

## Eggs, Cereal Combine in Main Dishes

Eggs are plentiful in the spring and can be used a little more lavishly. But any time of year eggs are precious enough that you want to get the most you can from them, here are a few points worth keeping in mind:

Eggs should be cooked slowly, gently, over low heat. They're tenderer that way.

Egg whites beat up to their fluffiest when at room temperature. You can use the less expensive small eggs in cooking, without guesswork, if you measure them instead of counting them. There are 5 average sized whole eggs in 1 cup, 8 average egg whites in 1 cup, and 12 to 14 average yolks in 1 cup. So if your recipe calls for 3 whole eggs, you will use a little over half a cup. If it calls for 3 egg whites, you will use about 1/2 cup. If it calls for 3 egg yolks, you will use 1/4 cup.

Here are two recipes for eggs as a main dish.

### EGG AND CHEESE AU GRATIN

3 tablespoons shortening  
3 tablespoons flour  
3/4 teaspoon salt  
Dash pepper  
1 teaspoon dry mustard  
1 1/2 cups milk  
1 cup grated soft American cheese

6 hard-cooked eggs  
2 cups corn flakes  
1 tablespoon butter or margarine

Melt shortening in top of double boiler; add flour and seasonings and stir to smooth paste. Add milk, cook, stirring until thickened. Add cheese and stir until melted. Cover the bottom of baking dish with sauce. Cut hard-cooked eggs in half lengthwise. Arrange eggs on top of sauce. Crush corn flakes into fine crumbs, mix with melted butter. Sprinkle crumbs over eggs and sauce. Bake in a slow oven (300 degrees) 10 minutes or until crumbs have browned. Yield: 6 servings (10x6x2 inch dish).

### BAKED EGGS

6 tablespoons milk  
6 eggs  
Salt and pepper  
1 cup rice cereal  
1 tablespoon melted butter or margarine  
2 tablespoons dried cheese  
Grease 6 custard cups. Pour 1 tablespoon milk, and break 1 egg in each cup; sprinkle with salt and pepper. Crush cereal into fine crumbs and mix with melted butter. Sprinkle crumbs over eggs and top with grated cheese. Bake in moderately hot oven (400 degrees) about 12 minutes. Yield: 6 servings.

## Downtown Drink Afternoon Treat

Soda fountain treats can be very easily made at home. Here's one to try on the kids when they're hungry.

