

GREATER USE OF EGGS ACCOMPANIES LOW PRICES

Appetizing Omelets And Souffles Offer Wide Range of Uses

By MILDRED NYE

Now that eggs have dropped to the cheaper price level, housewives are again planning the frequent use of serving such foods as omelets, souffles, sponge cakes and other large egg-users. Then, too, there is an assurance in serving large quantities of eggs since they contain, in its most digestible form, a high percentage of the complete protein needed for building muscles and tissues.

There are omelets and omelets, some that stand up as if proud of being served, and others—well, rather dejected and flat. Like other preparations in the realm of cookery, their success is all in the knowing how. And what is nicer for the high-lunch or supper, or for the more elaborate breakfast than a hot puffy omelet, skillfully prepared and attractively served?

Two distinct kinds of omelets may be prepared, namely French and puffy. The chief difference is that in the first, eggs are beaten all together, and in the latter the yolks and whites are beaten separately and then combined. A souffle differs from an omelet in that some white sauce or thickening is added. For a standard omelet recipe the following may be used, with the only difference being in the method of mixing for the two kinds.

STANDARD OMELET
4 eggs
4 tbsp. liquid (milk, water, fruit, vegetable or meat juice)
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons butter

French: Beat the whole eggs with the liquid and seasoning until the whites are torn from the beater and are well blended with the yolks. Select a pan that the omelet will fill and heat it before adding the fat. For a larger omelet, use a heavy skillet that holds heat well. Cook over a low flame, running a spatula around the edge of the pan from time to time and lifting the coagulated egg from the bottom to allow the liquid to flow under. When creamy and moist throughout allow to brown slightly either by placing in a moderate oven or by tilting over a surface burner with a lid held in front of the heat to direct this heat over the top of the omelet to dry it off before folding. Otherwise it will fall, even if served on a warm platter. To fold, crease through the center with a spatula, folding one side over the other.

Puffy: Beat egg yolks until thick and lemon colored. Add seasonings. Fold into stiffly beaten whites, to which liquid has been added when whites were half beaten. Pour mixture quickly into hot frying pan, in which the butter has been melted. Cover and cook undisturbed over a low heat turning occasionally until omelet is well puffed and light brown underneath. Loosen occasionally from the edge of the pan, until it has risen and is dry on the edge. After folding the puffy omelet push it back slightly in the pan and hold it tilted over the flame, so that only the part of the omelet cooks which slipped out in folding. This recipe serves six.

The easiest way to remove a large or a small omelet from the pan is to hold it in place with the spatula resting crosswise on the edges of the pan while it is inverted. Then slip the spatula back, lowering the omelet upside down onto a warm dish. Serve garnished with bacon.

ing must be watched as carefully as of custards to insure perfect results.

PLAIN SOUFFLE
2 cups milk
4 tablespoons flour
6 tablespoons butter
Salt and pepper to taste
3 egg yolks
3 egg whites

Melt the butter in a skillet or sauce pan and add the flour and seasoning to form a smooth paste. Add gradually the milk and cook until the sauce is smooth. Pour hot white sauce into the beaten yolks, stirring constantly. Cool. Fold in stiffly beaten egg whites. Pour into greased pudding dish or individual molds and place in pan of hot water. Bake at 375 degrees F until set. Recipe serves six. Variations for this are as follows:

Vegetable: Substitute one cup water in which vegetables were cooked for one cup milk in the white sauce, otherwise using same ingredients. Add one cup cooked vegetable pulp rubbed through a sieve to the sauce.
Meat or Fish: Using the plain souffle pattern, add two cups finely chopped, cooked fish or meat, and one-half cup bread crumbs. Additional seasonings such as celery salt, sage or paprika may be added as desired.

Cheese: Add to the plain souffle two cups grated cheese, and one-eighth teaspoon each mustard, soda, paprika. Combine the cheese and seasonings with the white sauce before adding the egg yolks.

