

For the Farm Wife and Family



Since March has been proclaimed national Egg Month we shall devote a little space today to some facts about eggs and also give you some recipes.

The egg is one of our most valuable foods. It is not only high in nutritional value but is very versatile in cooking. An egg is high in food value but moderate in calorie content. It is easily and completely digested.

Some of the vitalizing values found in eggs:

The egg furnishes complete protein. High quality protein is needed by people of all ages for building and repairing the body.

Egg protein comes so near to perfection that scientists use it as a standard to measure the value of protein in other foods.

The egg contains vitamins and minerals essential for health.

Its Vitamin A makes us see well.

Its Vitamin B complex puts

verve in our nerves.

Its Vitamin D and phosphorus team up with calcium to build sturdy bones and teeth.

Its iron and copper put a glow in the skin and a twinkle in the eye.

Eggs may be served in hundreds of ways. They are easily and quickly prepared by cooking in the shell, frying, broiling, baking, poaching, scrambling and simple omelets.

Eggs combine well with other foods. They are useful in the preparation of beverages, breads, cakes, desserts, salads, salad dressings, sandwiches, sauces, soups; and cereal, cheese, fish, meat and vegetable dishes. In cookery, eggs:

Thicken as in custards and puddings.

Leaven by beating to incorporate air as in cakes.

Add color, richness and flavor

to individual dishes.

Coat as in breaded meats.

Garnish as in canapes, salads and soups.

Bind as in meat loaves and croquettes.

Emulsify as in salad dressings and cream puffs.

Clarify as in preparation of consomme or in "boiled" coffee. Hinder crystallization as in candy making.

Cooking hints for good results:

Take from refrigerator only number of eggs needed.

The separation of yolks from whites is quicker and better if eggs are brought to about 60 degrees F. Remove eggs from refrigerator about 45 minutes before using.

Eggs beat up faster to larger volume when brought to room temperature.

In combining hot mixtures and eggs as in custards, cream fillings, souffles, etc., pour the hot mixture slowly into the beaten egg stirring or beating constantly.

Store left-over whites in a tightly covered jar in the refrigerator. They may be held a week to 10 days.

Store left-over yolks under water in a covered jar in the refrigerator. They may be held two or three days. Or hard cook the yolks. Use in salads, scalloped dishes, sandwiches, etc.

Four to six whole eggs, eight to 10 egg whites, or 12 to 14 egg yolks are the equivalent of one standard measuring cup.

Always serve egg dishes on warm plates.

If freezing whole egg or egg yolks, add, to each cupful, one tablespoon corn syrup or sugar, or one teaspoon salt; mix thoroughly but don't beat. Pack in freezer containers; freeze. If freezing egg whites, do not beat

but pack as is; then freeze.

Before you wash them, always rinse with cold water the egg beater and dish in which eggs or egg yolks have been beaten or cooked. If you use hot water to start, you'll cook the egg or yolk on, making it very much more difficult to remove.

And now for some recipes using eggs. There are few people who will refuse to eat an omelet. Here is a recipe for a

PUFFY OMELET

4 eggs, separated
1/2 teaspoon salt
1/4 cup water
1/4 teaspoon pepper
1 tablespoon fat

Add salt and water to egg whites. Beat until stiff and shiny and whites leave peaks when beater is withdrawn. Add pepper to yolks and beat until thick and lemon-colored. Fold yolks into egg whites. Meanwhile heat fat in large skillet (10-inch diameter) until just hot enough to sizzle a drop of water. Pour in omelet mixture. Reduce heat. Level surface gently. Cook slowly until puffy and lightly browned on bottom, about five minutes. Lift omelet at edge to judge color. Place in slow oven (325 degrees). Bake until knife inserted into center comes out clean, 12 to 15 minutes. To serve: Tear gently, using two forks, into pie-shaped pieces. Invert "wedges" on serving plate so that browned bottom becomes the top, or omelet may be folded in half. Two to three servings.

EGG-SALAD CASSEROLE

6 to 8 coarsely chopped, hard-cooked eggs
1 1/2 cups diced celery
1/4 cup broken pecans
1 teaspoon minced onion
2 tablespoons snipped parsley
1/4 teaspoon pepper
1/2 teaspoon salt

1/2 cup mayonnaise.

1/4 pound process-sharp American cheese, grated (one cup)
1 cup crushed potato chips

This recipe for Rabbit Scramble is a good luncheon dish or a quickie for Sunday night supper. Your chafing dish will come in handy here — this is a dish you will want to keep warm until the very minute you eat it.

RABBIT SCRAMBLE

In double boiler, melt one tablespoon butter or margarine; add one-fourth pound grated natural sharp American cheese (one cup), stirring occasionally until melted. With fork, beat, just until blended, four eggs with one-fourth cup undiluted evaporated milk, one-half teaspoon salt, and dash pepper; stir into cheese. Cook, stirring occasionally, until partially thickened. Add three tablespoons catchup and two teaspoons Worcestershire. Continue cooking until thickened and fair-

(Continued on page 9)

Spring Needs

- ★ Seed Potatoes
- ★ Field Seeds
- ★ Lime
- ★ Tobacco Muslin
- ★ Tobacco Seed

Groffs Hardware

Phone EL 4-0851
NEW HOLLAND, PA.

Our 43 Years of Experience Can Help You Be Successful Through Proper Feeding and Management.

