

Vegetables in Variety

FAVORITE SWEET-SOUR BEANS

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| 4 slices bacon, cut up | 1/2 cup bean liquid |
| 1/4 cup minced onion | 1/4 cup vinegar |
| 1 tablespoon flour | 2 tablespoons sugar |
| 2 1-pound cans green beans, drained | 1 teaspoon salt |
| | 1/4 teaspoon pepper |

Cook bacon until crisp; remove from skillet. Saute onion in bacon fat; stir in flour. Add bean liquid, vinegar and seasonings; bring to a boil. Stir in beans and bacon pieces; heat through. YIELD: 8 servings.

CAULIFLOWER DRESS-UP

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| 1 large head cauliflower | 1/2 cup mayonnaise |
| 2 tablespoons prepared mustard | 1/2 cup grated sharp cheddar cheese |

Break cauliflower into flowerets in saucepan. Add about an inch of boiling salted water; cover and cook about 12 minutes, or until tender. Drain. Turn into a 1-quart casserole. Combine mustard and mayonnaise; pour over cauliflower. Top with grated cheese. Bake at 350 degrees for 15 to 20 minutes. YIELD: 4 to 6 servings.

ASPARAGUS SURPRISE

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| 2 1/2 cups croutons | Salt, pepper and Ac'cent |
| 1 cup walnuts | 2 No. 303 cans asparagus pieces |
| 9 tablespoons butter, divided | 1/2 cup grated cheddar cheese |
| 6 tablespoons flour | |
| 3 cups milk | |

Brown croutons and nuts in 3 tablespoons butter; set aside. Melt remaining 6 tablespoons butter; add flour, stirring until smooth. Gradually stir in milk, and season with salt, pepper and Ac'cent. Cook, stirring until smooth and thick. In a 2-quart casserole, layer half the asparagus, top with half the crouton mixture, and half of the cream sauce; repeat. Top with cheese. Bake at 400 degrees for 20 minutes or until browned. YIELD: 8 to 10 servings.

PEAS SUPREME

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| 1 1/2 teaspoons cornstarch | 2 tablespoons oil |
| 1 tablespoon soy sauce | 1 5-ounce can water chestnuts, sliced |
| 1 1-pound can peas, drained | 1 2-ounce can mushrooms, stems and pieces, drained |
| 1/2 cup pea liquid | |
| 2 chicken bouillon cubes | |
| 1/2 teaspoon sugar | |
| 1/4 teaspoon ginger | |

Mix cornstarch and soy sauce; stir into pea liquid. Add bouillon cubes, sugar, ginger and oil. Cook until thick. Add peas, water chestnuts, and mushrooms; heat through. YIELD: 4 to 6 servings.

SPINACH SOUFFLE

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| 2 10-ounce packages frozen chopped spinach* | 1/2 teaspoon salt |
| 1 small onion, minced | Dash of pepper |
| 1 1/2 tablespoons butter | 1 cup milk, divided |
| 1 tablespoon flour | 1/2 cup mayonnaise |
| | 3 eggs, well-beaten |

Cook spinach and onion as directed on package; drain. Melt butter in skillet; stir in flour, salt and pepper. Gradually add 1/2 cup milk; cook stirring until smooth and thickened. Add mayonnaise, eggs and remaining 1/2 cup milk; fold in spinach. Turn mixture into 1 1/2-quart casserole. Bake at 350 degrees for 1 hour. YIELD: 6 servings.

*May substitute 2 10-ounce packages frozen chopped broccoli.

CARROT-AND-CELERY BAKE

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| 3 cups sliced carrots, 1/2 inch thick | 1 teaspoon sugar |
| 2 cups sliced celery, 1/4 inch thick | 1 teaspoon salt |
| 1 1/2 teaspoons instant minced onion | 1/8 teaspoon pepper |
| 1/4 cup butter, divided | 1/4 cup water |
| | 1 tablespoon minced parsley |

Combine carrots, celery and onion in 1 1/2-quart casserole. Add 2 tablespoons butter, sugar, salt, pepper, and water; mix well. Bake covered at 350 degrees for 45 minutes or until vegetables are tender. Stir in remaining butter; sprinkle with parsley. YIELD: 4 to 6 servings.

