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 custards, 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 foamier meringue.

If an electric mixer is used, much care should be exerted that the machine is not started at too high a speed. The low speed is to be used just until 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 into 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 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 Seasoning Salt

Dice eggs, fold into white 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 frozen green peas, asparagus tips, or mushrooms. It may also be used with patty shells instead of toast.
EGGS BENEDICTINE  
(Serves 1)  
1 round hard roll or English muffin  
1 slice of cooked ham cut into julienne strips  
1 tablespoon butter  
½ cup tomatoes, diced  
1 egg (poached)  
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 into julienne strips and sauté in butter. Fill toasted roll cup 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.

NEVER FAIL OMELET  
(Serves 4)  
4 large eggs, separated  
3 tablespoons butter  
3 tablespoons flour  
1 cup milk  
½ teaspoon salt  
½ teaspoon pepper  
1 tablespoon fat  

Make a cream sauce out of the butter, flour and milk. Cool slightly. Add salt to egg whites and beat until stiff, but not dry. Beat egg yolks, add the cream sauce and pepper to them, blend well and fold gently into egg whites. Pour into moderately hot, large skillet in which the tablespoon of fat has been melted. Level surface gently and cook over low heat until brown on bottom (about 5 minutes). Transfer to a slow oven (325°F.) and bake until surface is dry and the omelet is firm in the center and will spring back when pressed lightly with finger tip. (About 15 or 20 minutes.) Serve plain or with a favorite sauce on a warm platter.

CHEESE FONDUE  
(Serves 4)  
1 cup milk, heated  
1 cup soft bread crumbs  
½ cup grated cheese  
2 tablespoons butter  
½ teaspoon salt  
½ teaspoon pepper  
1 teaspoon mustard  
1 teaspoon Worcestershire sauce  
paprika  

Start egg whites beating in electric mixer. Cream egg yolks and seasonings and combine with hot milk. Pour over bread and cheese, fold into stiffly beaten egg whites and turn into a buttered baking dish, size 6x10x1½. Top with crumbs or strips of cheese, dot with butter, sprinkle with paprika and bake in a 325° F. oven for 45 minutes. Serve hot.

BAKED MACARONI AND CHEESE  
(Serves 10)  
1 pound package macaroni  
1 pound grated, aged Cheddar cheese  
3 tablespoons butter  
2 tablespoons flour  
2 teaspoons paprika  
1 tablespoon Worcestershire  
2 teaspoons salt  
1 tablespoon salad mustard  
2 cups hot milk  
½ cup buttered crumbs  

While macaroni is boiling, make a cream sauce by melting butter, adding flour, paprika, worcestershire sauce, salt, mustard and cooking to a smooth paste over a low fire. Add hot milk to this seasoned roux and cook, stirring constantly until thick. Drain macaroni well, then put it in a buttered casserole alternating with layers of grated cheese. Pour sauce over all, top with buttered crumbs and bake in a 350° F. oven about 30 minutes.
EGGS GOLDENROD  
(Serves 4)
4 tablespoons butter  
4 tablespoons flour  
2 cups milk  
1 teaspoon salt  
¼ teaspoon monosodium glutamate  
6 hard boiled eggs  
6 slices toast  

Use butter, flour, milk, salt and MSG to make a cream sauce. Separate egg yolks from whites. Dice the whites and add to hot cream sauce. Put yolks through a ricer. Pour sauce over toast and sprinkle egg yolk over top.

CHEESE SOUFFLE  
(Serves 4)
2 tablespoons butter  
3 tablespoons flour  
1 cup hot milk  
3 eggs, separated  
½ teaspoon salt  
few grains of pepper  
1 cup grated American cheese  

Make a cream sauce of the first 3 ingredients. Cool to room temperature. Beat egg yolks and fold them into the cream sauce. Beat egg whites until they stand in peaks but are not dry. Fold them into the sauce. Add seasonings and fold in half of the cheese. Butter only the bottom (not the sides) of a casserole, pour mixture into it, sprinkle with balance of cheese and bake in a 350°F. oven 40 minutes. Serve at once.

SCOTCH MEAT AND EGG OMELET  
(Serves 4)
4 eggs  
4 tablespoons milk  
½ cup (or more) finely chopped cooked meat  
Salt and pepper to taste  

Beat eggs well; add milk, then the meat and seasoning. Drop by tablespoons on a hot lightly greased griddle. Turn as you would pancakes.

EGG, VEGETABLE AND MUSHROOM CASSEROLE  
(Serves 4)
1 cup onions, cut fine  
1 cup celery, sliced  
4 hard cooked eggs  
2 cups cooked egg-noodles  
2 cups mushrooms, sliced  
3 cups medium sauce  
1½ cups cooked peas  
½ cup butter  
1 cup crushed potato chips  

Sauté onions and celery in butter until soft and translucent. Add mushrooms and cook until hot. Mix egg noodles, peas, diced eggs in the cream sauce. Fold in celery, onions and mushrooms. Pour into a buttered casserole. Sprinkle with potato chips and bake at 350°F. until hot and bubbles come through.

PARTY CASSEROLE  
1 pound hamburger  
1 tablespoon butter  
2 8-oz. can tomato sauce  
8 ounces noodles  
1 cup cottage cheese  
8 ounces cream cheese  
¼ cup thick sour cream  
1 teaspoon Worcestershire Sauce  
1 tablespoon chopped pepper  
4 tablespoons melted butter  

Brown the hamburger in 2 tablespoons melted butter in a heavy skillet. Stir in tomato sauce. Remove from heat. Boil noodles 10 minutes in salted water. Add 1 cup cold water and let set a few minutes. Drain. Combine cottage cheese, cream cheese, sour cream and sautéed green peppers and onions. In a buttered 2 quart casserole spread half the noodles, cover with cheese mixture and then cover with remaining noodles. Pour remaining 2 tablespoons melted butter over noodles. Then put in hamburger mixture. Bake at 350°F. for 20 to 30 minutes.