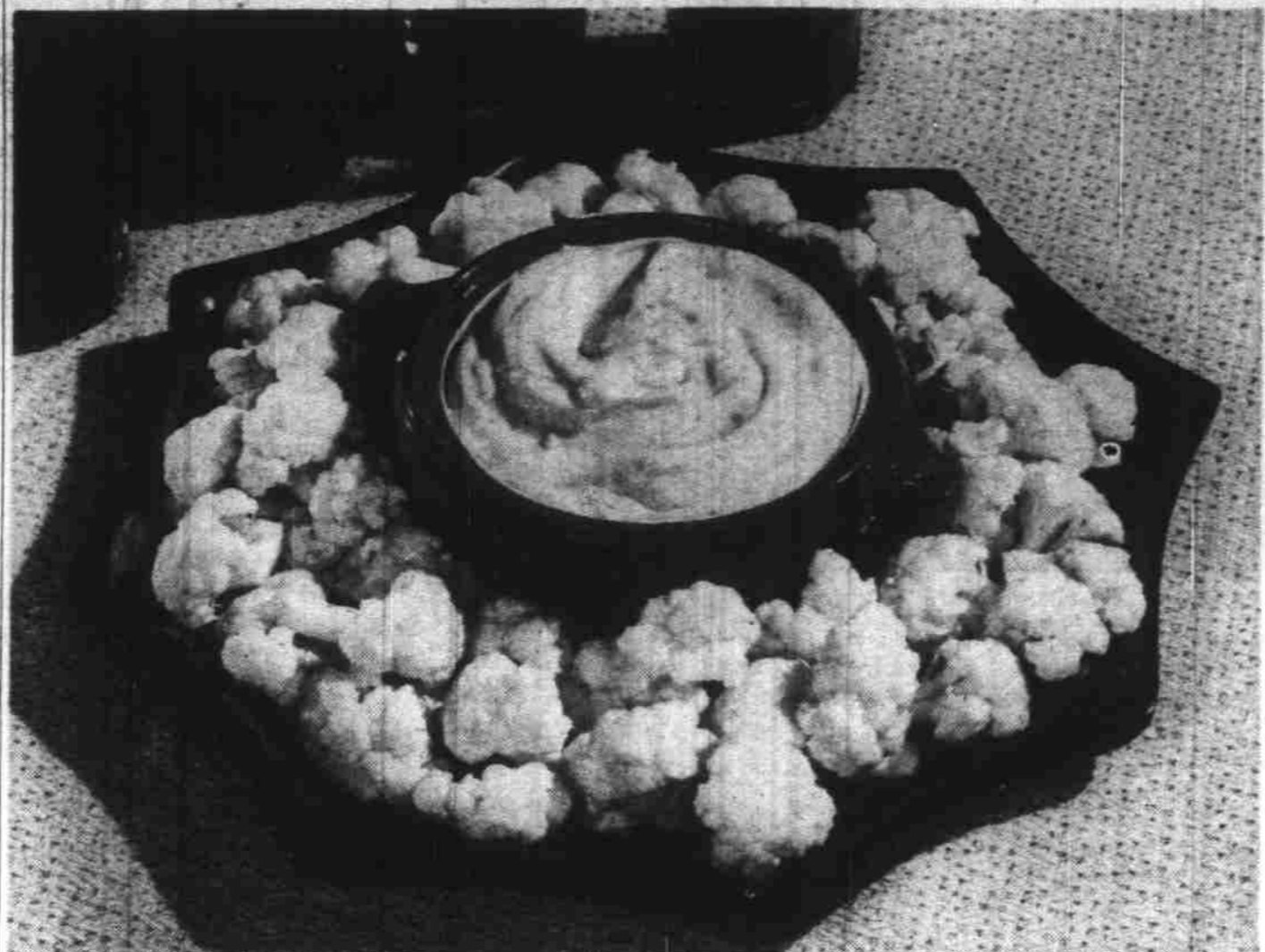
### FRESH BANANA FROST

3 ripe bananas, crushed  
3 scoops vanilla ice cream  
2 1/2 cups milk  
Combine all ingredients. Beat with egg beater until creamy. Serve at once. Serves 6.

### WRINGING A BLANKET

To put a blanket through the wringer of the washer, select the lowest wringer pressure possible. Then fold the blanket lengthwise so that it is two inches narrower than the width of the wringer rolls, and put it through the wringer.

## For Crisp Enjoyment



Dips have taken their place in modern menus in the past few years and have become really important. The basic ingredient is often, though not always, mayonnaise. Raw cauliflower makes one of the best foods for dipping, though you may like other raw vegetables too. Here is a recipe for the dip pictured here.

### MAYONNAISE DIP

1 cup mayonnaise  
1 teaspoon grated onion  
1 teaspoon horseradish  
1 teaspoon tarragon vinegar

1/2 teaspoon curry powder  
Raw cauliflower florettes  
Combine the mayonnaise, onion, horseradish, vinegar and curry powder; blend well. Chill, and serve surrounded with crisp florettes of cauliflower, broccoli or other crisp vegetables.

## Dried Fruits in Coffee Cake

Tangy dried apricots are combined with brown sugar and crumbs for the topping on this coffee cake. It's a recipe you'll want to put in your "use often" files, because your family and friends will love it. Serve it as the star attraction for a spring brunch.

### APRICOT COFFEE CAKE

1/2 cup sifted all-purpose flour  
3/4 cup sugar  
3/4 cup fine dry bread crumbs  
2 tablespoons shortening  
1 egg  
1/2 cup milk  
1/2 cup cooked dried apricots  
1/4 cup brown sugar (packed)  
1/4 cup fine dry bread crumbs  
2 tablespoons butter or margarine

Sift together flour, baking powder, salt, spice and sugar. Stir in crumbs. Blend in shortening. Beat egg lightly, add milk, and add to first mixture, stirring only to moisten dry ingredients. Pour into greased 8-inch square pan. Drain apricots thoroughly and chop. Spread over batter. Blend brown sugar, crumbs and butter; sprinkle over apricots. Bake in moderately hot oven (375 degrees) 20 to 25 minutes. Serve warm. Serves 8.

### NEW IN FLAVOR

Ever hear of "cream of curry soup"? It can be made like a regular cream of vegetable soup with a dash of curry for accent and a topping of elegant crisp slivered roasted almonds for good taste and glamor.

## Baby Beets Quick Grown For Delicacy

For those tender baby beets, so popular these days for home canning, pickling and cooking, garden advisors of the U. S. Department of Agriculture say: Grow them fast and pull them young — when they are about an inch in diameter. Fast growth makes beets tender and for it, beet plants need fertile, non-acid, well-drained soil. They thrive in rich sandy loam or friable silt loam, but in heavy clay the struggle may make them tough and of poor quality.

