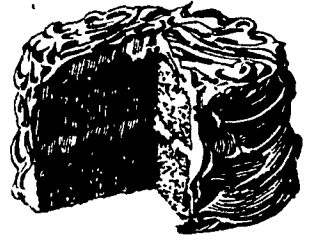
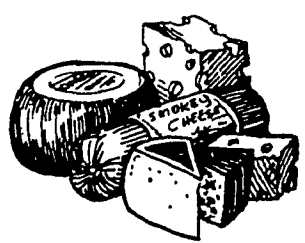


Home On The Range



Always Eggs... All Ways

If you're looking for ways to trim the family food budget after meeting holiday expenses, look to economical eggs. They're one of today's best food buys, and they can provide lots of marvelously warm meals for chilly days.

Keep plenty of eggs on hand. As a high-ranking member of the meat group in the Basic Four Food Groups, eggs are a powerhouse of nutrition. The nutrients contained in one 2-egg serving make eggs a suitable substitute for a serving of meat, poultry or fish.

Let eggs add spice to your menus this winter and hold down your food costs at the same time. Try some of the following cost-cutting egg dishes or create some of your own.

FRIED EGG SANDWICH

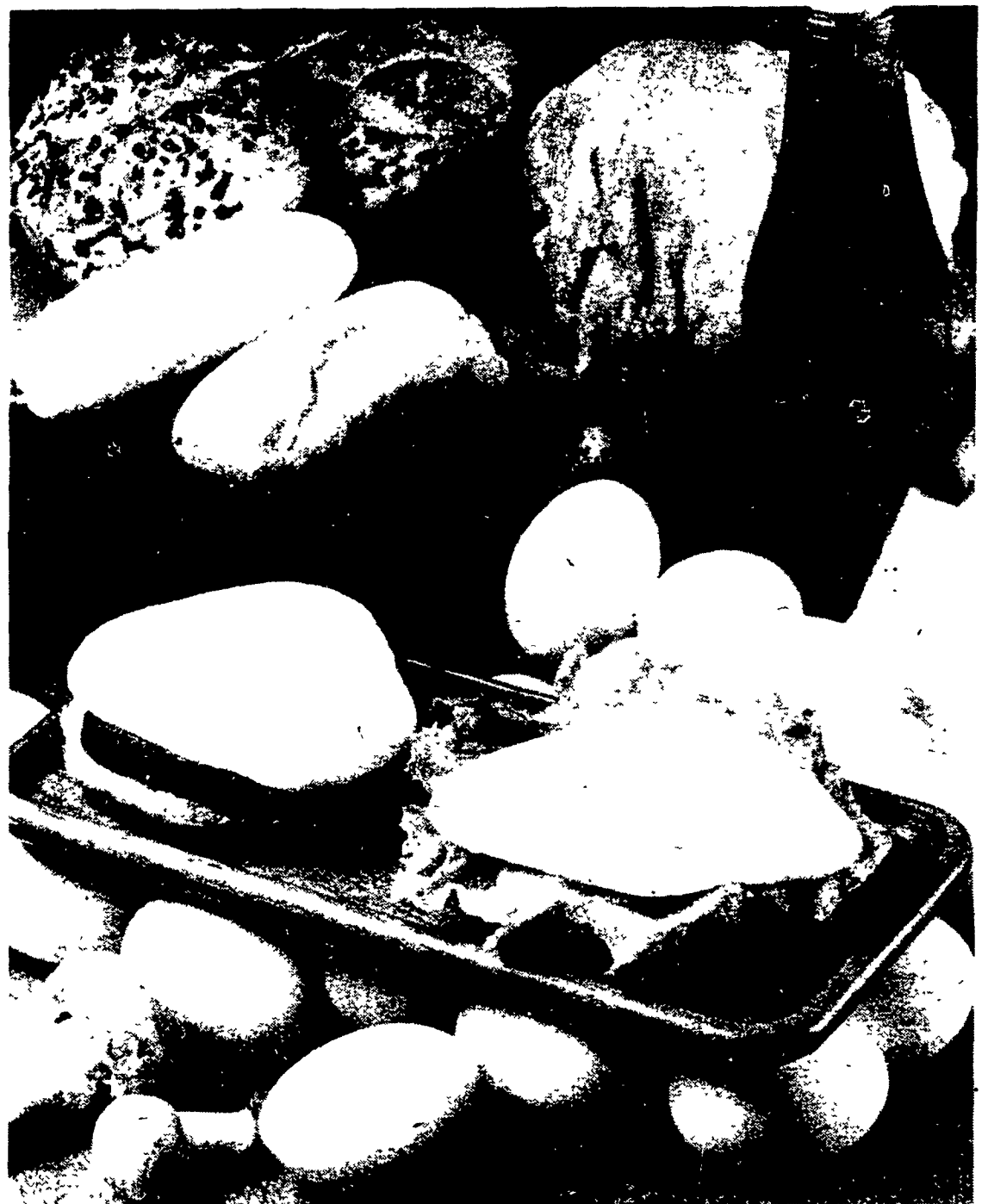
1 to 2 T. butter
2 eggs
salt and pepper
4 slices bread or 2 buns, toasted and buttered
In medium skillet over medium-

