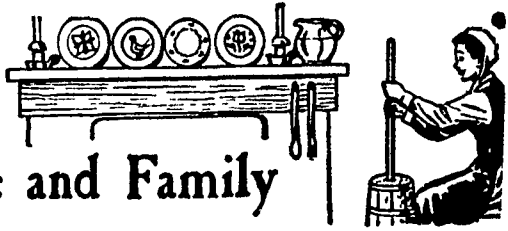


For the Farm Wife and Family



Why People Like Eggs

by Mrs. Richard C. Spence

Here are three good reasons why eggs are popular with people:

1. PEOPLE "LIKE EGGS" — In many consumer egg studies, it was found that people frequently purchased and used eggs "because we like them." This points up the wide acceptance of an egg's flavor, its versatility and ease of cooking. The egg, a breakfast "mainstay", is also widely used as a hearty luncheon dish, for sandwich fillings, and in combination with other foods for satisfying dinners.

2. EGGS ARE TOPS IN NUTRITION — Two eggs supply as much as 30 per

cent of the high-quality protein needed daily by adult men or women! In fact,

egg protein comes so near to perfection that scientists use it as a standard to measure the value of protein in other foods. Eggs also contain substantial amounts of essential minerals and vitamins, including the anti-anemia vitamin, B12. One of nature's most nearly perfect foods, eggs combine their heavy concentration of high-quality protein with relatively few calories, and complete digestibility, and are accepted as an important dietary requirement from infancy through the "golden age" group.

3. EGGS ARE EASY TO COOK — Basic egg cookery is something a youngster can master, it is so easy and uncomplicated. For the experienced cook, this means that eggs can be appetizingly prepared in minutes, in a variety of ways from soft cooked to shirred. Eggs are ideally combined with sauces, salad ingredients, poultry and other sea-food and meat foods that satisfy eager appetites without stretching the food budget — because eggs are economical, too!

Try some of these recipes for serving eggs in a variety of ways to your family.

EGG CROQUETTES

- 3 tablespoons butter
- 3 tablespoons flour
- ¾ cup milk
- ½ teaspoon salt
- Dash paprika
- 4 hard-cooked eggs, chopped
- Cracker crumbs
- 1 egg, slightly beaten

Melt butter in top of double boiler, add flour and stir until blended. Add milk

and seasonings and cook until mixture is thickened. Move from heat and add hard-cooked eggs. Set aside to cool. When cool, shape into croquettes; roll in cracker crumbs, dip into egg (beaten with 2 tablespoons

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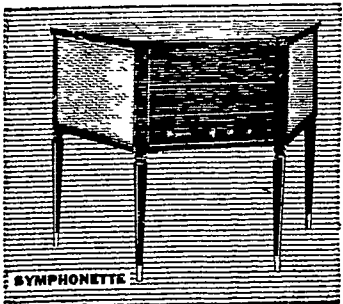
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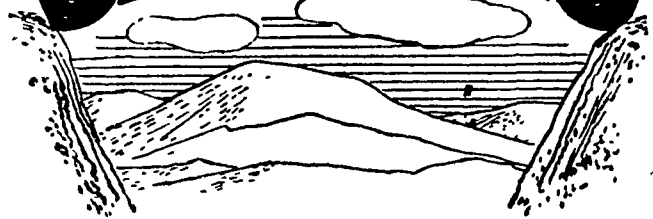
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