tablespoons butter or margarine, whole milk and 4 eggs; about 320 if made with 1 tablespoon butter or margarine, skim milk, and 2 eggs.

Menu suggestion: Serve with brussels sprouts, celery sticks and radishes, and have fruit for dessert.

EGG & BAKED BEAN SALAD

- 4 chopped hard-cooked eggs
- 2 1/2 cups well drained baked beans

- 1/2 cup sliced celery
- 1/2 cup chopped parsley
- 1/4 to 1/2 cup finely chopped onion
- 1 tablespoon mayonnaise
- 1 teaspoon prepared mustard
- 1 or 2 teaspoons prepared horseradish (as desired)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Several leaves lettuce
- 3 slices crumbled, cooked bacon

Combine eggs, beans, celery, parsley, and onion. Blend the mayonnaise with the seasoning. Stir into egg mixture. Chill at least 1 hour. Serve on crisp lettuce. Garnish with bacon.

Calories per serving: About 240.

Menu suggestion: Serve with potato chips, raw cabbage wedges, and pickled beets. Have baked apples for dessert.

EGG CROQUETTES

- 2 tablespoons finely chopped onions
- 2 tablespoons finely chopped green pepper
- 1/2 cup butter or margarine
- 1/2 cup regular all-purpose flour
- 1 cup milk
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 2 teaspoons Worcestershire sauce
- 8 hard-cooked eggs, chopped
- 1 cup corn flake crumbs
- 1 teaspoon curry powder or onion salt
- 2 eggs, slightly beaten

Cook onions and green pepper in butter until soft but not brown. Stir in flour. Add milk gradually, stirring constantly. Cook until very thick, stirring constantly. Stir in salt, pepper and Worcestershire sauce. Remove from heat. Fold in hard-cooked eggs; spread about 3/4-inch thick in greased shallow pan; chill overnight. Cut into 12 portions and shape into croquettes. Mix corn flake crumbs with curry powder. Roll croquettes in crumbs mixture, then dip in beaten eggs and roll again in crumbs. Refrigerate about 2 hours. Fry in hot deep fat (350 degrees) about 3 minutes or until golden brown. 6 servings, 2 croquettes each.

EGG-BURGERS

- 5 hard-cooked eggs, chopped
- 1/4 cup mayonnaise or salad

- dressing
- 1/2 teaspoon prepared mustard
- 1/2 teaspoon dry onion flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 English muffins, split, buttered and toasted
- 1/2 cup shredded sharp cheddar cheese

Combine chopped eggs with next 5 ingredients and mix well. Spread each toasted muffin half with egg mixture. Sprinkle cheese over egg mixture. Place under broiler until cheese melts. Serve immediately. Makes 4 sandwiches.

SANDWICH BOAT

- 1 round loaf Vienna bread (unsliced)
- 10 hard-cooked eggs
- 1 cup chopped celery
- 1/2 cup chopped green olives
- 1/2 cup finely chopped onion
- 1/2 cup mayonnaise or salad dressing
- 2 tablespoons prepared mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup melted butter

To make bread boat, cut top crust off bread in one piece to make lid. Hollow loaf by cutting bread out to within one inch of sides and bottom. Crumble enough bread to make two cups of crumbs. Slice 1 or 2 eggs and reserve slices for garnish. Put remaining slices with rest of eggs and chop. Combine eggs, celery, olives, onion and two

cups bread crumbs. Blend mayonnaise or salad dressing, mustard, salt and pepper; pour over egg mixture and stir until moistened throughout. Fill bread boat with mixture and replace lid. Brush with melted butter. Wrap in foil and heat in a 400 degree oven for 30 to 35 minutes or on an outdoor grill for the same length of time. To serve, remove foil, garnish with egg slices and cut in pie-shaped wedges. Makes 6 to 8 servings. This sandwich boat may be made in advance and stored in the refrigerator for several hours before serving.

CREAMED EGGS AND PEAS

- 2 pkgs. frozen peas in cream sauce
- 8 hard-cooked eggs, quartered
- 4 noodle nests

Prepare peas according to package directions. Add hard-cooked egg quarters and allow to heat through. Serve over crisp noodle nests. Makes 4 servings.

Creamed Eggs and Peas may also be served over hot cooked rice, toast points, patty shells, baking powder biscuits or egg noodles.

Household Hint

Make soft after-bath slippers from cotton terry washcloths. One washcloth, folded and gathered around the edges, will serve as a slipper. Trim with celery, olives, onion and two matching cotton ball fringe.

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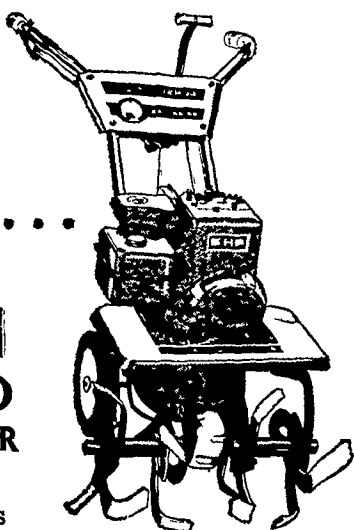
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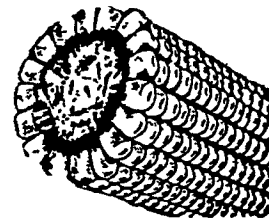
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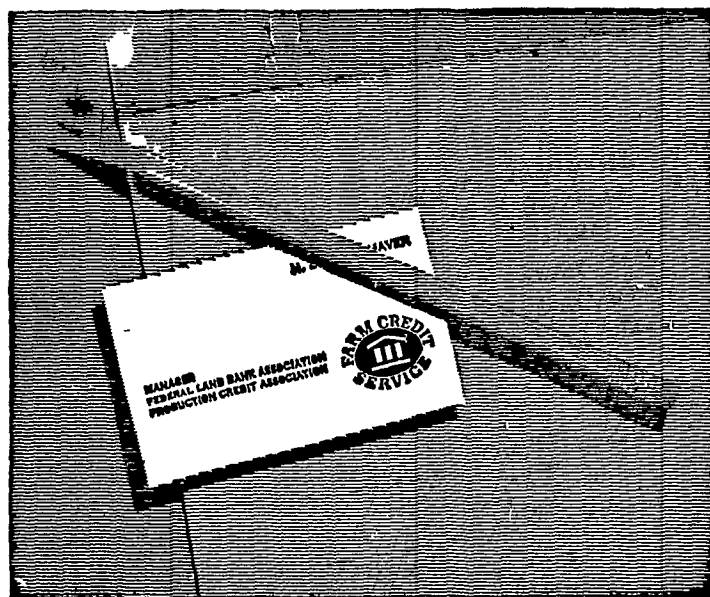
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