

Eggs Cheap and High in Food Value

BY SISTER MARY
SEA Service Writer

Eggs are cheaper this spring than they have been for many years, so it behooves the economical housewife to make use of them in many ways.

Eggs lend themselves to almost any course in a meal. Stuffed with piquant delicacies, they make a tempting hors d'oeuvre; combined with cheese, they furnish a worthwhile main dish; as a garnish or

Daily Menu

BREAKFAST—Bananas, cereal, cream, tomato omelet, reheated rolls, milk, coffee.

LUNCHEON—Beef broth with carrot dumplings, apple sauce, molasses cookies, milk, tea.

DINNER—Pork chops and apples in casserole, scalloped potatoes, buttered cauliflower, pear and peanut butter salad, pineapple and date pudding, milk, coffee.

In jelly, they do much for a salad, and in custards and creams they provide nourishing desserts.

When a custard is served for dessert, keep in mind that a goodly amount of protein is supplied, and plan the rest of the meal accordingly.

Food Value High

The food value of eggs is high. They are a rich source of vitamin A and vitamin D, which is found principally in cod liver oil, is present in the egg yolk in a considerable amount.

One medium-sized egg, weighing about two and one-half ounces in the shell, supplies 70 calories—25 protein and 45 fat.

Although eggs contain most of the food elements needed by the body for its development, nevertheless they must be properly combined with other foods.

A diet of milk, eggs, leafy vegetables and cereals is almost perfect in balance of energy value, vitamin content and ash constituents.

Egg soufflé is a delicious change from a plain omelet and should be served with a sauce such as tomato, mushroom, medium white sauce or cheese sauce.

EGG SOUFFLE

Six eggs, 3 tablespoons butter, 3 tablespoons flour, 3 cups rich milk, 1 teaspoon salt, 1/4 teaspoon white pepper.

Cream butter and beat in flour. When perfectly blended, slowly add milk, stirring constantly. Cook over hot water until mixture thickens.

Remove from heat and add yolks of eggs beaten until thick and lemon colored. Add salt and pepper and fold in whites of eggs beaten on a platter until stiff and dry.

Turn into a buttered baking dish or buttered individual molds and place in a pan of hot water. Bake in a moderate oven until firm to the touch. Do not let water boil while the soufflé is baking. It will take about thirty-five minutes.

Hard-cooked eggs and mushrooms served in a cream sauce on toast make an excellent substitute for chicken à la king for a party luncheon.

Eggs à la Benedict are always popular and easy to prepare. A split and toasted English muffin forms the foundation for this dish.

On each muffin is placed a slice of cold boiled ham sautéed in butter. This is placed in a "dropper" or poached egg and a cream Hollandaise sauce is poured over the whole.

Shower Is to Be Given for Miss Robbins

Miss Warren Brinkley will entertain tonight with a bridge party and shower in honor of Miss Edith Lucille Robbins, whose marriage to Leslie H. Brandt will take place on March 15. Miss Robbins is the daughter of Mr. and Mrs. Oscar C. Robbins, 1721 Milburn street.

Appointments and decorations will be carried out in the bridal colors, salmon pink and turquoise. Guests will be:

Misses Ocie Huston, Opal Umsted, Opal Batson, Gladys Verne, Louise Wiles, Dona Fausett, Helen Harold, Emma Smith, Marian Carr, Gertrude Gowers, Patricia Robbins, Wilma Robbins, Katherine Tormohlen, Ann Arvin and Dora Kriner.