Use Our Profit Proved Plan

- ★ Starting Mash
- ★ Laying Mash
- ★ Dairy Balancer
- ★ Beef-Gro

- * Farm Seeds
- * Hardware & Tools
- * Spray Materials

- * Coal
- * Fertilizer
- * Lime

OUR REPEAT BUSINESS IS A SURE SIGN OF SATISFACTION

WEST WILLOW FARMERS ASSOCIATION

WEST WILLOW Ph. Lanc. EX 4-5019
FAMOUS FOR DELIVERY IN MINUTES

GRAVELY POWER makes Tough Jobs Easy!

Powerful 5-HP GRAVELY Tractor Offers 21 Tools to Save You Time and Work!

Now . . . a small, tractor that *licks* the tough jobs! Rugged, dependable POWER does every lawn, garden and field job! Enjoy the results of mechanization . . . do more work better, faster — easier!

All-gear drive, power reverse. Field-tested for 34 years. A lifetime investment in labor-saving POWER!

Only the Gravelly Tractor does so many jobs so well!

"Power vs Drudgery" tells you how to put POWER to work for you. Write for your Free Copy today!

JAMES S. MESSNER

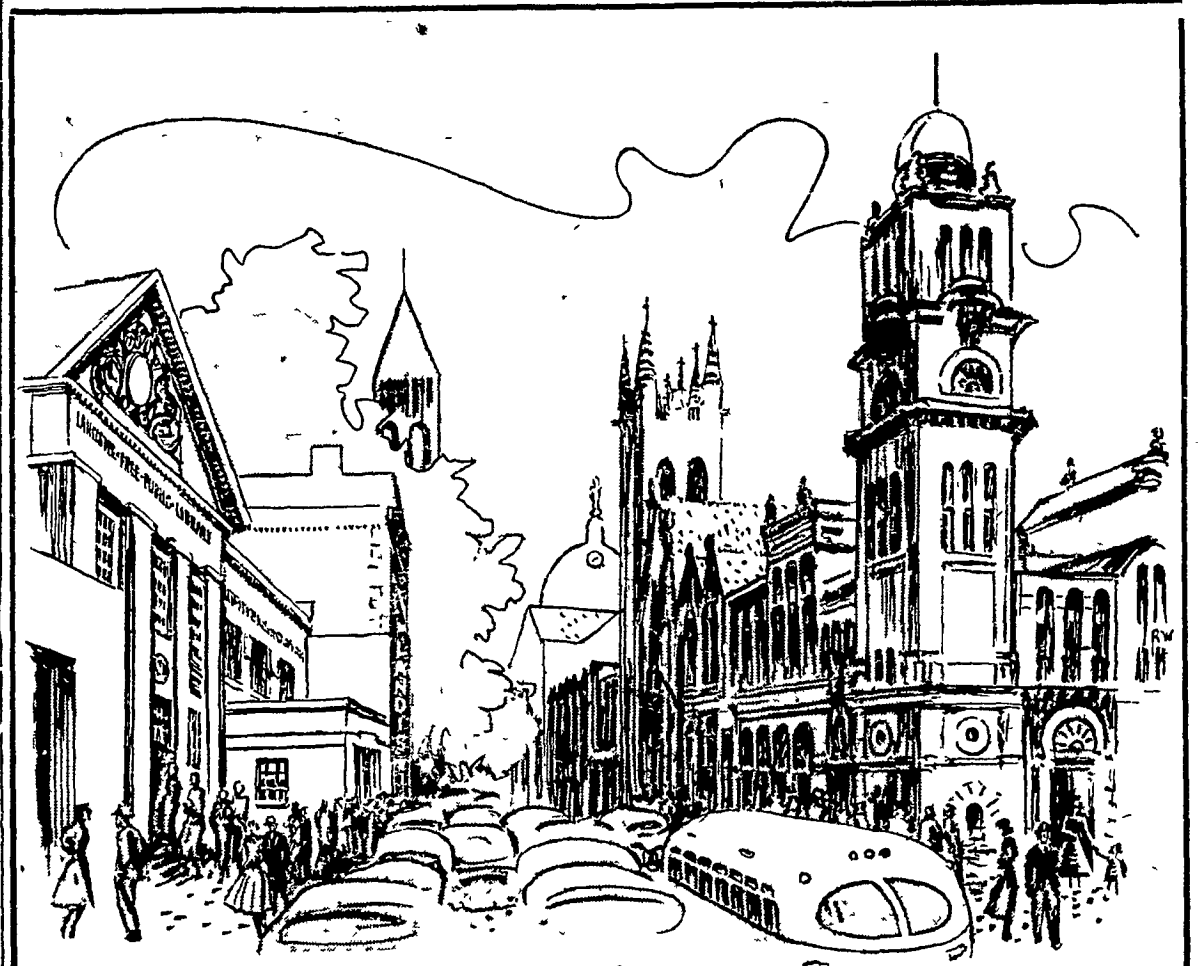
(Box 79—Rt. 23)

BAREVILLE, PA.

Ph. Leola OL 6-6911.



FIELD-TESTED FOR 34 YEARS



COMMUNITY SERVICE

Since 1882, this friendly bank has adhered faithfully to a tradition of dependable counsel and service to business enterprise and to generation after generation of Lancaster County families.

Through progressive management, 5 convenient locations have been provided for the daily transaction of your financial affairs.

At the Fulton National Bank you will always find a sincere desire to serve, whatever your banking needs may be



PENN SQUARE * MCGOVERN AVE. * MOUNTVILLE * EAST PETERSBURG * AKRON
member federal deposit insurance corporation