COMPANY POTATO CASSEROLE

2½ pounds potatoes, about
7 medium
¼ cup butter
1 4-ounce can mushrooms,
stems and pieces, drained
¼ cup flour
1 cup milk

½ cup coffee cream or
evaporated milk
½ cup canned consomme
2 cups grated sharp
cheddar cheese

1½ teaspoons seasoned
salt
⅛ teaspoon pepper
½ teaspoon Worcestershire
sauce
1 1½-ounce can small
white onions, drained

Cook potatoes in jackets until fork-tender. Peel and cut in 1-inch cubes. Melt butter in skillet, saute mushrooms; stir in flour, milk, cream and consomme. Cook, stirring until smooth and thick. Add cheese, seasoned salt, pepper, and Worcestershire sauce; continue cooking until cheese melts. Remove from heat, add potatoes and onions, mixing carefully. Spoon mixture into a shallow 2½-quart casserole.* Bake covered at 350 degrees for about 1 hour or until bubbly. YIELD: 8 to 10 servings.

*This casserole may be covered and refrigerated overnight before baking.

DOLLY'S CABBAGE AND CARROTS

4 cups shredded cabbage
4 medium carrots, sliced
⅓ cup minced onion
6 tablespoons vinegar
2 tablespoons sugar
Salt and pepper

Combine cabbage, carrots and onion in saucepan; cook, covered, in small amount of salted water until fork tender. Drain; reserve ½ cup liquid. Combine vinegar, sugar and cooking liquid; add to vegetables. Reheat to marinate for at least 15 minutes. Season to taste with salt and pepper. YIELD: 6 to 8 servings.

ALMOND BAKED LENTILS

1½ cups lentils
1 can cream of celery
soup
1 cup dairy sour cream
1 cup dry bread crumbs
2 tablespoons minced onion
½ teaspoon salt
¼ cup slivered almonds

Cover lentils with water; bring to a boil, simmer 45 minutes. Drain. Combine lentils with remaining ingredients. Turn mixture into a 1½-quart casserole. Bake at 350 degrees for about 30 minutes. YIELD: 8 to 10 servings.

FRENCH FRIED ONION RINGS

1 pound large onions
1 cup milk, about
1 egg, slightly beaten
⅓ cup flour
¼ teaspoon salt
⅛ teaspoon pepper
½ cup dry bread crumbs

Slice onions about ¼-inch thick; separate into rings. Soak about 15 minutes in milk; drain. Combine egg and ½ cup of soaking milk. Blend flour, salt and pepper. Roll rings in seasoned flour, then in egg mixture, and then in dry bread crumbs. Gently shake to remove surplus crumbs. Heat deep fat to 375 degrees. Fry rings 2 to 3 minutes until golden. Drain on absorbent paper; sprinkle with salt. (If desired, prepare rings ahead, refrigerate until you're ready to fry.) YIELD: 6 to 8 servings.

SCALLOPED POTATOES

4 cups thinly sliced
pared potatoes
½ cup minced onion,
optional
4 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper

3 tablespoons butter
About 1½ cups milk
Paprika

In greased 2-quart casserole place a layer of potatoes and onion, using one-third. Sprinkle with flour, salt, pepper, dot with butter. Repeat twice. Add enough milk to almost cover potatoes. Sprinkle top with paprika. Cover casserole and bake at 350 degrees for one hour. Uncover; bake 15 minutes longer or until potatoes are tender and top is browned. YIELD: 6 servings.

BRIDE'S SCALLOPED POTATOES: Layer potatoes, onion, flour and seasonings in casserole as directed. Cover and bake at 375 degrees for 15 minutes. Meanwhile, heat milk to scalding; add butter. Pour over potatoes; sprinkle with paprika. Continue baking, uncovered, for 30 to 40 minutes until potatoes are tender.

