

Hashed Omelet For Eggtober

The Poultry and Egg National Board has again changed the calendar to read EGGtober instead of October. They've also come up with this hearty "Hashed Omelet" which is mighty good fare for chilly fall days.

The base of this dish is the French omelet and it lends itself to many variations of sauces and fillings, such as the corned beef hash filling given here. Don't be hesitant about making an omelet. They are quite easy and require

only a little technique in cooking.

Omelets are more easily made when prepared in an omelet pan. This type of pan has rounded or sloping sides and should be well seasoned so that the omelet will not stick. The non-stick coating or teflon pans are a real help to the would-be omelet makers.

When serving omelets, plan one, 2 or 3 egg omelet for each person being served. The omelets cook very rapidly and several can be cooked in a very short length of time. Warm the serving plates in advance to help keep the first omelets made pip-

ing hot until all are ready to be served.

The filling recipe we're suggesting uses canned corned beef hash. The hash is heated in the omelet pan before making the omelets and seasoned with chopped onion and pickle relish. One can of corned beef hash, with seasonings, makes enough filling for four omelets. If you plan to serve only two people, cut the recipe in half and refrigerate the hash not used.

Plan to have canned corned beef hash on your kitchen shelf and extra eggs in the refrigerator at all times. When combined, these two nutritious foods make a spurt of the moment main dish suitable for family or guests, whether it's breakfast, lunch or late supper.

Breakfast Menu

Tomato Juice, Hashed Omelet, Hot Biscuits, Butter, Coffee and Milk

HASHED OMELET

- Filling**
- 1/2 cup chopped onion
 - 2 tablespoons butter
 - 1 can (15 1/2 oz.) corned beef hash
 - 1/4 cup pickle relish
- Omelet**
- 2 eggs
 - 2 tablespoons water
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 teaspoon butter

Cook onion in butter in an omelet pan or skillet (approx 8-in) until tender but not browned. Stir in corned beef hash and pickle relish. Stir ingredients to mix. Heat through. When mixture is piping hot, remove it from skillet and set aside while preparing omelet. (Makes enough filling for 4 omelets.)

Mix eggs, water, salt, and pepper with a fork. Heat butter in omelet pan just hot enough to sizzle a drop of water. Pour in egg mixture. Mixture should set at edges at once. With a spatula or a fork, carefully draw cooked portions toward center, so that the uncooked portions flow to the bottom. Slide pan rapidly back and forth over the heat to keep mixture in motion and sliding freely. Keep mixture as level as possible. When eggs are set and surface is still moist, increase heat to brown bottom quickly.

To serve, place 1/2 cup of hash mixture on omelet. Fold omelet over hash and slide onto plate. Make one filled omelet for each serving.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Lighting Checklist

Look for the following characteristics of a well lighted study area:

- Light spread over entire working surface
- No shadows from hand or body on the work
- No direct view of bulb or under-shade brightness
- No glare spot of light bulb through shade
- Light-colored, non glossy desk surface
- Light-colored back wall or tack board
- Some light thrown up on walls and ceiling.
- Some general lighting elsewhere in the room

A Tip For Preparing Pot Roasts

Savory beef pot roast is a satisfying dinner dish and it's also easy on the budget. But you don't have to prepare it the same way every time.

For variety in preparing a pot roast, use liquids other than water. Tomato juice is a good choice. After you've browned the meat in a little hot fat, add tomato juice or tomato sauce diluted with water. For extra flavor, add soy sauce, Worcestershire sauce, or chopped onions to the liquid.

Cover the pan with a tight-fitting lid and simmer until the meat is done.

Long, slow cooking is essential for a tasty pot roast that will please your family.

Corduroy Is Fashionable

Look for corduroy in pinwale, wide-wale, solid colors and designs.

Fashion news comes from combining pinwale, wide-wale, plaids and solid colors in one garment.

Remember that, regular wash-

Early "Electricity"

The Greeks gave amber the name "elektron," since they found that amber, when rubbed briskly, could pick up straws and small bits of paper. This gave man his first knowledge of electricity.



THOMAS

ing helps keep the pile lively by restoring fibers flattened from sitting.

Corduroy seldom needs pressing after machine washing and dryer-drying.

Passing a steam iron over the right side very lightly will coax the pile to lustrous height.

Restore Marred Wood Finishes
Here's how to remove white spots from wood surfaces.

Supplies needed for removing white spots are very fine powdered pumice (FFFF) light-weight oil or sewing machine oil, and a piece of felt or wool. Make a thin paste of pumice and oil.

Apply oil and pumice mixture with felt and rub lightly with the grain of the wood.

Go over the entire surface to prevent spotting.

Wipe surface with soft cloth. Repeat process if necessary.

Follow label directions if using a commercial preparation.

Prevent future white spotting by protecting wood surfaces from moisture, alcohol, and heat.

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