high heat, heat butter until just hot enough to sizzle a drop of water. Break and slip eggs into skillet. Reduce heat to low immediately. Break yolks, if desired. Cook slowly to desired doneness, spooning butter over eggs to baste or turning eggs to cook both sides. Season with salt and pepper to taste. Place each egg on a bread slice and top with works, below. Close sandwiches with remaining bread slices.

Works:

thin onion, or tomato slice
cheese slice
sauteed sliced mushrooms
pickles
barbecue, chili, or taco sauce
catsup
mustard
mayonnaise
lettuce leaf
crisp-cooked drained bacon slice
alfalfa sprouts
chili
refried beans

American Egg Board



Presidents to peasants, a fried egg sandwich pleases them all. This super sandwich is quick to fix for a simple supper, better breakfast or fast snack. A fried egg sandwich is not only a welcome change of taste after holiday feasting, it's also a welcome relief to after-the-holidays budgets.

Cook's Question Corner

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QUESTION - Would anyone know how to make fresh strawberry bread, muffins and cake? Do you place the fresh crushed berries right in the batter?

Mrs. Ruth Emerson, Cochranville

ANSWER - For the reader who was looking for a recipe for sweet potato pie comes the following from an anonymous reader:

SWEET POTATO PECAN PIE

1/4 c. butter
1/2 c. brown sugar
1 c. mashed sweet potatoes
1/3 c. corn syrup
1/3 c. milk
1/2 t. salt
1 t. vanilla
1 c. broken pecans
plain pastry

Cream together butter and sugar. Add mashed potatoes and slightly beaten eggs. Mix well. Combine with syrup, milk, salt, vanilla, and pecans. Line pie pan with plain pastry, turn mixture in pan. Bake at 425 degrees for 10 minutes. Reduce heat to 325 degrees for 35 to 45 minutes longer.

Recipe Topics

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BAKED EGG WITH CHEESE

6 hard-cooked eggs
1 c. grated cheese
2 c. bread crumbs
1/2 t. salt
1/8 t. pepper
1/2 c. cream

Slice eggs and arrange. Alternate layers of crumbs, eggs and cheese in a greased casserole. Season with salt and pepper.

Pour cream over mixture and sprinkle with crumbs. Bake at 350 degrees for 30 minutes.

Joanna Nolt, New Holland

CIDERED EGGS

3/4 c. sweet apple cider or apple juice
1/4 c. distilled white vinegar
3 slices onion
3/4 t. salt
1/2 t. whole pickel spice
1/2 clove garlic
6 hard-cooked eggs

Combine all ingredients except eggs in saucepan, bring to boil.

Reduce heat; simmer 5 minutes. Pour over eggs in a sealable container. Cover. Refrigerate several hours or overnight turning eggs occasionally, if necessary to pickle evenly. Remove eggs from liquid and drain. To serve, cut eggs in half lengthwise.

Genevieve Vonelda, Muncy



Tuna timbales mingling with carrot circles and broccoli flowerets delight the eye as well as the tastebuds. Swiss cheese goes into the timbales with the eggs and milk to make nicely firm custards, inverted on a platter.

(Turn to Page B8)