

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins Editor
Herald and News



JANUARY IS EGG MONTH, so designated by the nation's poultry industry for the fourth consecutive year. Eggs are a real midwinter plus — "sealed packages of sunshine" — with an abundance of vitamin D, so necessary for winter health.

EGG MONTH

The protein in eggs is complete and is easily converted into body tissues required by both children and adults.

Eggs are delicious prepared in so many different ways. They make tasty entrees, simple desserts as a change from robust holiday menus, and as a nice addition to the snack tray. Two eggs for breakfast start the day with "sunshine," even in bad weather.

From the gourmet's standpoint, the egg is indispensable to meals and meal preparation. It is served not only as the main dish, but is an important ingredient in a myriad of prepared dishes.

Eggs make fine dishes for breakfast, lunch, dinner or late supper. They make healthy children, contented husbands and enthusiastic guests. Serve some every day.

Remember that Humpty Dumpty is no tragedy at all if he falls into the hands of a homemaker — for an egg is both good eating and good nutrition.

CALENDAR SAUCE FOR VEGETABLES
This important sauce has a variation for every day in the week.

- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1 cup milk
- 2 egg yolks, slightly beaten

Melt butter or margarine in one-quart saucepan. Blend in flour and salt. Add milk all at once. Cook, stirring constantly, until sauce is lightly and uniformly thickened. Gradually stir sauce into egg yolks. Return to saucepan. Continue cooking over low heat, about three minutes, stirring constantly. Remove from heat. Season to taste. If sauce is not served immediately, set it away from the heat, then reheat over low heat, stirring constantly. Makes one cup, enough for four to five servings.

Seven egg-enriched sauces for use in vegetables—each one flavored differently and named after a different day of the week—comprise a new recipe family named Golden Calendar Sauces.

There'll be no leftovers when you dress up the family's favorite vegetables with bacon-flavored Monday sauce. Or, maybe it'll be Tuesday sauce studded with mushrooms. The variety is endless, with choice of bacon, mushroom, mustard, parsley, cheese, chive and mock Hollandaise.

January Egg Month is a good time to discover and rediscover the extra flavor added in the cooking of many foods. Why not include Golden Calendar Sauces in your menus during the present abundance of eggs.

To flavor, stir one of the following into the sauce while hot.

Monday sauce — 2 slices bacon, cooked crisp and broken into small pieces.

Tuesday sauce — 1/4 cup canned mushrooms.

Wednesday sauce — 1 1/2 teaspoons prepared (salad style) mustard.

Thursday sauce — 2 tablespoons finely chopped parsley.

Friday sauce — 1-3 cup diced American Cheddar cheese (1/4-inch cubes).

Saturday Sauce — 2 tablespoons chopped chives or green onions.

Sunday sauce — 1 1/2 tablespoons lemon juice and 1 tablespoon butter or margarine.

EGG SALAD SANDWICH FILLING
4 hard cooked eggs, finely chopped
2 tablespoons chopped sweet pickles or drained pickle relish
1/4 cup finely diced celery or green pepper
2 tablespoons chopped parsley
2 to 3 tablespoons salad dressing
Salt, pepper and dry mustard to taste

Combine ingredients; season to taste. Recipe makes filling for five sandwiches (10 slices of bread). Variations might include adding four slices crisply cooked bacon, crumbled; two tablespoons chopped green olives, or a base of deviled ham spread on the bread, then topped with Egg Salad Sandwich Filling.

DEVILED EGGS
6 hard cooked eggs
2 teaspoons lemon juice or vinegar
3/4 teaspoon salad mustard
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon ground pepper
2 tablespoons mayonnaise or salad dressing

Cut eggs in half. Remove yolks. Press yolks through sieve and combine with remaining ingredients. Beat until smooth. If desired, more seasoning and salad dressing may be added. Deviled ham, finely minced meat or fish, chopped parsley or green pepper may be combined with filling. Refill whites. Garnish with parsley and paprika.

CHEESE SANDWICH
6 slices bread
Sliced cheese to cover bread
1/4 teaspoon salt
3 eggs, separated
1/4 cup salad dressing

Toast bread on one side. Cover untoasted side with cheese. Add salt to egg whites and beat until shiny and whites leave peaks when beater is withdrawn. Add salad dressing to yolks and beat until light. Fold yolk mixture into whites. Heap on top of cheese. Bake in a moderate oven, 350 degrees, until puffy and brown, about 15 minutes. Serve promptly. For a variation, place thin slice of cooked ham on toast, then top with cheese and proceed as above.

