


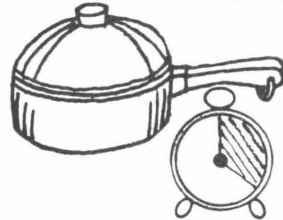

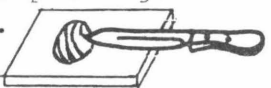

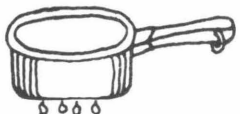


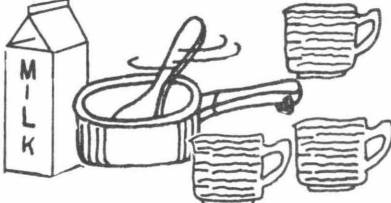




CREAMED EGGS ON TOAST

For 6 servings, about 3/4 cup each, you need:
 8 eggs
 Water for cooking eggs
 1/4 cup margarine
 1/4 cup flour
 2 teaspoons prepared mustard
 1 teaspoon salt
 2 teaspoons worcestershire sauce, if you like
 3 cups fluid milk
 6 slices toast

MENU SUGGESTION
 Green Peas and Onions
 Tart Fruit Salad
 Cupcake
 Milk Coffee

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| <p>①   Put 8 eggs in a sauce pan. Cover eggs with cold water.</p> | <p> Bring water to boiling.</p> | <p> Cover pan. Lower Heat. Cook 20 to 25 minutes.</p> | <p>Drain eggs.  Run cold water over eggs until pan is full.</p> | <p>When eggs are cool enough to handle, remove from water. Roll eggs gently between palms to just crush shell. Hold under cold running water while peeling. Slice eggs. </p> |
| <p>②   Melt 1/4 cup margarine in a sauce pan over medium heat.</p> | <p> Stir in 1/4 cup flour.</p> | <p>Add...  2 teaspoons prepared mustard, 1 teaspoon salt, and 2 teaspoons worcestershire sauce, if you like.</p> | <p> Slowly stir in 3 cups fluid milk. Cook and stir until thickened.</p> | |
| <p>③  Add egg slices, do not stir. Heat over low heat.</p> | <p> Make 6 slices toast. Serve creamed eggs on toast.</p> | <p><u>CURRIED EGGS ON TOAST:</u> Make these changes in Step ②: Chop 1/2 small onion. Cook onion in the melted margarine. Stir in the flour and salt. Add 1 teaspoon curry powder. Leave out prepared mustard and worcestershire sauce.</p> | | |

SMART SHOPPER RECIPE

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