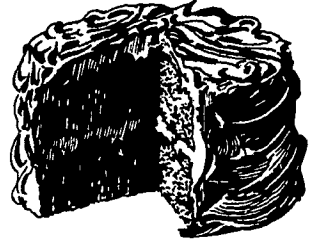


Home On The Range



Eggs, a light and natural treat

Eggs give food a rich flavor and a taste that's unbeatable. It's a snap to fit eggs into a meal because they can be used in so many dishes from salads to desserts.

Try some egg recipes today, especially those that would help you with those after-school-snacks — you'll need them soon. They are Frozen Custard and Sunshine Nog.

SUNSHINE NOG

4 eggs
3 c. milk
6 oz. frozen fruit beverage concentrate
1/4 c. honey
4 pineapple chunks, optional
4 stemmed cherries, drained

In large mixing bowl or blender container combine eggs, milk, concentrate and honey. Beat or cover and blend until frothy. Pour into tall glasses. Garnish with pineapple chunks and cherries, if desired. Serve immediately

BELGIAN WAFFLES

4 eggs
1/2 t. vanilla
3 T. butter or margarine
1 c. flour
1/2 t. salt
1 c. milk

Beat egg yolks until very light. Add vanilla and butter. Combine flour and salt. Add with milk to egg mixture. Beat well.

Beat egg whites until stiff and fold into batter. Bake on hot waffle.

Mrs. Isaac Martin, Ephrata

FROZEN CUSTARD

6 eggs
2 to 3 T. honey
2 c. milk
1 T. vanilla
rock salt
3/4 c. sugar
1/4 t. salt
2 c. whipping cream
crushed ice

In medium saucepan, blend together eggs, sugar, honey and salt. Gradually stir in milk. Cook over low heat, stirring constantly, until mixture thickens and just coats a metal spoon. Cool quickly by setting pan in bowl of ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least 1 hour.

When ready to freeze, combine chilled custard with cream and vanilla. Pour into 1-gallon ice cream freezer can. Freeze according to manufacturer's directions using 6 parts ice to 1 part rock salt.

Variation — Chocolate. Add 3 squares unsweetened chocolate to egg-milk mixture. Cook, cool and freeze as above.

EGG SALAD

6 hard boiled eggs
1/2 c. mayonnaise
salt and pepper
2 T. milk or cream
1 T. vinegar

Cook eggs, peel and mash. Add other ingredients. Mix thoroughly. Sprinkle with paprika.

Rachel Blank, Lancaster

MOLDED EGG SALAD

1 T. unflavored gelatin
1/2 c. cold water
1/2 c. boiling water
2/3 c. mayonnaise
2 T. lemon juice
1/4 t. salt
6 chopped hard-cooked eggs
1/3 c. sliced olives
1/4 c. chopped pickles
1/4 c. chopped celery
1/2 t. minced onion
2 T. chopped parsley

Soften gelatin in cold water, then dissolve in boiling water. Stir gelatin mixture gradually into mayonnaise. Add lemon juice and salt and mix well. Chill until thick but not set. Blend in eggs, olives, pickles, celery, onion, and parsley. Mix well.

Pour into 1-quart mold. Chill until set.

