



The Voice of Cookery

conducted by
PHIL LIBBY
former Restaurateur now Food Consultant
Listen to THE VOICE OF COOKERY, featuring Phil Libby, over Station WCFL (97.8 kilocycles) every week day morning, except Saturday, at 10:45 a. m., for interesting food facts, recipes, household hints and cookery advice.

Eggs are still a good buy... even tho they seem high for this time of year. Eggs are generally regarded as "Protective Foods" because they are a rich source of iron, calcium, phosphorus, protein and Vitamins A and B. The daily diet of children and invalids should include eggs. Likewise, because of the abundance of food values found in eggs, we should incorporate them into the meals of the normal adult-in as many forms as possible.

Puffy Omelet

- 6 eggs
- 1/2 teaspoon salt
- 1/2 teas. pepper
- 6 tbsps. milk
- 2 tbsps. butter

Separate the eggs. Beat the yolks until thick and lemon colored. Add milk and seasonings. Beat egg whites stiff and fold into the egg yolk mixture. Melt the fat in an omelet pan or skillet. Pour the omelet into the hot pan and cook over low heat until golden brown on the under side. Place in oven 350 degrees F., for 10 minutes to dry off top. Serve at once.

Pressed Eggs

- 6 hard cooked eggs
- 6 green onions
- 1/2 green pepper
- 1/2 teas. salt
- 1 tbsps. prepared mustard
- 1 1/2 cups chopped ham
- 1/2 cup stock

Chop fine the eggs, onion and green pepper. Mix with seasonings and mustard. Place half of the mixture in a small, oiled loaf pan. Press down, then add a layer of ham. Finish with remainder of the egg. Pour soup stock over to help bind it together and press down well. Keep in refrigerator until molded well enough to slice. Serve in place of cold meat or as sandwich filling.

Creamed Eggs in Rice Mold

- 8 hard-cooked eggs
 - 1 cup canned, green string beans
 - 2 cups medium white sauce
 - 3 cups boiled rice
 - 1/2 cup milk
- Dice the eggs, and combine with the canned beans which have been boiled for ten minutes. Add white sauce. Add milk to boiled rice and pack in buttered ring mold. Bake at 350 degrees F., for 20 to 30 minutes. Turn out on meat platter. Fill center with hot creamed eggs and beans. Garnish and serve.

Eggs Poached in Milk

- 6 eggs
- 1/2 teas. pepper
- 1/2 teas. salt
- 6 tbsps. milk or cream

Butter 6 individual remekins well. Break an egg into each. Sprinkle with salt and pepper and add 1 tbsps. milk or cream to each one. Place in a shallow pan containing

boiling water. Cover the pan and bake at 350 degrees for 15 to 17 minutes.

Cheese Fondus

- 1/2 of 1/2 lb. package chateau cheese
 - 3 eggs
 - 1/2 teas. salt
 - 1 tbsps. butter
 - 1 cup scalded milk
 - 1 cup soft bread crumbs
- Allow cheese to stand at room temperature until softened. Force through a sieve. Scald milk, remove from fire and add butter and salt. Pour slowly over well beaten egg yolks. Add soft bread crumbs and cheese. Beat egg whites until stiff and fold into mixture. Bake in buttered pan in a slow oven 250 degrees F., to 350 degrees F., for 20 minutes. Serves 6.

Shoppers Guide

by Phil Libby

Again most cuts of veal are recommended as the most economical meat buys over the coming weekend by the Committee on Marketing Information of the Meat Council of Chicago. Some cuts of veal selling at economical prices are rolled roast, rib and loin chops and veal shoulder.

Fresh pork shoulder, suitable for roasting, also is being featured by many retail meat dealers at attractive prices this week.

For a treat... Wilson's "Tender-made" ham, such flavor, peps you up on these spring days.

Strawberries are a great deal lower at this writing and no doubt will start the strawberry shortcake parade at many homes.

Stahl-Meyer cocktail sausages are just the think for those "late" party snacks.

Lettuce is lower lately and a vitally needed green for health's sake.

Entertaining? Wilson's genuine deviled ham to spread on those dainty or man-sized sandwiches, fills the bill.

Soft-a-silk cake flour does really produce fine cakes, and a cake that you may be proud of.

Citrus fruits appear on the market a bit higher of late? We wonder why, since there was a record crop.

We have told you before but this is just a reminder: We are open Sundays from 8 to 11 in the morning and 4 to 6:30 in the afternoon. Moraine Grocery and Market.

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Household Hints

Place straws in lunch boxes when cocoa or milk are included. The children will delight in using them during the lunch period.

When baking, if cake, pie, corn-bread, etc., becomes thoroughly baked before browning, turn out gas and place in broiler. The retained heat will brown it perfectly.

You will not have the corner of your sink stained if you keep the bottom of your waste receiver covered with newspaper.

A little baking powder added to the flour in which oysters are rolled before frying will make the oysters light and fluffy.

When making fruit pies, put in the sugar when the dish is half full instead of on top. The pastry will be lighter.

If the roof should leak and stain your ceiling, cover the stain with block magnesia. Rub the block over the spot until the stain is covered then smooth over with the tips of your fingers.

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Rev. F. Brandfeller, Pastor

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Score fat, cover with brown sugar and return unopened to oven for 15 minutes at 450°. It is suggested that you see the juices in the roaster for basting the ham while browning.

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