

# Eggs, Oldest Food, Give Wide Variety of Dishes

By Bureau of Home Economics, U. S. Department of Agriculture

If you have ever lived on a farm, ever raised chickens anywhere, or for that matter if you have merely visited your country cousins, you must have been interested in the tribal names of barnyard fowls. Think of half a dozen only, and you have traveled almost around the world, and glimpsed a thousand generations of the human race, Shanghai, Cochinchina, Brahmin, Leghorn, Dorking, Plymouth Rock—all the way from the Orient and Malaysia to Europe, and thence to America with our early colonists, came our chickens. And here they are bred and cross-bred to perfect the quality of their meat and eggs.

Hens' eggs, then, we are reminded by the Bureau of Home Economics of the U. S. Department of Agriculture, are one of the oldest foods in the world, as well as one of the most important. Almost every nation has its typical way of using eggs.

Many of those ways we see in the Chinese restaurant, the Italian, the French, Spanish, Swedish, Russian, or Mexican restaurants in our cities. Not so often do we copy these dishes at home, but we might well do so, for most of the other countries use eggs in combinations which are highly nourishing and economical.

Take egg foo yeung, for instance. An omelet, really, with bean sprouts or mixed vegetables, and a little shredded cold chicken, served with a thickened soybean sauce. Canned bean sprouts, by the way, are bought in many places, and fresh ones are always on the markets that are patronized by Chinese. Or possibly you sprout your own.

In Italy, as you would expect, they serve eggs cooked with spaghetti and tomatoes. Eggs Milanese, an excellent dish for a meatless day, are hard cooked eggs, sliced and spread over the top of the spaghetti and tomatoes. Again, with the Italian liking for the green leafy vegetables, there are eggs Florentine, or, in other words, poached eggs on a bed of spinach, with grated cheese on top of the eggs, lightly browned in the oven. And "stampo di spinaci," which is a mold of spinach, eggs and cream sauce.

French cooks have the reputation of doing more with eggs than any other cooks. French omelets and French egg dishes of different sorts are far too numerous to mention. But, for one instance, it is eggs that make French pancakes (crêpes) so good. The rich batter made with eggs and milk, spread very thin on the griddle. The pancake, when it is nicely browned, is spread with jelly, rolled, and dusted with powdered sugar. The typical French omelet is a plain flat omelet, and it is used in France as a sort of pocket for almost any other kind of food.

An "omelette aux fines herbes" (fine cut herbs of several kinds) is something to remember! So is an "omelette aux fraises" (with strawberries) served as a dessert, and you might also try an "omelette aux pommes" (with apples). The Spanish omelet we all know, with its tomatoes, green peppers and onions. To the plain soufflé may be added meat or fish or cheese, or vegetables, or fruits, mixed with a cream sauce. Salmon soufflé, made with our American canned salmon, is one of the most nutritious combinations that could be devised, because it contains milk and egg values plus the vitamin and mineral values of the salmon. But a soufflé must be cooked very slowly, with a low heat, or it will not stand up.

Many Swedish egg dishes are made as a custard. Chopped meat, flaked fish, or chopped vegetables are put in a baking dish, the custard poured over them and the dish set in a pan of warm water to bake. Poached eggs à la Portugaise are served on molds of rice which has been steamed in tomato sauce. Over them you pour cheese sauce.

Matzo egg cake is the Jewish Eierkuchen, made with eggs, matzo meal, and water, with salt to season. The egg yolks and whites are beaten separately and, after the mixture is complete, it is dropped on a hot greased skillet or griddle and browned on both sides to be served with syrup, sugar and cinnamon or preserves.

The Mexicans serve fried eggs with a sauce made of tomatoes, onions, green peppers and parsley. In Nova Scotia they make another excellent food combination when they serve poached eggs on codfish cakes, with tomato sauce.

When it comes to salad dressings and sauces made with eggs, we find we owe one of our favorites to the Russians—a mayonnaise to which is added chopped green pepper, chili sauce, chopped chives, and a hard-cooked egg, chopped. There you have Russian dressing.

Among the cakes, or shall we say rather the confections, are the Swedish torte, made with eggs, sugar, potato flour and lemon juice for flavoring; and the German cinnamon stinks (Zimmetstangen) made of eggs

whites, sugar, pounded almonds and cinnamon.

These dishes and the recipes given here have been taken from collections made by several authorities. It may be, of course, that some of them have been Americanized, and certain it is that there are many more, from many countries, that might well have been included but for limits of space.

### RECIPES

**Egg Foo Yeung** (Chinese Omelet)  
6 eggs, well beaten.  
1 can bean sprouts or mixed vegetables, well drained.  
1/2 cup cold chicken or other meat shredded.  
1/4 cup onion, shredded.

Mix all ingredients and put by half-pupfuls into skillet in which a little cooking oil has been heated. Cook in cake form. Fry until brown on one side, then turn and brown on other. Serve with sauce made by thickening soybean with cornstarch.

