

TUESDAY, FEB. 1, 1949

Let's Eat— Omelet That Turns Green Is Harmless

Remedy: Don't Beat
Whites Too Much
By META GIVEN

AN EXPERIENCED cook in an eastern city recently bought a fancy copper-bottomed skillet from her favorite department store. Since the skillet was a perfect size and shape for an omelet to serve her family, that was what she first used it for.

To her great surprise she turned out a mysteriously green colored omelet onto the platter. She immediately concluded the omelet was poisonous and that the skillet had caused it. She returned the skillet to the store and reported her experience to the salesperson who was able to explain why she had obtained such a result.

This homemaker had learned the importance of not beating the whites to the point where they become dry in appearance in order to get the biggest, puffiest omelets. The green color at the bottom of such an omelet is due to the fact that some of the egg separates out either after the beaten whites and yolks are combined and stand around a little while before cooking, or the whites are not beaten sufficiently, or the beaten yolks and beaten whites are not blended thoroughly.

THURSDAY'S MENUS

Breakfast
Griddle cakes
Milk toast with crumbled bacon over top

Luncheon

Omelet with Spanish sauce
Hot baked beans
Jam

Dinner

Baked apples
Bread and chops

Supper

Creamed diced potatoes
Buttered green beans
Hot bread and butter

Snack

Grapenut pudding
Lemon cake

Milk to drink. One quart for each child: one pint for each adult. In addition to that used in the day's menus.

STAY-PUFF OMELET

3 tbsps. butter or margarine
3 tbsps. flour
1/2 c. milk
1/2 tsp. salt

4 eggs, separated
1/2 tsp. salt

2 tbsps. shortening for skillet

Prepare a thick white sauce from the first four ingredients.

Cool. Beat the egg yolks slightly, add white sauce and three-fourths teaspoon salt and beat thoroughly to blend. Then fold in the stiffly beaten egg whites. Heat shortening over low heat in an 8-inch skillet. Pour in the omelet mixture. Level surface gently, and cover with a domed-shaped lid greased on the inside.

This will allow the omelet to rise without sticking to the top. Cook over very low heat for 15 to 20 minutes or until a light brown crust is formed on the bottom. Lift slightly at the side with a spatula to make sure the omelet is cooked through. Loosen the omelet from the sides of the skillet and cut through the center to the crust but not through it, and slide onto a hot platter. Pour Spanish sauce over top. Serve four.

DEVIL'S FOOD You'll love to Serve



So rich and chocolatey...you'll agree it's the best you've ever tasted! And so easy with Duff's...

JUST ADD WATER
that's all!

Check your
Shopping List
for Duff's

Approved by
Junior Home Economics
Council of America

DELL'S FOOD
DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX

DEVIL'S FOOD
HOT ROLL MIX
DEVIL'S FOOD MIX
WHITE CAKE MIX
SPICE CAKE MIX
CHOCOLATE MIX
HOT MUFFIN MIX
WHITE MIX