

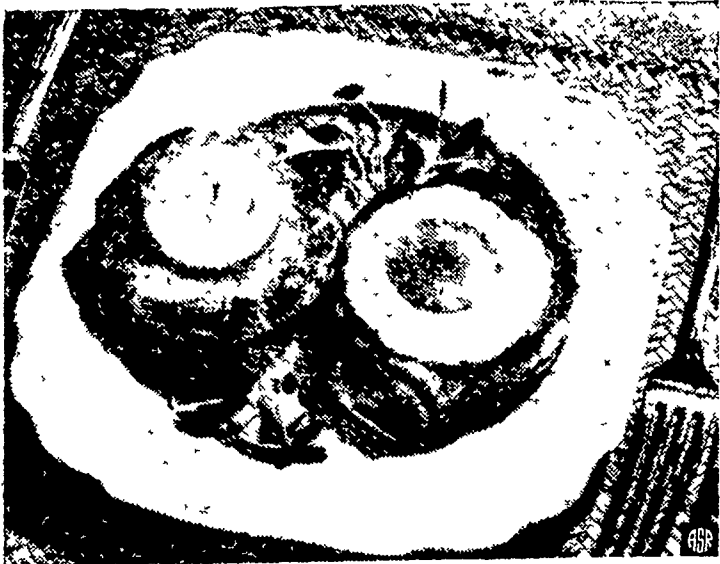
It's fun to speculate—and win. Milk as a food contains a greater variety of essential ingredients than any other single food.

Seek happiness for its own sake, and you will find it; seek for duty, and happiness will follow as the shadow comes with the sunshine.

An average serving of pork (3½ ounces) will provide a man with 40 percent of his daily protein needs.

—Tyron Edwards

De Luxe Eggburger



Here's how a tasty De Luxe Eggburger will look as you place it before your child for a hearty lunch. A fried egg, is combined with cheese, a slice of Bermuda onion, all on a split and toasted bun. Once served, this dish will soon be a family favorite.

Eggs are a traditional Lenten food. Many families use them often as a meat alternate in accordance with religious belief and custom, others feature eggs in their early spring menus to brighten meals after months of heavy winter fare. How fortunate for all that eggs are in most abundant supply at this important time of year. March is National Egg Month—a period for reminding homemakers all over America of the golden goodness of eggs.

Eggs offer high quality protein. Homemakers with growing children use eggs often as a good way of stretching their food dollars.

The versatility of the egg is remarkable. They're popular at breakfast, lunch, dinner and snack time, too. Eggs have probably been prepared and served more ways in more homes than any other single food. Eggs around the clock!

Serve them often at your home during March—National Egg Month.

DE LUXE EGGBURGER

For each Eggburger:

- | | |
|---------------------------------|-----------------|
| 1 egg | 1 slice onion |
| 1 tablespoon fat for frying egg | Salt and pepper |
| 1 round bun, split | Watercress, or |
| 1 slice cheese | other greens |

Lay bun halves, split side up on baking sheet; then on the "top" half, place cheese slice. Toast in hot oven (425°F) or under broiler until cheese begins to melt, and other half is toasted. Meanwhile, fry eggs medium firm; season. Place egg on toasted half. Place onion ring on cheese topped bun. Serve hot, "open or closed". Garnish with watercress.

Eggs Have Real . . . 3-Meal Appeal

Farm Women - 6 Receive Thanks

A "Thank You" note from James Hess, the Lancaster County International Farm Youth Exchange member now in Peru, was read at the meeting of the Society of Farm Women No. 6 on Saturday, March 20, at the home of Mrs. Bertha Keller, 212 Highlawn Ave., Elizabethtown. The note was in appreciation for the donation of the club toward the IFYE fund.

The group voted to donate \$10.00 to the Lancaster County Society of Crippled Children, and a like amount to the American Cancer Society.

During the program, Mrs. E. J. Leffler, Lebanon County Police Woman spoke on certain aspects of her work.

Devotions were in charge of Mrs. William Thome. Co-hostesses were Mrs. Harrison Keller, Mrs. William Thome, Mrs. Jacob Miller and Mrs. John Groy.

Next meeting of the group will be held in the home of Mrs. Clayton Risser when Carol Ginder will show slides on her one and one-half years in Brethren Service in Puerto Rico.

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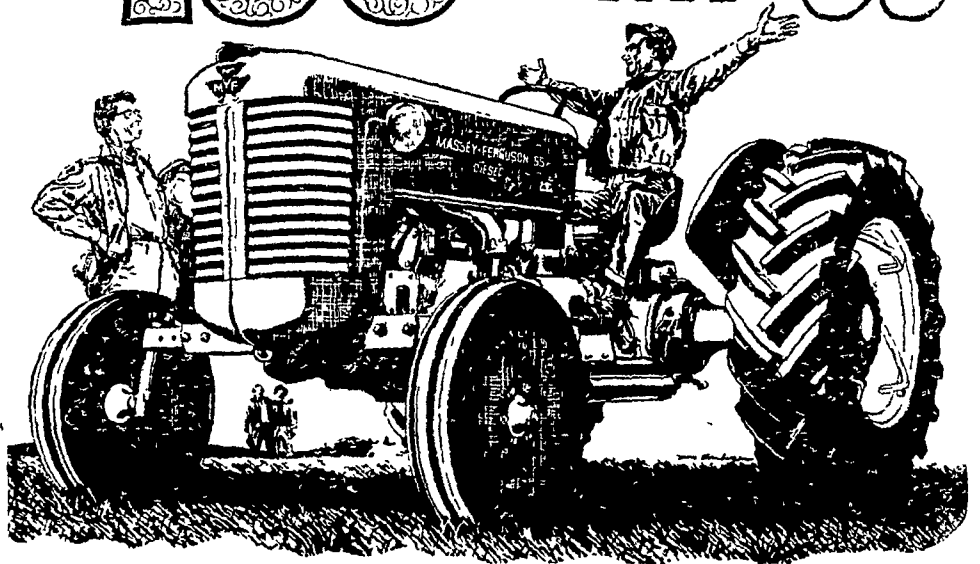
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