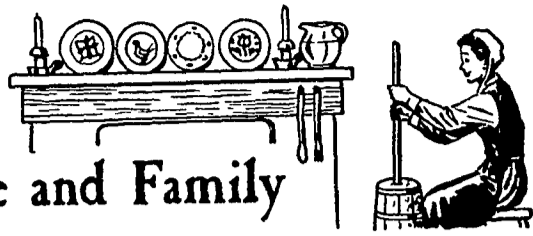


For the Farm Wife and Family



Eggs Give a Lift to Your Family Because Eggs Build Sparkling Health

Infants — Physicians like to include egg in the baby's diet as early as possible because of the need for iron to build blood. By 4 to 6 months, sieved egg yolk is usually included. By 8 or 9 months, babies begin eating soft-cooked or scrambled eggs.

Children and Teen-Agers — Eggs are favorites served in many ways. They are especially satisfying during periods of rapid growth, when foods rich in body-building protein are needed. Often, hearty teen-age appetites require at least 3 eggs per serving. Your sons and daughters can preside over the range when "fun-to-fix" eggs are on the menu.

Adults — Eggs are a nourishing food, easy to prepare and easy to digest for all grown-ups. Older adults discover that eggs are frequently the answer to the main dish problem for any meal because of their food value, thrift and conveniences.

AT ALL MEALS

Breakfast — Eggs are the mainstay for the important first meal of the day. A breakfast built around eggs give you and your family the "staying power" (from

high-quality protein) needed for activities of morning hours.

Lunch or dinner — Eggs star frequently as the main dish. Serve them creamed, baked, scrambled, in salads, sandwiches, souffles, omelets and a variety of other ways. Newspapers and magazine food pages, and radio and television broadcasters offer good ideas.

Snacks — Snacks should offer nourishment so eggs are a good choice. Hard-cooked eggs eaten out-of-hand or sliced atop small crackers or bread squares are excellent between-meal eating. Tangy deviled eggs are good, too.

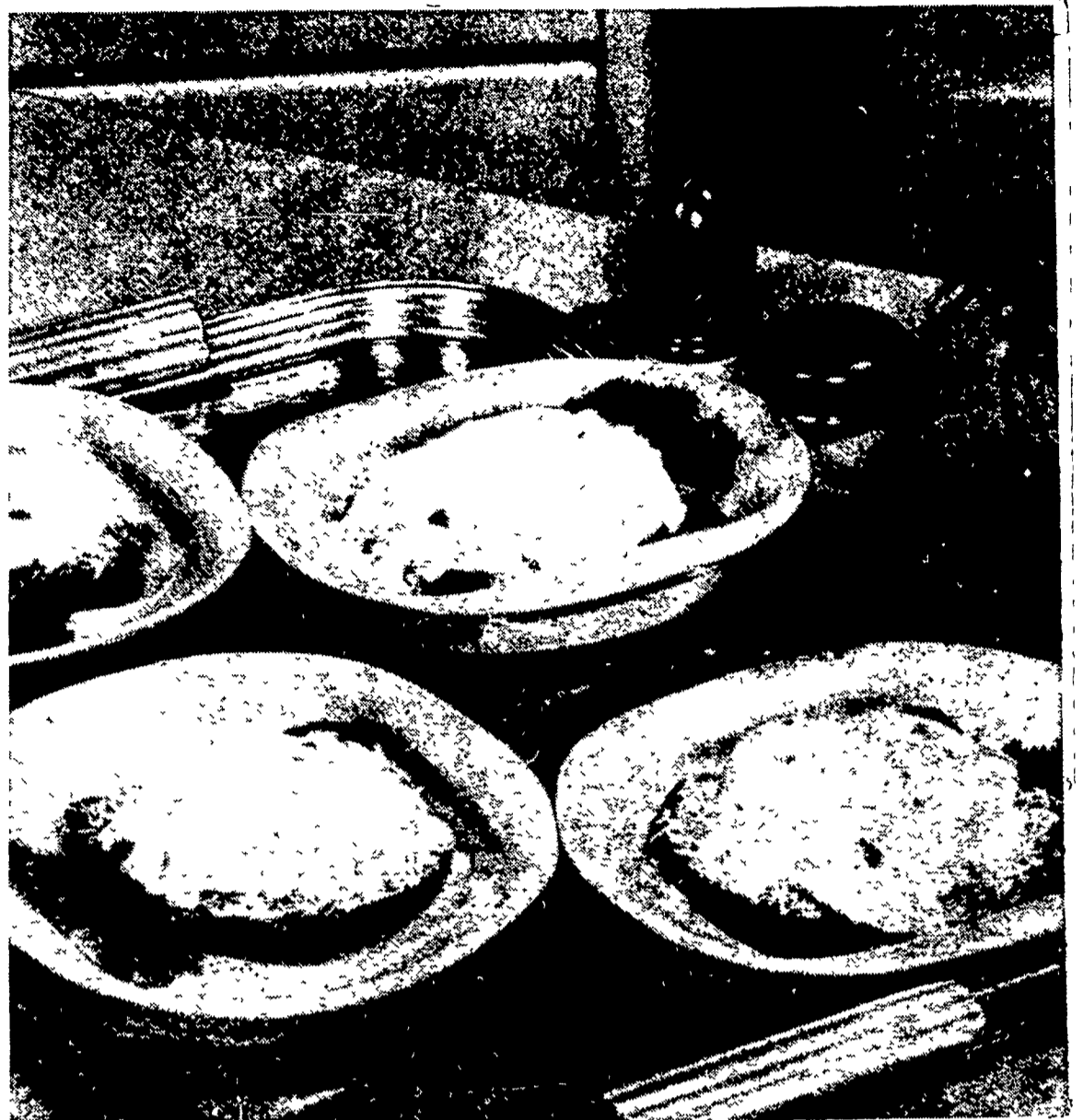
Soft, sharp cheese and chopped green peppers make poached eggs an unusual and delightful dish to serve for either breakfast or lunch.

