

Spring into eggs

LANCASTER — Eggs have a special spiritual meaning in the spring, whether decked out in a rainbow of colors for Easter festivities, or roasted and served on the seder plate. To everyone, they mean quick, delicious and economical dishes on springtime menus.

For years, the egg's shape has inspired artists. The creative possibilities for individual ex-

pression on an egg shell are endless. Eggs can be colored or painted with felt-tipped pens or crayons, decorated with rickrack, sequins, feathers, hats and funny faces or simply dyed in an endless variety of hues. Decorating eggs can be fun for the whole family.

If little ones do your decorating, hard-cook the eggs—they'll hold up a bit better under handling. Refrigerate them when they're not

on display. They'll keep nicely in the refrigerator for about a week.

There are infinite ways to crack these hard-cooked works of art into family meals. One of the most simple ways to serve a hard-cooked egg is to sprinkle it with a herb. A large egg, unadorned, chalks up only about 80 calories but delivers a hefty assortment of nutrients. Two large eggs quality they provide about a third of the U.S. Daily Recommended Allowance for protein. At \$1.05 a dozen, large eggs are only 70 cents a pound, and that's a real protein bargain!

Another quick trick is to mash hard-cooked yolks with mayonnaise and seasonings for deviled eggs. Or, wedge hard-cooked eggs and fold them into a seasoned white sauce, cheese or tomato sauce. Serve your creamed eggs over toast, English muffins, rice or noodles. Sliced hard-cooked eggs can garnish any number of dishes from appetizers and soups through salads and main dishes.



Don't let April showers and snow dampen your spirits! Think Easter and eggs! Somehow a warm and wonderful feeling seems to creep into the room when a family gathers to decorate eggs. Gather your family, dig out your odds and ends of rickrack and frills, and enjoy! When the big day is done, if you can bear to part with your colorful creations, turn them into a side dish.

Bake a bunny-shaped carrot cake for Easter

LANCASTER — Baking at Easter is a tradition in many families; most use recipes that have been handed down from many different countries and cultures.

Sweet breads are the most popular — the Russians bake Kirlich, a tall sweet bread baked in a mold rounded on top to represent the dome of a Russian church, and most European countries have a traditional egg bread with brightly colored hard cooked eggs baked in a sweet braided yeast dough.

Americans, too, have established Easter traditions. One uniquely American custom is the baking and decorating of an Easter cake which can double as a dessert and a centerpiece for an Easter dinner or buffet. Since carrot cake is a favorite, why not try a delicious carrot cake baked in the bunny shaped pan and start your own special Easter tradition? It's easy to bake and decorate, and sure to impress family and friends.

Professional results are easy to achieve with the Wilton Easter Bunny Pan because the bunny pattern is baked right into the cake. A decorating bag and tips are used to outline the contours made by the pan; then zigzags, dots and stars decorate the egg. The bunny's fur is simply fluffed

on with a spatula. To make it even easier, Wilton includes complete decorating instructions and icing recipes with each pan.

The Easter Bunny Pan is available in your favorite department or discount store, cake specialty shop or directly from Wilton Enterprises, Woodridge, IL 60517.

CARROT CAKE

- 1-3/4 cups sugar
- 3 eggs
- 1 cup vegetable oil
- 1-3/4 cups sifted flour
- 2 tsps. cinnamon
- 1-1/2 tsps. baking soda
- 1-1/2 tsps. baking powder
- 3 cups grated carrots
- 2/3 cups chopped nuts

Generously grease Easter Bunny Pan with solid vegetable shortening. Dust pan with flour; tap bottom to remove excess flour. Preheat oven to 350°

In large mixing bowl, beat sugar and eggs until thickened; add oil. Sift flour, baking soda, baking powder and cinnamon together; add to egg mixture. Fold in carrots and nuts.

Pour batter into prepared pan and bake in preheated oven for 45-55 minutes.

Cool cake and remove from pan.

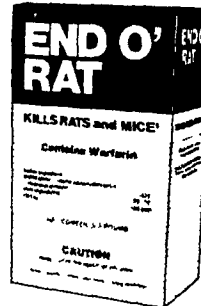
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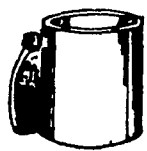
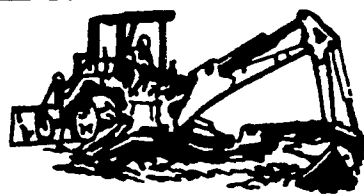
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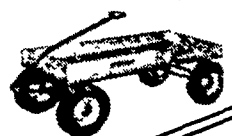
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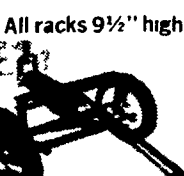
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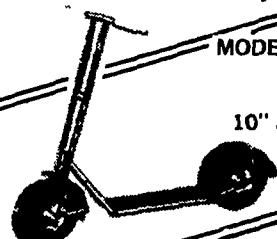
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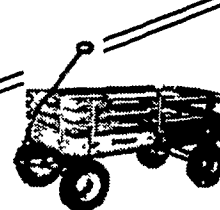
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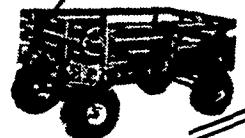
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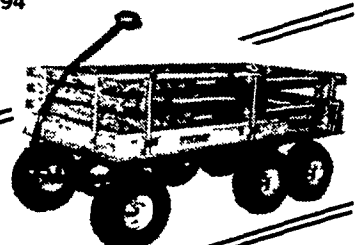
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