Cheese combines the virtue of dairy products and compares favorably with meats in nutritive value. And like meats, cheese should be cooked only at low temperatures.

Cheeses are numerous in variety and may be used in any course of the meal. In fact a meal may be built around cheese, served hot or cold.

**SELECTION OF EGGS**

Eggs need no introduction, but few realize that unnoticed they may be used in every course in most meals. While they are so commonly used, I believe it is worthwhile to give some pointers on selection, storage, and use.

Every state has its own system of grading eggs. The best policy to adopt in buying eggs is to follow the U. S. Standard of Specifications:

**Quality Factors:** The air cell, the space between the shell and the membrane of the egg, determines the grade of the egg, for in time the air cell becomes larger owing to the evaporation of moisture. Lack of refrigeration speeds up the depth of the air space.

No. 1. U. S. Specials ½ inch
No. 2. U. S. Extra ¼ inch
No. 3. U. S. Standard ⅛ inch
No. 4. U. S. Trades. All weak and watery; showing signs of germ development. When an egg is broken a flat yolk or a watery white indicates that the egg is stale and not suitable for table use.

**GENERAL COOKING SUGGESTIONS**

Eggs contain important vitamins, proteins, and minerals that are essential to body-building and health. Some of these factors are destroyed if cooked too long or at too high a temperature.

Do not boil eggs, simmer them.

For custard, cream eggs with sugar before adding to milk. Also, custards should not be baked in too hot an oven lest the mixture curdle and separate.

Eggs should never be fried at too high a heat or they become tough and leathery.

**STORAGE OF EGGS**

Eggs have good keeping qualities if properly handled. Fresh eggs have a natural film that protects them from foreign flavors and rapid evaporation. This film should not be removed if eggs are to be kept for any length of time. If they are dirty, wipe off the spots with a damp cloth but do not wash. Eggs should always be kept under refrigeration or in a cool place.

**BEATING AND CREAMING EGGS**

If eggs are to be beaten, as for meringue, salads, dressings, and creaming for custard or cakes, they should be at room temperature before using. Always add a dash of salt to eggs for a whiter and foamer meringue.

If an electric mixer is used, much care should be exercised that the machine is not started at too high a speed. The low speed is to be used just till they rotate, then continue on a higher speed. This is why the old-fashioned wire whisk is better than our electric mixers, as it does not chop the eggs to pieces.

**BAKED EGGS WITH CHEESE**

Break eggs into greased baking dish. Add 2 tablespoons milk to each egg. Cover with cracker crumbs; dot with butter, and sprinkle with cheese. Season according to your preference using salt and pepper, or Dash Seasoning Salt, or some other herb blend. Bake for 15 minutes at 350° F.

**CREAMED EGGS**

(Serves 4)

6 hard-cooked eggs (shelled)
2 cups medium white sauce
Salt and pepper or Dash Seasoning Salt

Dice eggs, fold into cream sauce, season. Cook in double boiler 30 minutes or until hot. Serve in heaping portions garnished with wedges of buttered toast.

This basic recipe may be varied by adding vegetables such as fresh or fresh frozen peas, asparagus tips, or mush-
rooms. It may also be used with patty shells instead of toast.

EGGS BENEDICTINE
(Individual Serving)

1 round hard roll or English muffin
1 slice of cooked ham cut in julienne strips
1 tablespoon butter
½ cup tomatoes, diced
1 egg (poach)
2 tablespoons Hollandaise sauce

Season to taste with sugar, salt, white pepper and a sprinkle of grated cheese.

Split hard rolls or English muffin in half, hollow into cup shape, and toast. Cut a slice of ham in julienne strips and saute in butter. Fill toasted roll cups with ham. Sauté sliced tomatoes, season with sugar, salt, and white pepper, and place on top of ham. Place poached egg on top of roll, ham and tomatoes. Cover with Hollandaise sauce, sprinkle with grated cheese. Place under broiler until cheese is melted. Serve hot.

WELSH RAREBIT
(Serves 6)

1 pound aged American cheese, grated

Make Roux
4 tablespoons butter
4 tablespoons flour
1½ teaspoons salt
2 eggs
4 cups hot milk
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon paprika

Make the roux. Add hot milk gradually to the roux. Beat eggs well and whip into cream sauce. Fold in grated cheese, season and cook in double boiler until firm.

This same Welsh rarebit may be made with beer instead of milk and the addition of a dash of Tabasco sauce.

Vegetables

Vegetables contain important vitamins and minerals essential to well-balanced meals. At their best vegetables are abundantly supplied with these vitamins and minerals. However, they cannot be at their best if they are wilted, old, and partly decayed. Here again—in the case of vegetables—freshness is essential.

Cooking Vegetables

Many vegetables may be eaten raw, and whenever possible should be so used in order that they may give the highest nutritive value. In cooking vegetables it should always be remembered that the food value is the important thing, and food value can only be preserved by proper cooking. All vegetables should be cooked in as little water as possible. If vegetables are fresh, as they should be, the time required for cooking will be very short.

No vegetables or foods of any kind can possibly be cooked and served with 100 per cent food value. Careless cooking, however, is responsible for reducing the value of most foods far below their normal level. If cooks, or people who cook, would stop to think long enough they would realize the fact that in the prepa-