Beets are very sensitive to acid soil, so lime should be applied as needed. Beets are also sensitive to heat and will not do well in the hotter parts of the country in the summer.

About one ounce of beet seed is enough for 100 feet of row. Because beets are hardy cold, they can be planted two to four weeks before the frost-free date in most areas.

Early in the season soon after the plants come up, they will need thinning. And the thinning, as good cooks and gardeners know, make delicious cooked greens. Leave the plants about an inch apart after the first thinning — for baby beets. Later, when the beets have begun to form, alternate plants may be pulled for the second round of greens before the plants crowd each other in the row.

The little beets, so tender and attractive for canning and pickling whole, will not do for storage because they are not mature enough. But in recent years they have become very popular for canning. Small and medium-size beets now command a premium from the canning industry, good evidence of the popularity of these round red "babies" among consumers.

## Luncheon Plate Is Filling Dish

Service for one, that's what this interesting arrangement will make. The cottage cheese provides protein to make it a main dish.

### DAIRY LUNCH PLATE

On a bed of lettuce place a slice of pineapple. Cover with 1/4 to 1/2 cup cottage cheese, seasoned with salt, pepper and moistened with whipping cream. Cover with another slice of pineapple if preferred and top with a spoonful of the cheese. Arrange slices of avocado, grapefruit sections, tomato wedges, and strips of lean broiled bacon attractively around pineapple. Serve with French dressing. American cheese cubes and bananas cut in half lengthwise or sliced may be added. Serves one.

### LENTEN RABBIT

Condensed cream of celery soup is the base for this delightful cheese dish. Put soup into a saucepan and stir until smooth. Then blend in 2 beaten eggs, 1/2 cup grated Cheddar cheese, and 1/2 cup milk. Cook over low heat until well blended and heated through, stirring constantly. Serve at once on crackers or toast. Serves 6.

### FRESH FROM GARDEN

The first feed of fresh asparagus tastes best of all. A little lemon juice and melted butter with slivered roasted almonds makes a memorable topping for it. It's a little expensive early in the season so if you're counting your pennies save the idea for later on in spring.

## Make Vacuum Do More Work

You can eliminate the need for a carpet sweeper or broom by using your vacuum cleaner at low speed for light, once-over carpet cleaning. The floor brush attachment is perfect for dusting bare floors or linoleum.

Here's a new use for your vacuum cleaner: use the upholstery tool attachment to clean heavy overcoats, snowsuits — and muddy overshoes.

### KEEP STEAM UP

When cooking meat and vegetables together in deep well cooker be sure to maintain the steaming point to prevent transfer to moisture dry ingredients. Pour into greased 8-inch square pan. Drain apricots thoroughly and chop. Spread over batter. Blend brown sugar, crumbs and butter; sprinkle over apricots. Bake in moderately hot oven (375 degrees) 20 to 25 minutes. Serve warm. Serves 8.

## Defrost Freezer If Supply Low

It's time to defrost the freezer when the accumulation of ice on walls cannot be easily scraped off with a dull knife or plastic scraper. Disconnect the plug from the convenience outlet, remove freezer contents, defrost and clean the interior, sponging all water from

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the bottom, and leave the freezer lid open until the inside has dried thoroughly. The freezer should be defrosted when supply of frozen foods is limited. Wrap packages in newspapers or, if space permits, place in refrigerator during defrosting to prevent thawing.

### NEW INSIDE

A tender chocolate sponge cake roll put together with a creamy dried apricot filling is a most delicious combination. To make the filling, thicken pureed sweetened cooked dried apricots with a little gelatine and then fold in the whipped cream. It's elegant enough for a party, and a dessert your family will adore.

## Lamb Patties With Pineapple

Lamb, like other meats, goes especially well with fruit. Ground lamb formed into patties are among the less expensive meats but make a handsome dish.

### LAMB PATTY-PINEAPPLE GRILL

1 pound ground lamb  
4 slices bacon  
4 pineapple slices  
Shape ground lamb into 4 patties 1 inch thick. Wrap patty with

bacon, fastening bacon with picks. Arrange patties and pineapple slices on broiler rack. When patties are brown, lay brown side down on pineapple slices and finish cooking. 4 servings.

### STORAGE OF SPECIAL MEATS

Always store luncheon meats, variety meats such as liver and kidneys, ground meats and fish in the freezer compartment of your refrigerator, if you plan to keep them more than one day. Wrapped in moisture-vaporproof material, they can be stored in the freezer compartment for about two weeks.

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A Weekly Bulletin of Interest to Consumers and Food Merchants

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