POACHED EGG SURPRISE

- 1 cup milk
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- ¼ teaspoon salt
- 2 tablespoons chopped green peppers
- 4 slices toast
- Soft sharp cheese
- 4 eggs

Make white sauce by melting the butter or margarine and blending in the flour to make a smooth mixture. Add milk slowly and cook over very low heat, stir-

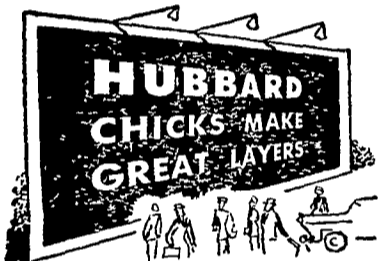
ring constantly, until thickened. Add salt and cook 3 to 5 minutes longer, stirring occasionally. Add green pepper to the white sauce. Spread the toast thickly



SOFT, SHARP CHEESE and chopped green peppers make poached eggs an unusual and delightful dish to serve for either breakfast or lunch. Eggs, because of

their universal appeal, can be fitted into the menu for almost any meal, including snacks and picnics.

(USDA Photo)



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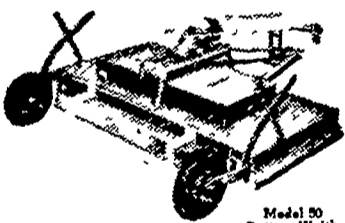
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with cheese. Poach eggs until firm. Place on the toast and pour hot sauce over all. Serve at once. Makes 4 servings.

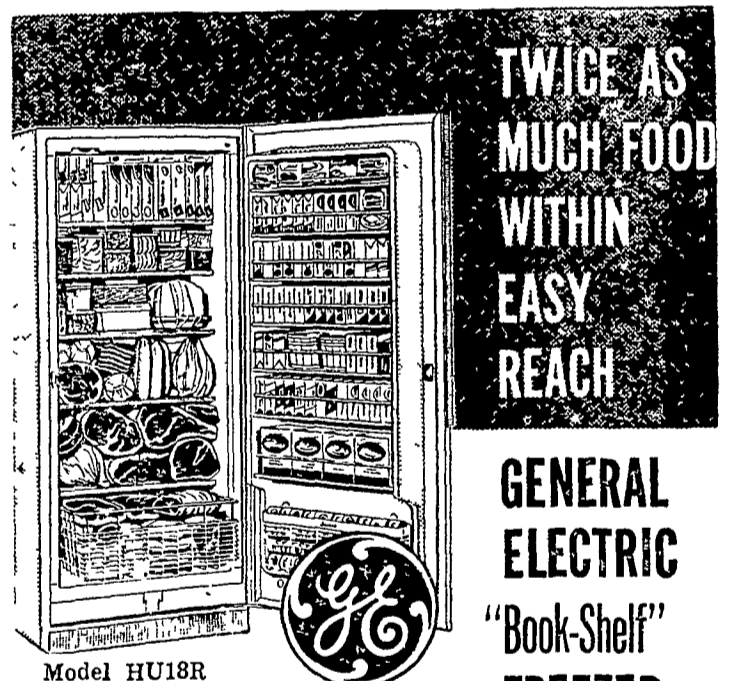
earn admiring comments for your culinary skills.

EGGS BENEDICT

Keep these suggestions on hand to make a gourmet meal using eggs in a starring role. You'll be kind to your budget, but you'll

Cover toasted English muffin with thin slices of ham, or deviled ham. Place two poached eggs on

(Continued on page seven)



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