MINUTE TAPIOCA OMELET
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons minute tapioca
1 tablespoon butter
4 egg yolks, beaten until thick and lemon colored
1/2 cup milk, scalded
4 egg whites, stiffly beaten

Add salt, pepper and tapioca to milk and cook in double boiler ten minutes, stirring frequently. Add butter. Combine with egg yolks, stirring constantly. Fold in egg whites. Pour into hot buttered frying pan. Cook over low flame 15 to 20 minutes. Omelet is cooked when a knife inserted comes out clean. Dry top in slow oven for five minutes. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Serves six.

Souffles require less eggs than omelets, but also take more time for preparation due to the white sauce used. Although one may be even more certain of success with these than with omelets, the bak-

FAMOUS HORSE CAB DESTROYED IN BERLIN FIRE

Berlin (AP)—"Iron Gustav"—he who recently drove a hack from Berlin to Paris and back—has lost his famous horsecab. The vehicle and many another souvenir of the long and weary years he toiled as a cabbie on the streets of Berlin have gone up in smoke. They were completely destroyed in a fire the other night that razed the carriage house standing behind Gustav Hartmann's Potsdam residence.

As though to prove to his colleagues and to the rest of mankind that the title had been justly earned, Hartmann elected to close his career with a grandstand flourish, by driving his droschky to Paris and back. The trip completed, Hartmann retired and put the cab up in his carriage house "to preserve it for posterity as the symbol of an honorable but now departed profession."

PATIENT IMPROVING
Broadacres—Howard Friend, who has been in the Oregon City hospital for more than three months, is expected home in about two weeks, his present condition being very satisfactory.

CROWD HEARS LECTURE
Sublimity—The lecture given by Rev. Thomas of Mt. Angel was greatly appreciated by a packed house. More could not even get near the doors to listen to the lecture.

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OFFICERS TO CALL

Scio—Several Scio members expect to attend the meeting of Albany Eastern Star chapter next Tuesday evening on the occasion of the official visit of grand officers of the order. The Jefferson chapter, in which many Scionians have membership, is to exemplify the ceremonies of initiation.

MRS. PICKLIN LEAVES

Stayton—Mrs. Hattie Picklin left Tuesday night for Washougal, Wash., to attend the funeral of an old friend, Mrs. Selma Kilburn, held Thursday. She expects to return the first of the week. Mrs. Myrtle Ferguson of San Francisco is here visiting old friends and staying with Miss Gene Picklin, who has charge of the telephone office during her mother's absence.

BURNHAMS HAVE GIRL

Champoeg—Mr. and Mrs. E. M. Burnham are the parents of a daughter born March 14.

CAKES

Prune Cake
Angel Food Cake

PIES

Cherry Pie
Lemon Pie

Potato Salad
Club House Salad

STEAM TABLE SPECIALS
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—Baked Ham
—Sweet Potatoes
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We did not anticipate so much extra business last week. Our service was a little slow. We wish to thank our customers for their patience and will endeavor to be better prepared this Saturday.

Delicious Tender Steak 20c lb.	Prime Beef Roasts 20c lb.
Choice Boiling Beef 12 1/2 lb. From choice young beef. Quality guaranteed	
Young Pig Pork Roasts 18c lb.	Dainty Lean Loin Chops 27c lb.
Home Rendered Pure Lard 10c lb. 5 lb. limit with meat purchase	
Fancy Swiss Round Steak 25c lb.	A Real Special Flank Steak 25c lb.

Best OLEOMARGARINE 2 lbs. 25c

Fresh Ground Beef 20c lb.	Pure Pork Little Links 25c lb.
Useless to pay more—risky to pay less	
"Nut Sweet" Sliced Bacon 30c lb. From prime young Oregon pigs. Sugar cured, smoked the old-fashioned way. No artificial color.	
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3 packages 1 lb. can

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Pork Steak— 2 lbs. 45c	Pot Roast 3 lbs. 33c Cut from our quality beef	Pure Lard— 3 lbs. 33c
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