### Stampa di Spinaci

(Mold of spinach with eggs—Italian)  
1 cup milk.  
1 tablespoon butter.  
1 tablespoon flour.  
2 cups cooked spinach.  
Grated cheese.

3 eggs.  
Brown stock.  
Salt and pepper.

Make a smooth white sauce of the milk, butter and flour. Add to the sauce the spinach, chopped very fine, a few tablespoons of grated cheese, the eggs beaten, a few tablespoons of brown stock (or bouillon cube dissolved in a little hot water), and salt and pepper to season. Mix thoroughly and pour into a buttered mold. Steam as a custard until it is firm, then turn it out on a hot platter. Brown stock or tomato sauce may be poured over this, but it is excellent served hot just as it is.

### Salmon Soufflé

2 cups (1 No. 1 can) salmon.  
1/2 cup bread crumbs.  
1/2 cup milk.  
3 eggs, separated.  
Salt and pepper.  
Paprika.

Flake the salmon and remove the bones. Beat the bread crumbs in the milk for 5 minutes. Add the salmon, the well beaten egg yolks and the seasonings. Fold in the stiffly beaten whites. Pour into a buttered baking dish, set into a pan of hot water and bake in moderate oven (350 degrees F.) for 45 minutes, or until set.

### Zimmetstangen

(German cinnamon sticks)  
4 egg whites.  
1/2 pound sugar.  
1 ounce cinnamon.  
14 ounces pounded almonds.  
Beat the whites of eggs until stiff and stir with the sugar for 15 minutes, or until the sugar is practically dissolved. Then add the cinnamon and almonds to form a paste. Place little strips of this paste (about three inches long and half inch thick on a buttered cookie sheet and bake in a moderately hot oven (375 degrees to 400 degrees F.)

## FRUIT AND VEGETABLE DEALERS NEED LICENSE FOR CALIFORNIA VISIT

SACRAMENTO — (Sp.) — Over a hundred Oregon buyers of California fruits and vegetables today received official notice from G. J. Carey, chief, division of market enforcement, department of agriculture, that they would be required to secure a dealer's license without delay, or be prepared to suffer the penalties of the law for operating as a wholesale buyer without the department license. The law provides a fine of \$1,000, or imprisonment for a year in the county jail for all persons who violate the agricultural code sections governing the licensing of wholesale buyers and commission merchants.

The notices were sent out following the department custom of directly notifying persons required to have a license before causing arrests. The merchants notified operate trucks between Los Angeles and their Oregon headquarters, such as Portland, Medford, Ashland, Marshfield, Roseburg, Salem, Eugene, Klamath Falls, Cottage Grove, Freewater, and Lakeview. These merchants will be given ten days to meet the licensing requirements. Thereafter, arrests will follow, according to Carey.

### Tree Saved 12 Lives

DAVENPORT, Cal. — (UP) — Unknown persons have placed a sign on a tree growing on a sharp curve above Laguna creek, near here. The sign reads: "Safety First. This tree a lifesaver for 12 men on 1-3-34." On that date the tree prevented a motor bus from crashing into the creek below.

## HOUSE COMMITTEE ON ROADS AT WORK



Roads are receiving the attention of a strong and powerful committee in the House of Representatives. Here they are in session in the House Office Building. Reading from left to right they are: J. W. Robinson, (Utah); Finley Hamilton, (Ky.); Monrad C. Walgren, (Wash.); Thomas O'Malley, (Wisc.); Charles H. Martin, (Ore.); Wright Patman, (Tex.); Will M. Whittington, (Miss.); Charlotte R. Curry, Asst. Clerk; Wilburn Cartwright, Chairman, (Okla.); Lawton Beasley, Clerk; C. Murray Turpin, (Pa.); Gardner C. Withrow, (Wisc.); Jesse P. Walcott, (Mich.); James W. Mott, (Ore.); Sam L. Collins, (Calif.); David D. Terry, (Ark.); A. H. Carmichael, (Ala.).

## STATE EMPLOYEES WASTING TIME IS SHOWN BY CHECK

STATE HOUSE, Salem, Ore.—(U) — The board of control's resolution condemning the practice of many state employees to leave their offices during working hours was expected today to have only a short-lived effect.

The board's resolution was aimed at individuals who eat their breakfasts on state time and then visit lunch counters in the state buildings two or three or more times daily.

Department heads probably will request employees to be more discreet in absenting themselves from their desks. Similar warnings have been issued in the past.

Recently a check made by the United Press at one of the counters showed nine persons left their offices at least three times during the day

## LOCAL DEMO LEADERS TO ATTEND MEETINGS IN PORTLAND APR. 14

A large delegation from Jackson county is expected at the third annual Jefferson Day banquet and state convention of the Young Democratic League of Oregon, to be held Saturday, April 14, according to news from Portland today. Plans for the 1934 campaign will monopolize most of the time of the conference period. State officers will be elected by the state council, which has a representative in this city, Moore Hamilton, Mrs. Edward C. Kelly, now in Washington, was also a member of the council.