ITALIAN BEANS DELIGHT

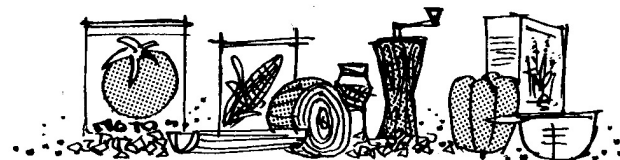
2 1-pound cans Italian
beans, drained
½ cup bean liquid
2 smoked sausages, sliced
1 tablespoon butter, melted
½ teaspoon mustard

Turn beans and smoked sausages into 1-quart casserole. Combine butter, mustard and bean liquid; add to bean mixture. Bake covered at 350 degrees for 20 to 25 minutes, or until hot. YIELD: 6 to 8 servings.

HARVARD BEETS

2 tablespoons butter
1 tablespoon cornstarch
3 tablespoons sugar
½ teaspoon salt
¼ cup vinegar
¼ cup beet liquid
2 cups (1 1-pound can)
diced beets

Melt butter in saucepan; stir in cornstarch, sugar and salt. Add vinegar and ¼ cup liquid drained from beets. Cook, stirring until thick. Add drained beets; heat thoroughly. YIELD: 4 servings.



CREOLE VEGETABLE CASSEROLE

1 1-pound can tomatoes
1 12-ounce can whole
kernel corn, drained
½ cup diced green pepper
½ cup diced celery
¼ cup minced onion
1 teaspoon salt
Dash pepper
¼ cup packaged pre-
cooked rice
¼ cup dry bread crumbs
2 tablespoons butter,
melted

Combine tomatoes, corn, green pepper, celery, onion, salt, pepper and rice. Mix well; pour into a 1½-quart casserole. Mix dry bread crumbs and butter. Sprinkle on top of vegetables. Bake uncovered at 425 degrees about 20 minutes. YIELD: 6 servings.

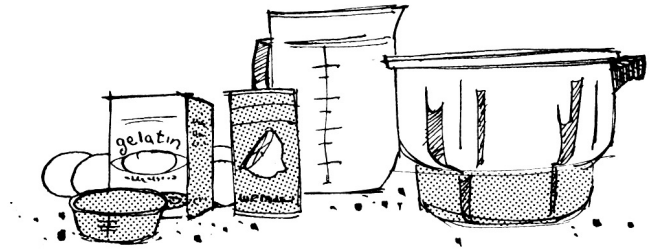
Heavenly Pies



STRAWBERRY CREAM CHEESE PIE

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| 1 9-inch graham cracker crust | 1/2 cup sugar |
| 1 envelope dessert topping mix | 1 3-ounce package strawberry gelatin |
| 1/2 cup cold milk | 1 cup boiling water |
| 1/2 teaspoon vanilla | 1 10-ounce package strawberries, thawed or |
| 1 8-ounce package cream cheese, softened | 2 cups fresh strawberries, halved and sweetened |

Combine dessert topping mix with milk and vanilla; prepare as directed on package. Beat cream cheese and sugar until smooth and creamy; fold in prepared dessert topping. Spoon into crust, mounding high at edges. Dissolve gelatin in boiling water. Drain strawberries; measure juice. Add water to measure 1/2 cup; stir into gelatin. Chill until slightly thickened; fold in strawberries. Spoon over top of pie, leaving a narrow rim of cream cheese filling around edge. Chill until gelatin is set, at least 3 hours. YIELD: 6 servings.

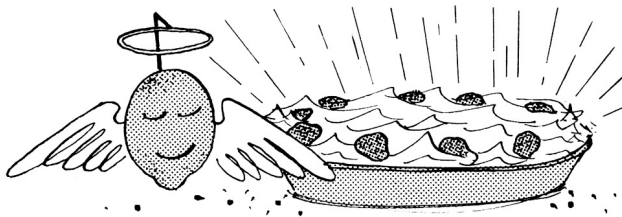


LEMONADE CHIFFON PIE

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| 1 envelope unflavored gelatin | 1/2 cup sugar |
| 1/2 cup cold water | 1/2 cup heavy cream, whipped |
| 4 eggs, separated | Yellow food coloring |
| 1 6-ounce can frozen lemonade concentrate | 1 9-inch Crumb Crust or baked pastry shell |

In the top of a double boiler, soften gelatin in cold water. Add egg yolks; blend with gelatin mixture. Cook and stir over hot water until gelatin mixture dissolves and is slightly thickened. Remove from heat; stir in lemonade. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon. Beat egg whites until soft peaks form, gradually add sugar, beating until stiff. Fold in lemon-egg yolk mixture and whipped cream. Tint as desired. Spoon into crumb crust; chill. YIELD: 6 servings.

