1923

'Tis Egg Time Again

Beth Bailey McLean

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation

McLean, Beth Bailey (1923) "'Tis Egg Time Again," The Iowa Homemaker: Vol. 3 : No. 12 , Article 6.
Available at: http://lib.dr.iastate.edu/homemaker/vol3/iss12/6

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
"EGGS 25 cents a dozen today." Could a housewife imagine more joyful news than that center of skimping along with as few eggs as possible? At once that "25 cents a dozen" means not only that eggs are getting cheaper but it means that egg time, the time of fresh eggs, the time for egg dishes is here and the meal planner rejoices.

In many families eggs are served at breakfast, but seldom at other meals except in some disguised form, as in cakes and puddings. But consider that a splendid source of tissue building, unique supply of iron and the all-essential vitamin A, are contained in one food that lends itself to countless delectable dishes.

The flavor of eggs is such that it combines with almost any vegetable. It is in sympathy with meats of all sorts to make a contrast to tastes when nature gives us abundance of "tonic." The woman who appreciates the many possibilities of egg, milk, and vegetables-owns to these natural sources of iron, and other minerals, vitamins and cellulos-the body regulating foods—are far more valuable than known medicine. True it is that eggs are rich in food value, but of almost greater importance is the limitless number of combination dishes that can be made with eggs and milk and vegetables.

ONELET

The king of egg dishes.

First of all, let me say that an omelet is not hard to make. Too long the thought of making an omelet has terrorized the young and often times the older cook. There are but two words of caution. Don't start to cook any omelet until all the family is assembled. Omelets will not wait! Second, heat toughens eggs and makes them shrivel. Therefore use a slow heat for omelets and do not overcook!

The most satisfactory luncheon I can imagine is one of a puffy omelet with some creamed vegetable as peas, asparagus, celery, onions, or turnips, together with a lettuce salad, bread and a simple fruit dessert. An omelet is a splendid basis for the emergency meal. The omelet is so attractive and appetizing and let is so tempting that the most finicky spring appetite will not wait! Second, heat can be served hot and few improve on standing, but to serve hot, standing with some people because of the poor product found in most of our American restaurants. But ask a soldier who was in France to tell you of the omelets the French women made. Those omelets represent all the skill and ingenuity of those women famed for their culinary prowess. A plain French omelet is truly a most simple dish but it is in its variations the French excel. They use these omelets as a background for bits of more highly flavored foods. These omelets spell French frugality in possibilities of using up leftover vegetables, meats, cheese, fish, fruit and jellies.

To make a French omelet for 2 persons, beat 3 eggs slightly. Do not separate the eggs. Add 1 tablespoon of hot milk or water and season. Grease a frying pan thoroughly on the sides and bottom. When the pan is hot (and the family assembled) turn the egg mixture into the pan. Be sure the mixture cooks slowly and evenly. When the lower surface is browned and the top is just set, the omelet is ready to be rolled and served. In cooking one may lift the sides of the omelet with a spatula to allow any uncooked liquid to reach the hot pan.

It is at this stage that the variations occur. Just before turning the omelet from the pan, one may spread over the hot diced potatoes browned with a bit of onion, to make the favorite potato omelet. One may add bits of any vegetable heated in butter, cream, or medium white sauce, grated cheese is often used by the French women. Chopped ham, browned bacon, or bits of other cooked meats or oysters browned in butter make a tasty filling. The French women use fruit as a filling too and serve this omelet as a sweet sauce. In this way—pineapple or orange omelet may be made. Peaches, pears and berries too, are popular, while most everyone is familiar with the cheese omelet.

With the filling spread over the omelet the next step is to begin at one side, usually near the handle, and using a spatula as you tip the pan, roll up the omelet and filling as a jelly roll. Turn it out onto a hot platter and serve at once! When well made, the French omelet appears as a pleasing egg dish for supper, lunch, or a simple dinner.

Egg Loaf With Asparagus.

1 c medium white sauce
2 hard cooked eggs
1 whole egg
2 egg yolks
Onion juice
Salt
1 c cooked asparagus

Asparagus tips

Method—To the medium white sauce (which may be made using the water in which the asparagus is cooked or canned) chopped hard cooked eggs, seasoning, 1 c asparagus cut in inch pieces, the beaten yolks and whole egg are added. Line a greased pyrex dish or casserole with cooked asparagus tips. Turn into the mold the egg mixtures. Cook, standing in a dish of hot water until firm, about three quarters of an hour. This may be served from the mold or turned out onto a platter.

Scalloped Stuffed Eggs.

Cut 6 hard cooked eggs in halves lengthwise. Remove yolks. Mash and add ¼ c chopped cooked ham or other meat. Season, add uncooked egg yolk. Refill the whites of the eggs and press the corresponding halves together. Put the stuffed whites in a greased baking dish. Pour over the eggs 1 c medium white or tomato sauce. Sprinkle with buttered crumbs and put in the oven to brown the crumbs and heat the eggs.

Egg Patties.

4 hard cooked eggs
½ c soft bread crumbs
½ c thin cream
1 tsp. butter
Onion juice, or
1 Tbsp. chopped onion
Salt

Method—Left over poached, boiled or fried eggs may be used up in this way. Chop the eggs, add crumbs to cream and season and cook to thick paste. Add chopped eggs. Shape in small patties. Serve on a hot platter surrounded by creamed peas, asparagus or celery.

Eggs and Spinach on Toast.

(Continued on page 21)
Shrubs as a Garden Background
(Continued from page 5)

The cooking system of peas is an example after the
peas have ceased blooming.