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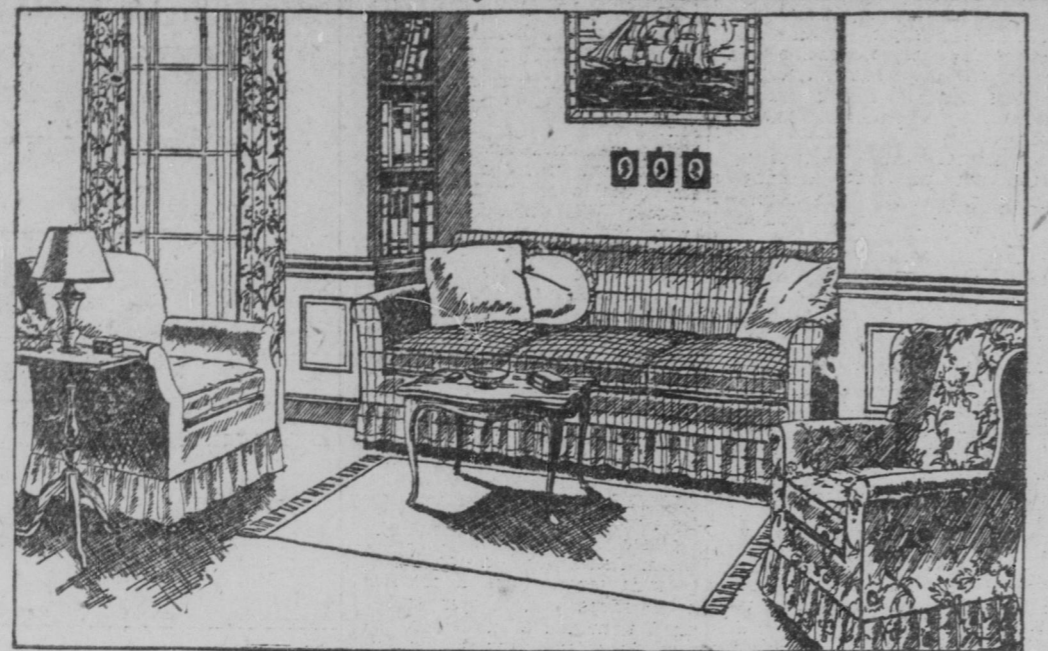
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—WHAT'S IN FASHION?—

Brightening Up With Slip Covers

Directed By AMOS PARRISH



An Effective Use of Slip Covers

NEW YORK, March 6.—Slip covers—are they something to slip on to the furniture in the summer to protect the upholstery from sun and dust?

Maybe that's where the idea came from originally—but today they're something to slip on to the furniture to brighten up a room at any time of year.

Slip covers this spring are often an important part of a room's decorative scheme. And not only this spring—but at any time of year when you feel the urge to change things about and make your room look different.

The decorating principles you use in choosing slip covers are just the same as those you use in choosing upholstery for various pieces of furniture.

Two pieces covered alike and one different is one good way. Or all the pieces may be different—pro-



Just Every Day Sense

BY MRS. WALTER FERGUSON

NOW comes the news that, on the heels of behaviorism and other psychological cults, follow racketeers who, posing as "doctors," prey upon suburban and small town parents.

As one of the vast multitudes of half-demented mothers whose lives have been made miserable with a new psychological discovery every six months, I want to announce my delight at the present trend which seems to be away from the faddists.

Even the old timers, the professors themselves, are beginning to right about face on a good many of their pet doctrines. They are finding out, no doubt—especially those who have any dealings with children—that while the theories sound grand, they do not always work with the kids.

The whole trouble with using psychology as a basis for child training is this: The mother who can be taught anything generally is getting along pretty well with her native intelligence, while the mother who might be helped by cults would not change her mind if the heavens fell.

THE net result, therefore, of a good deal of our psychology experiments, sincere and well-intentioned as they are, has been that they completely have befuddled the intelligent parent and left the other sort exactly where she was before, or else set her off on such a tangent that the result is much the same.

There is one quality that a successful mother must have. It is plain, ordinary horse-sense. If she hasn't that, all the psychology in the world won't help her. And if she has it, she doesn't need psychology.

Our children require more than anything else right now some loving alone. They should have more privacy, more leisure, more monotony to develop naturally and slowly as plants develop in the sunshine.



Restful Colors Best

The sofa is the biggest piece, so one of the more restful colors—one that doesn't hit the eye the minute you come in the room—is the best choice for it. The same blue-green would be practically perfect.

A sturdy cotton fabric in this color—a stria (pronounced stree) effect with just the faintest little line of yellow marking it into inconspicuous checks it what we've had sketched.

You can get a color accent here in the pillows, made of chintz like the draperies, with a pleated ruffle of rose-red headed by a cording of yellow.

One Chair Plain

Since one big chair is an all-over pattern, or other, we think, should be quite plain. And a plain stria in rose-red would harmonize.

And there you have a room that's as gay and cheerful as anybody could want—and everything in harmony because you had a color scheme.

No matter what colors you decide on, you can work them out on the same principles. If your draperies are plain color instead of chintz, you can repeat their color in one piece of furniture, and ensemble with it some patterned material that contains this color.

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Next—Amos Parrish shows how fashion is becoming ladylike.

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