CRUMB CRUST: Blend 1 1/2 cups crushed graham crackers, 3 tablespoons sugar and 1/2 cup melted butter; press into 9-inch pie pan.



HEAVENLY LEMON ANGEL PIE

MERINGUE CRUST:

- 4 egg whites
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon salt
- 1 cup sugar

LEMON FILLING:

- 4 egg yolks
- 1/2 cup sugar
- 1 tablespoon grated lemon rind

- 3 tablespoons lemon juice
- 1/8 teaspoon salt
- 2 cups heavy cream, divided

Prepare Meringue Crust: Beat egg whites with cream of tartar and salt until mixture stands in soft peaks. Gradually add sugar, beating until very stiff and glossy. Continue beating at least 10 minutes. Spread meringue over bottom and up sides just to rim of well-greased 10-inch fluted pie plate. Make bottom 1/4-inch thick, sides 1-inch thick. Bake at 300 degrees for 45 minutes to 1 hour until very lightly browned. Cool away from drafts.

FORGOTTEN BAKE: Preheat oven to 450 degrees. Place meringue in oven, turn off heat at once. Leave oven door tightly closed for at least 5 hours or overnight.

Prepare Lemon Filling: Beat egg yolks slightly in top of double boiler; stir in sugar, lemon rind and juice and salt. Cook over hot water, stirring 10 to 15 minutes until very thick; cool. Whip 1 cup cream; fold into lemon mixture. Fill cooled crust. Refrigerate 12 to 24 hours.

To serve: Top with remaining cup of cream, whipped. Garnish with strawberries, pineapple chunks, sliced peaches or chocolate curls, if desired. YIELD: 8 servings.

INDIVIDUAL MERINGUES: Make meringue as directed above. Add 1 teaspoon flavoring and a few drops of food coloring, if desired. Shape with spoon or pastry tube into 3-inch rounds on baking sheet lined with brown paper. Make a depression in center of each round. Bake at 275 degrees for about 40 minutes until delicately browned. YIELD: 8 to 10 meringues.



GLAZED FRESH PEACH PIE

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| 6 medium peaches, sliced | 1/2 cup heavy cream, whipped |
| 1/2 cup sugar | 1 9-inch baked pastry shell |
| Fresh Peach Glaze | |

Combine peaches with sugar; spoon into baked pastry shell. Immediately pour Fresh Peach Glaze over peaches making sure they are all covered. Chill in refrigerator for at least 2 hours before serving. Garnish with whipped cream. YIELD: 6 servings.

FRESH PEACH GLAZE: Peel, pit and mash 2 medium peaches; stir in 1 tablespoon lemon juice. Measure; add water to make 1 cup. In a saucepan, mix 1/2 cup sugar with 2 tablespoons cornstarch; stir in the peach mixture. Cook, stirring constantly until thick and clear. Cool; pour over prepared peaches.

CHOCOLATE CHIFFON PIE

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| 1 envelope unflavored gelatin | 3 eggs, separated |
| 1/4 cup cold water | 1/4 teaspoon salt |
| 2 squares unsweetened chocolate | 1/2 cup sugar, divided |
| 1 cup milk | 1 teaspoon vanilla |
| | 1 8 or 9-inch Cookie Crust or baked pastry shell |

Soften gelatin in cold water. Melt chocolate with milk over low heat. Remove from heat; stir in softened gelatin. Blend egg yolks, salt and 1/4 cup sugar. Add to chocolate mixture; beat until smooth. Chill until slightly thickened. Beat egg whites until soft peaks form, gradually add remaining 1/4 cup sugar, beating until stiff. Fold into chocolate mixture along with vanilla. Spoon into crust. Chill until set. YIELD: 6 servings.