Gladiolus (in variety) — Sword Flower.
Kniphofia pitzeria — Red-hot Poker
Plant.
Liatris (in variety) — Blazing Star.
Lilium — Lily.
Lupine — Lupine.
Physostegia virginiana — False Dragon
Head.

I know of a small backyard garden which has been enclosed with a lattice
fence and a planting of shrubbery. Facing the shrubbery and bordering the oval
grass panel, perennials and annuals lend
ing the shrubbery and bordering the oval
which has been enclosed with a lattice
son. And could you have seen the dear
contentment brooding over this little

'Tis Egg Time Again
(Continued from page 6)

Tomato and Eggs Scrambled.

6 eggs
1 1/2 c cooked tomatoes
Seasoning
Method — Beat the eggs slightly. Add
the cooked tomatoes strained thru a
coarse strainer to remove large pieces.
Turn into a greased frying pan and cook
over a slow fire stirring slowly. As
soon as the eggs set remove from the
fire and serve at once. Over cooking
gives a curdled watery product.

French Toast With Eggs.

Dip a slice of bread 1/3 inch thick
into a beaten egg to which a tablespoon
of milk has been added. Cut out a
circle 2 inches across from the center
of the toast. Saute until a light brown.
Break an egg into the hole in the toast,

Potato Nests and Baked Eggs.

On a buttered baking pan make nests
of hot mashed potatoes. Left over
mashed potatoes may be used. In each
nest break an egg, being careful to keep
the yolk whole. Dot with butter, sea-
son. Put into a moderate oven 10 min-
utes or until the egg is firm. Do not
over cook. If the nests have been made
on a pie plate, they may be served
at the table from this plate. Eggs may
be baked in stuffed baked potatoes in
the same way.

These are but suggestions to the menu
makers. One need not fear lack of vari-
ety in the meals with fresh eggs in the
market at 25 cents a dozen.

The New Domestic System
(Continued from page 7)

The small town, of course, is its dupli-
cate. But the large cities are changing
rapidly from that agricultural ideal. We
can only begin to see some of the re-
sults that are flowing from this change.
It is of utmost importance that home
eco n om ic colleges appreciate this move-
ment. For it is their function to prepare
girls to take their places in this domes-
tic system. And there is no efficacy in
training them to meet conditions that
are rapidly changing away.

The Cooking of Meats
(Continued from page 10)

1/2 c cooked tomatoes
Seasoning
Method — Beat the eggs slightly. Add
the cooked tomatoes strained thru a
coarse strainer to remove large pieces.
Turn into a greased frying pan and cook
over a slow fire stirring slowly. As
soon as the eggs set remove from the
fire and serve at once. Over cooking
gives a curdled watery product.

French Toast With Eggs.

Dip a slice of bread 1/3 inch thick
into a beaten egg to which a tablespoon
of milk has been added. Cut out a
circle 2 inches across from the center
of the toast. Saute until a light brown.
Break an egg into the hole in the toast,

Potato Nests and Baked Eggs.

On a buttered baking pan make nests
of hot mashed potatoes. Left over
mashed potatoes may be used. In each
nest break an egg, being careful to keep
the yolk whole. Dot with butter, sea-
son. Put into a moderate oven 10 min-
utes or until the egg is firm. Do not
over cook. If the nests have been made
on a pie plate, they may be served
at the table from this plate. Eggs may
be baked in stuffed baked potatoes in
the same way.

These are but suggestions to the menu
makers. One need not fear lack of vari-
ety in the meals with fresh eggs in the
market at 25 cents a dozen.

The New Domestic System
(Continued from page 7)

The small town, of course, is its dupli-
cate. But the large cities are changing
rapidly from that agricultural ideal. We
can only begin to see some of the re-
sults that are flowing from this change.
It is of utmost importance that home
eco n om ic colleges appreciate this move-
ment. For it is their function to prepare
girls to take their places in this domes-
tic system. And there is no efficacy in
training them to meet conditions that
are rapidly changing away.

The Cooking of Meats
(Continued from page 10)

either colorless or slightly yellow. A
condition between these two extremes
is indicated by the term medium rare.
In this case, sufficient heat has been
applied to change the color of the center
to a light pink. The gray layer under-
lying the crust is therefore extended
considerably toward the center and the
free juice is smaller in quantity and
lighter in color than in the rare meat.

The degrees of cooking just indicated
are dependent upon the temperatures
reached in the interior of the meat dur-
ing the cooking. To many housewives
the roasting of beef seems to be largely
a matter of chance. A roast may, when
judged from its external appearance
seem to be sufficiently cooked and yet prove to
be very much underdone when cut. Even
long experience fails to make judgments
of the exterior more reliable, so that
many cooks would rather prepare all the
rest of the dinner than to roast the meat.
Therefore to the inexperienced house-
keeper a method of judging the condi-
tion of the meat regardless of its ex-

FURS

FUR CHOKERS
ARE POPULAR
FOR SPRING.

No matter how the weather goes
between now and Easter — no mat-
ter what the weather will make
women wear — they will wear a fur
choker with it.

Select Your Furs from a house of
long standing in the fur trade
where quality is the chief consid-
eration. Don't be satisfied until
you have seen our line of Spring
Furs —

Send for Catalog or call at
Our Store.

H. WILLARD SON & CO.
The Old Reliable Fur House
Marshalltown, Iowa.

Do you expect to

Attain Leadership?

BE PREPARED
Mentally and Financially for
your opportunity.

BEGIN BY SAVING
We'll provide the place.

Story County
Trust & Savings
Bank
Ames, Iowa