EGGS for growth and body maintenance; essential fats, vitamins A, B-1 (thiamine), B-2 (riboflavin), niacin, D, E and K, and the minerals, iron, phosphorus and calcium. All this — in one of the neatest food packages ever designed.



VEAL Roast 29c lb.

SLICED Bacon 19c lb.

Beef Roasts 33c lb.

Hearts & Tongues 15c lb.

Salt Pork 19c lb.

FLOATING ISLAND
This recipe is dedicated to those homemakers who married men from families where Floating Island was the favorite dessert. The soft custard may also be used as a dessert sauce over puddings or fruits.

For the custard, beat 4 eggs slightly (or 3 eggs and 2 yolks), add 2-3 cup sugar, 1 teaspoon

flour, 1/4 teaspoon salt. Slowly pour 2 1/2 cups of scalded milk into mixture, stirring constantly. Add desired flavoring — 1 teaspoon vanilla, or 1/2 teaspoon almond or lemon extract, and - or nutmeg.

Make "islands" by beating two egg whites and 1/4 teaspoon cream of tartar to a coarse foam. Add 1/2 teaspoon flavoring and 1/4 cup sugar in one tablespoon portions,

beating after each addition. Continue beating until shiny and stiff. To cook, drop meringue mixture by spoonfuls atop 1/2 inch of hot water in a shallow baking pan. Bake in a moderate oven, 350 degrees, until delicately browned, 15 to 18 minutes. Lift islands with fork or slotted spoon to drain off water and place atop chilled custard.

AT WEISFIELD'S FULFILL YOUR NEEDS FOR YOUR BATHROOM, KITCHEN AND BEDROOM AT ONE LOW PRICE!

"CANNON" COMPLETE 48 Piece ENSEMBLE SHEETS and TOWELS

4 FINE MUSLIN SHEETS
4 FINE MUSLIN CASES
4 BATH TOWELS
4 FACE TOWELS
6 DISH TOWELS
8 WASH CLOTHS
8 DISH CLOTHS
6 POT HOLDERS

... INCLUDES A BONUS SET OF 4 FINGER-TIP FRINGED GUEST TOWELS AT NO EXTRA CHARGE

YOU'D EXPECT TO PAY AT LEAST 24.95

14.88

50c DOWN — 50c A WEEK

Imagine a complete 48-piece linen ensemble... by nationally famed CANNON at this low, low price! Only at WEISFIELD'S will you find such quality and quantity at such an extraordinary savings! Fabrics are closely woven, long wearing... and note the choice of luscious, decorator towel colors. A buy you can't afford to miss. Order now!

4 FINE MUSLIN \$1.99 CANNON SHEETS
4 FINE MUSLIN \$2.36 CANNON CASES
4 BATH TOWELS
4 FACE TOWELS
6 DISH TOWELS
8 DISH CLOTHS
8 WASH CLOTHS
4 FINGER-TIP GUEST TOWELS

WEISFIELD'S THE NORTHWEST'S LARGEST CREDIT Jewelers

PHONE 8821

701 MAIN ST.

ANOTHER Weisfield's SUPER VALUE

NOT 1 - NOT 2 - NOT 3 - BUT **4 Big ESMOND Blankets**

LARGE 72 x 84-INCH SIZE with 3' Acetate Satin Binding

MADE OF MIRACLE NYLON

A 19.95 Value **12.95** SET OF 4

50% DOWN 50% A WEEK ON WEISFIELD'S EASY TERMS

Beautiful Decorator Colors

- ALIVE GREEN
- WILD ROSE
- MIDNIGHT BLUE
- MAWAIAN CORAL

LARGE 72x84" WITH 3' ACETATE SATIN BINDING

HURRY! BUY NOW WHILE QUANTITIES LAST DURING THIS SENSATIONAL EVENT

How miracle nylon plays its part to assure you more value... more comfort... longer wear in this set of 4 modestly-priced blankets. Nylon blended with cotton and rayon gives you warmth without weight, soft fluffy texture and washability. In Madder Green, Moss Rose, Delphinium Blue and Geranium Red. They are a generous 6x7-ft. size. Buy now... 4 blankets for the usual price of one!

IMAGINE! 4 FULL-SIZE MIRACLE NYLON ESMOND BLANKETS FOR ONLY 12.95

3 Ways to Buy

IN PERSON BY MAIL BY PHONE

PHONE 8821

WEISFIELD'S THE WEST COAST'S LARGEST CREDIT Jewelers

701 MAIN ST. Klamath Falls