COOKIE CRUST: Blend 1 cup crushed vanilla wafers, 1/2 cup chopped nuts, 2 tablespoons sugar, 3 tablespoons melted butter; press into 8 or 9-inch pie pan.

CREAM CHEESE PIE

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| 1/2 cup butter | 3/4 cup sugar |
| 1 1/2 cups crushed graham cracker crumbs | 2 teaspoons vanilla |
| 4 3-ounce packages cream cheese, softened | 1/2 teaspoon lemon juice |
| 2 eggs, beaten | 1 cup dairy sour cream |
| | 3 tablespoons sugar |
| | 1 teaspoon vanilla |

Melt butter in 9-inch pie pan. Blend in crumbs until mixture is crumbly; press to bottom and sides with back of spoon. Combine cream cheese, eggs, 3/4 cup sugar, 2 teaspoons vanilla and lemon juice; beat until light and creamy. Pour into graham cracker crust. Bake at 350 degrees for 15 to 20 minutes, until just set. Cool 5 minutes. Blend sour cream with 3 tablespoons sugar and 1 teaspoon vanilla; spoon over filling. Return to oven; continue baking 10 minutes longer. Refrigerate at least 5 hours before serving. YIELD: 8 rich servings.

PARFAIT PIE

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| 1 8-inch baked pie shell | 1 pint vanilla ice cream or other flavor | 1 1/2 cups sweetened sliced strawberries or 1 10-ounce package thawed frozen strawberries or other fruit. |
| 1 3-ounce package strawberry or lemon gelatin or other flavor | 1 tablespoon lemon juice | |
| 1 cup boiling water | | |

Dissolve gelatin in boiling water. Add ice cream by spoonful, stirring until melted. Chill until thickened but not set, about 15 minutes. Fold in lemon juice and strawberries with juice. Turn into pie shell; chill or freeze. YIELD: 6 servings.

ORANGE BAVARIAN PIE

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| 1 envelope unflavored gelatin | 3 tablespoons lemon juice |
| 1 1/2 cups orange juice, divided | 1 tablespoon grated orange rind |
| 3/3 cup sugar | 1 cup heavy cream, whipped |
| 1/4 teaspoon salt | 1 9-inch ChocolateCrumb Crust |

Soften gelatin in 1/2 cup orange juice; add sugar and salt. Cook, stirring until gelatin is dissolved. Remove from heat; add remaining 1 cup orange juice, lemon juice, and orange rind. Chill until mixture is partially thickened; beat until light and fluffy. Fold into whipped cream; chill until slightly thickened, about 20 minutes. Spoon into chocolate crust; chill until set. Garnish with additional whipped cream and grated orange rind. YIELD: 6 servings.

CHOCOLATE CRUMB CRUST: Blend 1 1/2 cups chocolate cookie crumbs (about 40 snaps), 1/4 teaspoon cinnamon and 1/3 cup melted butter; press into 9-inch pie pan.

PINEAPPLE STREUSEL PIE

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| 3/4 cup packed brown sugar | 2 tablespoons butter |
| 2 1/2 tablespoons cornstarch | Streusel Topping |
| 1/8 teaspoon salt | 1 8-inch unbaked pastry shell |
| 2 1 3/2-ounce cans pineapple tidbits | |

Mix brown sugar, cornstarch and salt in saucepan. Drain sirup from pineapple; measure 1 cup. Add to sugar mixture; stir to blend. Cook, stirring until thickened and clear. Remove from heat; add drained pineapple and butter. Cool slightly. Pour into unbaked pastry shell. Sprinkle Streusel Topping around edge of pie. Bake at 425 degrees for about 35 minutes or until pastry is lightly browned. YIELD: 6 servings.

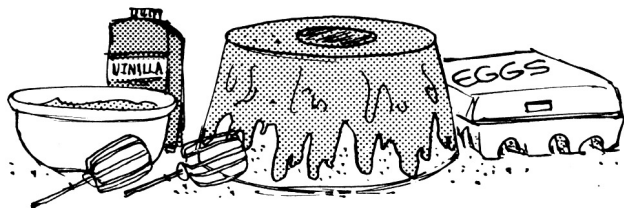
STREUSEL TOPPING: Combine 1/4 cup packed brown sugar, 2 tablespoons flour, 1 tablespoon butter and 1/2 teaspoon cinnamon until crumbly. Mix in 1/4 cup finely chopped pecans.

