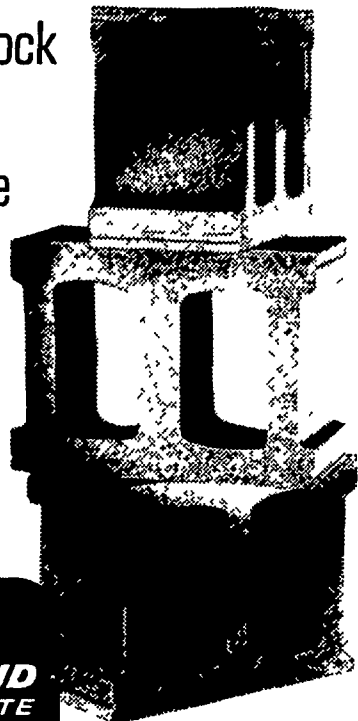
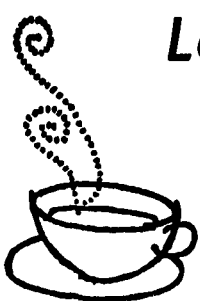


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Ladies, Have You Heard?



By Doris Thomas,
Extension Home Economist

Use Eggs for Economy
According to an old wives legend, the secret of easy-to-peel hard-cooked eggs is a pinch of salt in the cooking water. The salt supposedly solidified the shells, making them easier to remove. The U.S. Department of Agriculture, however, recommends a watchful eye during cooking as the best approach to both easy-to-peel and better tasting hard-cooked eggs.

Too much heat has a tendency to toughen protein, therefore, for best results immerse the eggs entirely in lukewarm water. Heat rapidly to boiling point. Use a tight-fitting cover. Remove pan from heat and allow eggs to stand about 20 minutes. Immediately pour off hot water, and run cold water over eggs until cool enough to handle. Crush shells by rolling on a hard surface or between

palms, and remove shells. USDA also recommends eggs this month as a low-cost source of high-quality protein. Although slightly fewer eggs are available in November than the large production of a year ago, a plentiful supply continues on hand.

Hard-cooked eggs add eye-appeal and flavor to many combination dishes and salads, but they should not be added if such dishes are to be frozen. Freezing tends to toughen egg whites causing them to lose some of their palatability. Best rule to follow: freeze the foods, without the eggs, and then add freshly hard-cooked eggs as soon as food is entirely thawed.

As an entree, hard-cooked eggs may be cut into any shape and placed atop cornbread, toast, English muffins, asparagus, broccoli, shredded steamed cabbage, strips of bacon, broiled ham, corned beef, or tongue. Cover generously with a sharp cheddar cheese sauce, hollandaise, sour cream, a Creole-type sauce, or whipped cottage cheese.

to which olives have been added. Eggs are versatile, nutritious, delicious and economical. Why not serve them often?

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Cranberry Juice Cocktail
Cooked Cereal
Bran Muffin with Margarine
Milk
Coffee or Tea

LUNCH
Tomato Soup
Egg Croquettes
Raw Carrot Sticks
Fresh Pear
Milk
Coffee or Tea

DINNER
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Creamed Corn
Green Beans
Baked Apple
Milk
Coffee or Tea

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