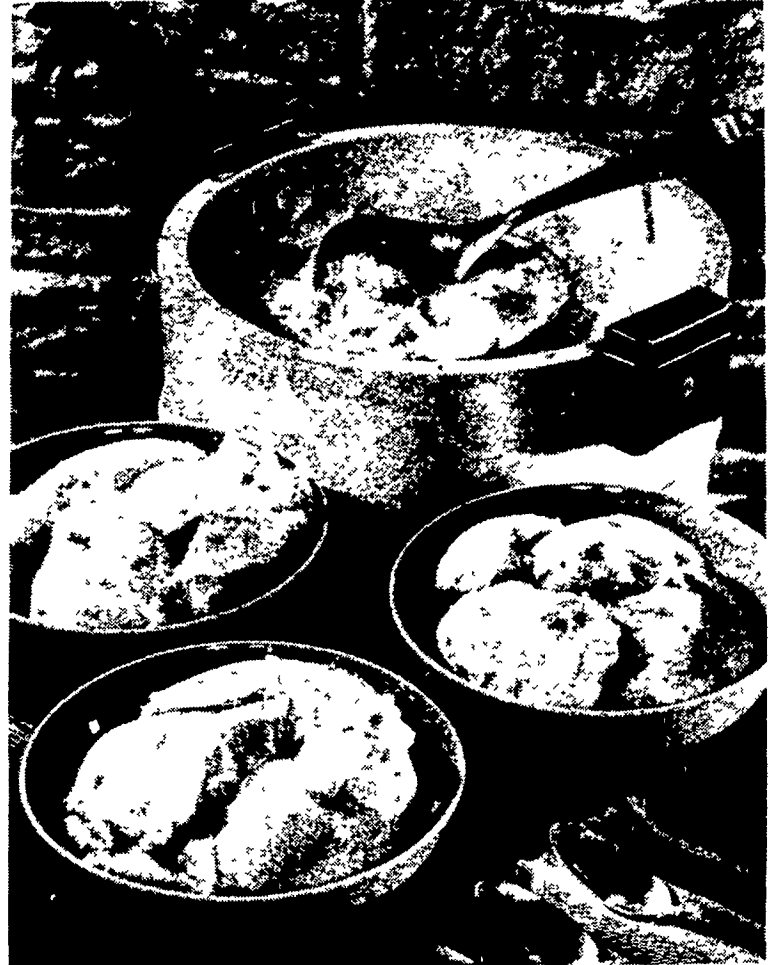
Audrey Balthaser, Millerstown

BAKED OMELET

8 large eggs
1/2 c. commercial sour cream
1/2 t. salt
1 c. shredded sharp cheddar cheese
2 T. butter, melted

Beat together the eggs, sour cream and salt until blended. Stir in the cheese. Pour into a 1 1/2 quart buttered 10x6x2 inch baking dish. Drizzle with butter. Bake in a preheated 350 degree oven until puffed and set — about 20 minutes. Tilt dish to distribute butter on top.

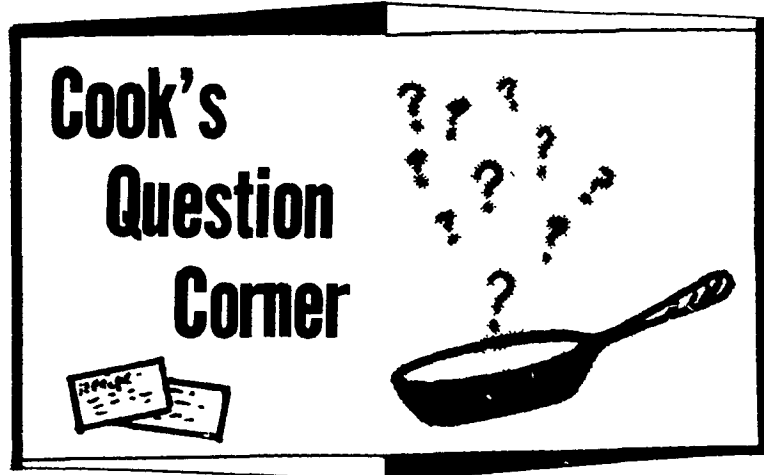
Marguerite Barford, Augusta, W. Va.



Have you ever tasted a lick of homemade, straight-from-the-dasher frozen custard? If you have, you know that it's rich, creamy and virtually irresistible! Eggs give the custard a rich flavor and a texture that's unbeatable. Find the recipe in this section.



If you're concerned about getting nutrients into your youngsters, take a look beneath Sunshine Nog's foamy surface. Sunshine Nog could be breakfast-on-the-wing, a meal accompaniment or a super summer snack. It's designed for those who believe that fun food should do more than simply taste good.



QUESTION — I am looking for a recipe for plum jelly or jam, especially using canned plums. Do any of your readers have one?

Mrs. Mark Sheppard, Bridgeton, N.J.

QUESTION — I would like a recipe for Oatmeal Whoppie Pies. Could anyone help?

S. Haldeman, New Holland

ANSWERS — In answer to a request for recipes using buttermilk, Mrs. Anna Byler of Belleville has graciously supplied us with those at the end of the recipe section.

Recipe Topics

August
29 Egg Specials
September
5 Soups and Stews
12 After school snacks
19 Apples, apples, apples
26 There's nothing like beef
October
3 Cheese favorites

The following is in response to a request placed in Cook's Question Corner recently for recipes using buttermilk.

GRAPENUTS

2 1/2 lb. brown sugar or 3 c. honey
4 lb. whole wheat flour
2 t. salt
1 T. soda
3/4 c. butter
1 t. maple flavor
1 T. vanilla
5 c. buttermilk or sour milk

Put dry ingredients in bowl, except soda which should be added to milk just before adding the milk to the dry ingredients. Last, add butter and flavorings. Mix well. The dough should be fairly thick. Put in pans and spread even with spatula.

Bake in 350 degree oven until done, about 60 minutes. Remove from pans and cool. Cut in strips and rub through 1/4 inch hardware cloth. Dry the crumbs in a warm oven. Delicious for breakfast with milk and fresh or canned fruit.

Anna Byler, Belleville

Give Eggs a Break