BAKED FUDGE PIE

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| 1/2 cup butter | 1/8 teaspoon salt |
| 1 cup sugar | 1 cup heavy cream |
| 1 teaspoon vanilla | 2 tablespoons sugar |
| 2 eggs, separated | 1/4 teaspoon almond extract |
| 2 squares unsweetened chocolate, melted | 1/4 cup chopped nuts |
| 1/2 cup sifted flour | 1 9-inch unbaked pastry shell |

Cream butter, 1 cup sugar and vanilla until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Blend in melted chocolate and flour. Beat egg whites with salt until stiff peaks form. Fold in chocolate mixture. Pour into unbaked pastry shell. Bake at 375 degrees for about 30 minutes. Cool. Whip cream; fold in 2 tablespoons sugar and almond extract. spread on cooled pie; garnish with chopped nuts. YIELD: 6 servings.

THE GOOD EGG



DOROTHY'S ANGEL FOOD CAKE

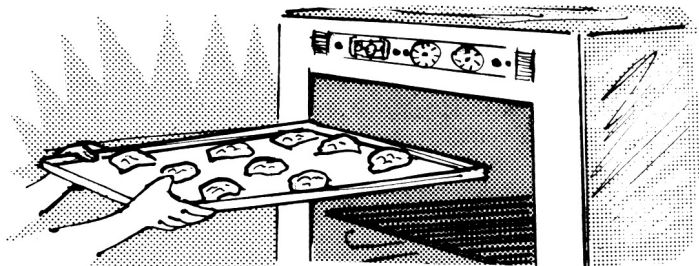
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| 1 cup sifted cake flour | 1/4 teaspoon salt |
| 1 1/2 cups sifted powdered sugar | 1 1/2 teaspoons cream of tartar |
| 1/2 cups egg whites, about 12 | 1 cup sugar |
| | 1 teaspoon vanilla |

Sift flour with powdered sugar three times. Beat egg whites until frothy. Add salt and cream of tartar; beat just until stiff peaks form. (Peaks should "droop" slightly when beaters are raised; do not overbeat.) Add remaining sugar, one tablespoon at a time, folding in thoroughly. Add vanilla with last addition of sugar. Sift flour mixture over top, a little at a time; fold in lightly with a down-up-over motion. Spoon batter in ungreased 10-inch tube pan. Place on rack, in **lowest** position in oven. Bake at 325 degrees for about 65 minutes until top springs back when lightly touched. Invert to cool. Remove cake from pan when cold. Frost if desired.

GOLD SPONGE CAKE

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| 1/2 cup shortening | 1 cup egg yolks, about 12 |
| 1 1/4 cups sugar | 1 1/3 cups sifted cake flour |
| 1/4 teaspoon each orange, lemon and almond extract | 3/4 teaspoon salt |
| | 1/2 cup milk |
| | 2 teaspoons baking powder |

Cream shortening, sugar and extracts until light and fluffy. Add egg yolks, beating until creamy. Sift flour with salt. Add to creamed mixture alternately with milk; beat well after each addition. Add baking powder last, stirring in carefully. Turn batter into ungreased 10-inch tube pan. Bake at 350 degrees for about 40 minutes until cake springs back when lightly touched. Turn cake upside down; let cool in pan. When cold, loosen with spatula and remove from pan. Frost if desired.



CREAM PUFFS

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| 1/4 cup butter | 1/2 cup sifted flour | 1/8 teaspoon salt |
| 1/2 cup water | | 2 eggs |

Combine butter and water in saucepan; cook and stir over medium heat until butter melts and liquid is boiling. Add flour and salt all at once. Cook, stirring vigorously, until mixture forms a ball and leaves sides of pan. Remove from heat; add eggs, one at a time, beating well after each. Continue beating one minute longer. Drop dough by heaping tablespoons, 2 inches apart, on lightly greased baking sheet. Bake at 450 degrees for 10 minutes; reduce heat to 325 degrees and continue baking about 25 minutes longer until well browned. Remove from oven; cut slit in each to let steam escape. Turn off heat; return puffs to oven for 30 minutes with door ajar, to dry out. Cool thoroughly. Just before serving, split and fill with **Custard Filling** or chilled vanilla pudding, whipped cream or ice cream. Frost tops with **Chocolate Glaze** or dust with powdered sugar. Serve with sauce, if desired. **YIELD:** 6 cream puffs.

