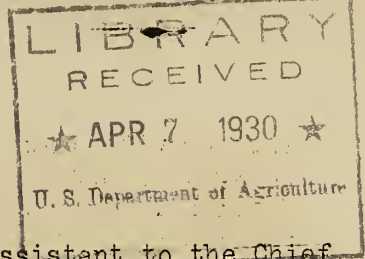


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THE HOUSEHOLD CALENDAR

A radio talk by Mrs. Rowena Schmidt Carpenter, Assistant to the Chief, Bureau of Home Economics, delivered through Station WRC and 34 other stations associated with the National Broadcasting Company, March 27, 1930.

How do you do, Homemakers:

This is the time of the year that eggs are of especially fine quality, and are plentiful. Those of you who have your own flocks know firsthand that the hens are laying well now. And those of us who depend on market conditions as an indication of the scarcity or the abundance of various foods can tell by the flood on the market and the drop in price that now is a good time to enjoy eggs.

The ways of preparing eggs are almost endless. To start with the age-worn order "Ham and" for breakfast and to include plain fried, scrambled, poached, and cooked in the shell is only a meagre beginning of the possibilities. If during Lent you want to build your luncheon or supper menu around an egg dish, you may be glad to have me remind you of curried eggs, shirred eggs, eggs baked with cheese, and hard cooked eggs served with cream sauce, tomato sauce, or scalloped. You will notice I said "hard cooked" rather than "hard boiled". There really is a difference, and an important one. To "hard cook" an egg in the shell, it is started in cold water, brought to the simmering point, and cooked for 30 minutes at a temperature not higher than 185° F. Boiling eggwhite, that is cooking it at the boiling temperature, toughens it. In all egg cookery, low temperature is important. It is very easy to overcook eggs.

Returning to suggestions for eggs at breakfast, luncheon or supper, we must not forget omelettes. There are omelettes of the flat variety and omelettes of the fluffy variety, omelettes plain and omelettes with diced ham or bacon, chopped parsley, cheese, jelly, or a number of other things that add flavor and color. Souffles, first cousins of omelettes, have as many variations within their own family. Cheese souffle is perhaps the best known, but souffles are also flavored with ham or other meat finely ground, flaked fish, or vegetable pulp. Perhaps you are familiar with spinach souffles. Many people who are not fond of plain spinach like it fluffed up in a souffle.

Aside from these dishes in which eggs predominate, there are so many things in which we use eggs as the principal means of thickening,—for instance, custards, cream pies, salad dressings, and a number of kinds of sauces. And because so much air can be beaten into egg whites, we use them to give a spongy texture to desserts such as prune and apricot whip, charlotte russe, and meringue for pies, and to produce the characteristic light texture of sponge and angel food cake. For all baked egg dishes, low or very moderate oven temperatures are essential, ranging from 250° F. for fruit whips to 350° F. for custards, baked in a pan of water.

I had never thought how much we do depend on eggs in cooking until several years ago when I was living with a friend who could not digest eggs normally and had to leave them out of her diet entirely. It was impossible for her to enjoy the whole of any meal that had not been prepared especially

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for her with eggs omitted from every dish because she could not have even as small a portion of egg as she would get in a serving of muffins or salad dressing. Any person who has to avoid eggs as this friend did is most unfortunate not only because they contribute so much to the good flavor and texture of many foods as they come on the table, but also because of their nutritive value. If eggs had no other constituent to recommend them than the iron contained in their yolks, they would be worth their price, especially this time of the year when our grandmothers used to get out a bottle of iron tonic. But in addition to iron, eggs have, to commend them, other mineral salts, protein and vitamins, all of which make eggs valuable in the diet of everyone, but especially of children. Because they contain materials so essential for growth, eggs are given to very young children. In fact, they are perhaps second in importance to milk during the years of rapid growth.

I am sure you will like to have our Bureau recipes for eggs, found in U. S. D. A. Leaflet No. 39 "Eggs at any Meal". The egg leaflet was written by Miss Alexander who has been telling you recently how to cook meat, and Mrs. Yeatman who last week gave you her suggestions for preparing spring vegetables.

And now Homemakers, I bid you goodbye until next Friday, when Miss Alexander and Mr. Warner will tell you about boning of lamb cuts.