The concluding feature of the meeting will be the banquet and dance honoring the anniversary of Thomas Jefferson, patron saint of the young Democrats.

Advance reservations indicate that more than 750 junior and senior Democrats from all over the state

## REPUBLICANS SWITCH TO DEMOCRATIC SIDE

PORTLAND, April 6.—(P)—James W. Gleason, registrar in the office of the Multnomah county clerk, announced today that in March 438 Multnomah county voters changed their registrations from republican to democrat, while only 27 persons formerly registered as democrats, changed to the republican party affiliation.

There were 1,164 new registrations for the month. Of this number, 764 were democrats, and 399 republicans.

## STATE EMPLOYEES WASTING TIME IS SHOWN BY CHECK

The practice, a habit with some workers, is widespread and is not confined to any one department. There are, of course, some employees who do not leave their duties except during the lunch hour.

Time wasted by employees of some large departments has necessitated the hiring of additional workers, some officials believe.

State employees, as a whole, work shorter hours and enjoy more holidays than individuals in private business. Federal employees are probably the only class to enjoy comparable working hours and vacations.

## Australian Views Local Rum Depot

To see what an Oregon liquor store "looks like," John M. Allen, vice-president of the Australian Wine Growers, Ltd. stopped in Medford this week, and visited the local shop.

He found there a representation of all countries of the globe in bottles on the shelf. Two of the newest whiskeys are among the new popularly priced ones and each sells at 70 cents a pint.

## MANY QUIT CCC TO ACCEPT JOBS IN OTHER FIELDS

That employment in the Rogue river valley is on the increase was evidenced today by an announcement from the Civilian Conservation Corps headquarters in Medford that 44 men had been discharged the first of the month from Camp Evans creek, in order that they might accept other positions.

Discharges for the same purpose have been made in other camps in the district.

Enrollees from the Sixth corps area, expected to arrive here in the near future to fill the vacancies in the CCC camps in the Medford district, headquarters said. There will be 147 men for assignment to Company 1947, Camp South Fork of the Rogue, 121 to Company 1650, Camp Rand Ranger station, and 105 for Company 1652, Camp Cape Sebastian.

No definite order has been issued yet, headquarters officials said, but the companies from Camp Lower Pilot River and Camp Cape Sebastian, are expected to send advance address to the Vancouver Barracks, Wash., district about April 15, with the remainder of the companies going north about April 20.

About 142 Ninth corps area men were discharged yesterday, many leaving by rail and bus for their homes.

## \$74,873 PHONE BILL IS UNPAID

PORTLAND, April 6.—(P)—The city of Portland's telephone bill was \$74,873 in arrears today.

Since the city has refused to pay the bill until the telephone company has paid a 5 per cent tax on its earnings, the company's bills have been permitted to accumulate. The city does not intend to pay the money until the company pays what the city says it owes.

The telephone company has made no move to discontinue the city service.

## GRAZED MOTHER WIELDS BUTCHER KNIFE ON BROOD

HARLOWTOWN, Mont., April 6.—(P)—Apparently seized with a sudden mental derangement, while her husband was away at work, Mrs. Gay Murray, 35, slashed the throats of her 9 months' old baby, and her 5 year old son after knocking the latter senseless with a hammer in their home here today.

Unofficial reports said the baby was dead when neighbors reached the Murray home and the boy, near death, was hurried to a hospital.

A neighbor woman, Mrs. Howard Aherns, was slashed severely when she sought to wrest a butcher knife from Mrs. Murray's hands after the latter had walked to the Aherns home to disclose what had happened.

"Now, I'm going back to finish the job," Mrs. Murray was quoted as saying, as she started back toward her home.

A struggle between the women followed and an unidentified man finally aided Mrs. Aherns in disarming Mrs. Murray.

The Murray home presented a scene of disorder, visitors there said, indicating the intense struggle made by the boy to escape death. Another child of the Murays was in school at the time and the father was at work in downtown grocery store.

Dr. Gans told authorities Mrs. Murray apparently had brooded over what she believed were obstacles in the path of her rearing her children until it had become a mental obsession. Authorities planned to keep the woman under close guard at the Murray home pending an investigation and inquest.

## MOST AUTO ACCIDENTS DURING COLD WEATHER

SALEM, Ore.—(UP)—Most bad motor accidents in Oregon take place in clear weather, according to the secretary of state's office.

During 1933 there were 9,848 accidents, in which 1,987 persons were injured and 19 killed, in clear weather. Eleven persons were killed in rainy weather, six in snow, four in fog, one in dust.



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People who are really ill after the winter, of course, should consult their physicians. ALL-BRAN is simply recommended for common constipation—and is not a "cure-all."

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