CHOCOLATE ECLAIRS: Shape batter in 1x4 1/2-inch strips; proceed as directed. Split lengthwise and fill with **Custard Filling**; frost tops with **Chocolate Glaze**.

MINIATURE CREAM PUFFS: Drop cream puff batter by rounded 1/2 teaspoonsful onto ungreased baking sheet. Bake at 400 degrees for 20 to 25 minutes until well browned and puffy. Remove from oven; cut slit in each. Turn off heat; return to oven for 30 minutes, with door ajar, to dry out. **YIELD:** 3 dozen tiny puffs.

CUSTARD FILLING

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| 2/3 cup sugar | 2 eggs, slightly beaten | 1 cup heavy cream, whipped, optional |
| 1/4 cup flour | 1 1/2 cups scalded milk | |
| 1/4 teaspoon salt | 2 teaspoons vanilla | |

Mix sugar, flour and salt in top of double boiler. Stir in eggs, then milk; blend thoroughly. Cook over boiling water for about 15 minutes until thickened, stirring occasionally. Stir in vanilla; refrigerate until cold. Fold in whipped cream. **YIELD:** Filling for 6 cream puffs or eclairs.

CHOCOLATE GLAZE: Melt 1 square unsweetened chocolate and 1 tablespoon butter. Stir in 1/2 cup powdered sugar alternately with 1 or 2 tablespoons of cream, enough for spreading consistency. Beat until smooth and shiny. Spread over tops of filled puffs or eclairs.

CHEESE SOUFFLE

¼ cup butter
¼ cup flour
1½ cups milk
1 teaspoon salt
¼ teaspoon dry mustard
Dash of Tabasco or cayenne pepper
½ pound process American cheese, shredded
6 eggs, separated

In a saucepan melt butter; stir in flour. Blend in milk, salt, dry mustard and Tabasco; cook, stirring until thickened. Add cheese; continue stirring until melted. Remove from heat. Stir unbeaten egg yolks directly into hot, thick sauce, blending thoroughly. Beat egg whites until they hold short, moist peaks. Fold about half the whites thoroughly into the thick sauce; fold in remaining whites as thoroughly as you like. Pour mixture into buttered 2-quart souffle dish or casserole. With a teaspoon draw a line around casserole 1-inch from edge to make a crease which when baked will form a "tophat." Bake at 375 degrees for about 40 minutes. Serve at once. YIELD: 6 servings.

FRENCH OMELET

8 eggs
1 tablespoon cold water
1 teaspoon salt
Dash of pepper
2 tablespoons butter or margarine

Break eggs into bowl; add water, salt and pepper; beat slightly with fork. Melt butter in 10-inch skillet, tilting skillet to grease sides and bottom. Pour in egg mixture; cook over low heat until eggs set on bottom of pan. Lift edge of cooked egg and tilt pan so uncooked egg runs under the cooked. Continue cooking until mixture is golden brown on bottom, about 10 minutes. Carefully loosen omelet with spatula. If desired, spread with jelly, grated cheese, crisp crumbled bacon, diced ham or chicken. Roll omelet from handle side to opposite side of skillet. Serve at once with SPANISH SAUCE, mushroom sauce or cheese sauce if desired. YIELD: 4 to 6 servings.

SPANISH SAUCE: Cook 1 tablespoon minced onion, 1 tablespoon minced celery and 1 tablespoon minced green pepper in 2 tablespoons fat until soft. Sprinkle 1 tablespoon flour over vegetables; blend well. Stir in 1½ cups canned tomatoes; cook and stir until sauce thickens. Season with salt, sugar and Tabasco to taste. YIELD: 1½ cups.

POPOVERS

2 eggs
1 cup milk
1 cup sifted flour
½ teaspoon salt

Beat eggs with rotary beater until foamy. Add milk, flour and salt. Continue beating until batter is thick as cream; disregard lumps. Pour into lightly greased custard cups, filling no more than ½ full. Place cups on baking sheet. Turn oven regulator to 450 degrees. Do not let oven preheat; immediately put in popovers. Bake for 25 minutes, then turn off heat; do not open oven door for 30 minutes longer. Slash each popover with a knife to let steam escape. Remove from cups; serve at once. **NOTE:** If you prefer, bake popovers in lightly greased custard cups or muffin cups in oven preheated to 375 degrees. Bake for 35 to 40 minutes. YIELD: 8 to 12 popovers.

DO-AHEAD POPOVERS: Bake popovers early in day. After slashing each with a knife, loosen from cups. Return to oven, with heat off and door ajar. Let stand about 45 minutes to dry out. Remove from cups. Just before serving, reheat at 350 degrees for about 5 minutes.

ORANGE SOUFFLE

4 tablespoons butter
⅓ cup sifted flour
1 cup milk
Dash of salt
½ cup orange juice
1 teaspoon grated orange rind
6 eggs, separated
¼ cup sugar

In saucepan, melt butter; blend in flour. Stir in milk and salt. Cook, stirring until thickened. Remove from heat; stir in orange juice and rind. Stir in unbeaten egg yolks; blend thoroughly. Beat egg whites until they hold soft peaks, then beat in sugar just until they hold short moist peaks. Fold half the whites thoroughly into the sauce; then fold in the remaining whites as thoroughly as you like. Pour into buttered and sugar-dusted 2-quart souffle dish or casserole. Bake at 375 degrees for 30 to 35 minutes. **SERVE AT ONCE!** Top each serving with **ORANGE SAUCE**, if desired. YIELD: 8 servings. **ORANGE SAUCE:** Combine ½ cup sugar, 2 tablespoons cornstarch, and dash of salt in medium saucepan; gradually stir in 1½ cups orange juice. Cook over medium heat stirring until mixture thickens. Remove from heat; stir in 1 tablespoon butter and 1 teaspoon orange rind. Serve warm.



PUFFY OMELET

6 eggs, separated
6 tablespoons water
1 teaspoon salt
2 tablespoons flour
Dash of pepper
1 tablespoon butter

Beat egg whites until frothy; add water and salt. Beat stiff but not dry. In separate bowl, add flour and pepper to egg yolks. Beat until thick and lemon-colored. Fold into egg whites. Melt butter in 10-inch skillet. When fat is just hot enough to make a drop of water sizzle, pour in omelet mixture. Level gently, leaving slightly higher around edge. Cook over low heat until puffy and lightly browned on bottom, about 5 minutes. Then bake at 325 degrees for 12 to 15 minutes until surface feels dry and center springs back when lightly touched. Quickly run spatula around inside of skillet to loosen omelet. If desired, fill with jelly, grated cheese, crisp crumbled bacon or diced ham. Cut in wedges; or fold by cutting down through center, only part way through. Slip spatula under one half, tip pan, carefully loosen omelet and fold in half. Serve at once—with sauce, if desired. YIELD: 4 to 6 servings.

CRISP FRENCH TOAST

3 eggs
3 tablespoons sugar
½ cup milk
1 cup flour
6 slices bread

Beat eggs slightly with rotary beater; beat in sugar, milk and flour. Trim crusts from bread slices, cut diagonally to make triangles. Dip in egg mixture; drain. Fry until golden in about 1-inch of hot fat or oil; this takes but a minute or two per side. Drain on absorbent paper. Sprinkle with powdered sugar and serve at once. YIELD: 4 to 6 servings.

HOW TO HARD-COOK EGGS

Take eggs directly from refrigerator; place in saucepan. Add cold water to 1 inch above eggs; bring rapidly to full rolling boil. Cover pan and remove from heat. Let stand 25 to 30 minutes. Drain off water; cool eggs quickly and thoroughly under cold running water.