

● Lenten Breakfast

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when beater is withdrawn. Add pepper to yolks and beat until thick. Fold yolks into egg whites. Heat fat in large skillet (10-inch) until hot enough to sizzle drop of water. Pour in omelet mixture. Reduce heat. Level surface gently. Cook slowly until puffy and lightly browned on bottom, about 5 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. Fold in half 2 to 3 servings.

PIE PAN CHEESE OMELET

6 slices pasteurized process sharp American or Old York cheese
4 eggs
1/2 cup milk
1/4 cup sliced pitted ripe olives
1/4 cup chopped pimiento
1/4 teaspoon salt

Remove paper separating the cheese slices. Cut slices of cheese into quarters and arrange on the bottom of a 9-inch pie pan that has been rubbed with butter or margarine. Beat the eggs slightly & combine with the remaining ingredients. Pour the egg mixture over the cheese. Bake in a moderate oven (350 degrees) 25 minutes or until a table knife inserted into the custard mixture comes out clean. Cut into pie-shaped pieces and serve hot.

Another way to serve eggs

EGGS BECHAMEL

6 hard-cooked eggs
1/2 cup finely chopped onion
1/2 cup butter or margarine
1/4 cup flour
2 cups milk
1 tablespoon chopped parsley
1/2 teaspoon salt

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1/8 teaspoon nutmeg
1/2 cup shredded sharp cheddar cheese

Shell eggs and cut into halves lengthwise. Remove yolks and mash. Cook onion in butter about 5 minutes. Stir in flour. Remove from heat and gradually add the milk. Add parsley and seasonings. Cook gently, stirring as the sauce thickens. Spread 1/2 cup of the sauce over the bottom of an 8x8 inch shallow baking dish. Combine 1/2 cup of the sauce with the mashed egg yolks and fill the egg whites with the mixture. Place the stuffed eggs in the dish and cover with the remaining sauce. Sprinkle with cheese. Brown in a very hot oven (450 degrees) about ten minutes. Serve hot on toasted buns, English muffins, or toast.

If you're serving a Lenten brunch you might, like to serve your eggs like this:

EGGS MADRILENE WITH CHEESE

3 hard-cooked eggs
1/4 cup sliced pimiento
stuffed olives
1 tablespoon unflavored gelatine

1/2 cup cold water
2 tablespoons lemon juice
13 ounce can madrilene, heated
Lettuce
8-ounce package sliced Swiss cheese
8-ounce package sliced Cheddar cheese
1/2 cup mayonnaise
2 tablespoons pickle relish
Shell eggs and cut each in half crosswise. Place each half an egg cut side down in a custard cup. Arrange slices of olives around each. Soften gelatine in cold water. Add lemon juice and gelatine to hot madrilene. Pour madrilene mixture over each egg to cover. Chill to set. Arrange lettuce on a large chop plate. Unmold eggs onto the lettuce. Place slices of cheese around the eggs. Combine mayonnaise and pickle to be spooned onto eggs from a separate bowl. Complete the menu with hot rolls, relishes, cup cakes, and tea, or coffee.

Walnut Bottoms Pre Beauty, an eight year-old Guernsey, owned by J Rohrer Witmer, Willow Street R2, produced 13,130 pounds of milk and 636 pounds of fat in 305 days. She was milked two times daily.

Best Food Buys

Built-In Maid Service Costs

What does convenience cost you as a consumer? In recent years the use of convenience foods with "built-in" maid service has been cited as the reason for much of the increase in food marketing costs. As a result, farmers are receiving a declining percentage of the food dollar.

These added marketing services have contributed to higher marketing costs, reports Tom Piper, Penn State Extension Marketing Agent. However, this may not be as great a factor as once believed.

Total sales of convenience foods are increasing. In 1958 they comprised 5 1/2 per cent of total grocery sales. Sales of precooked foods made up less than one percent of all food sales.

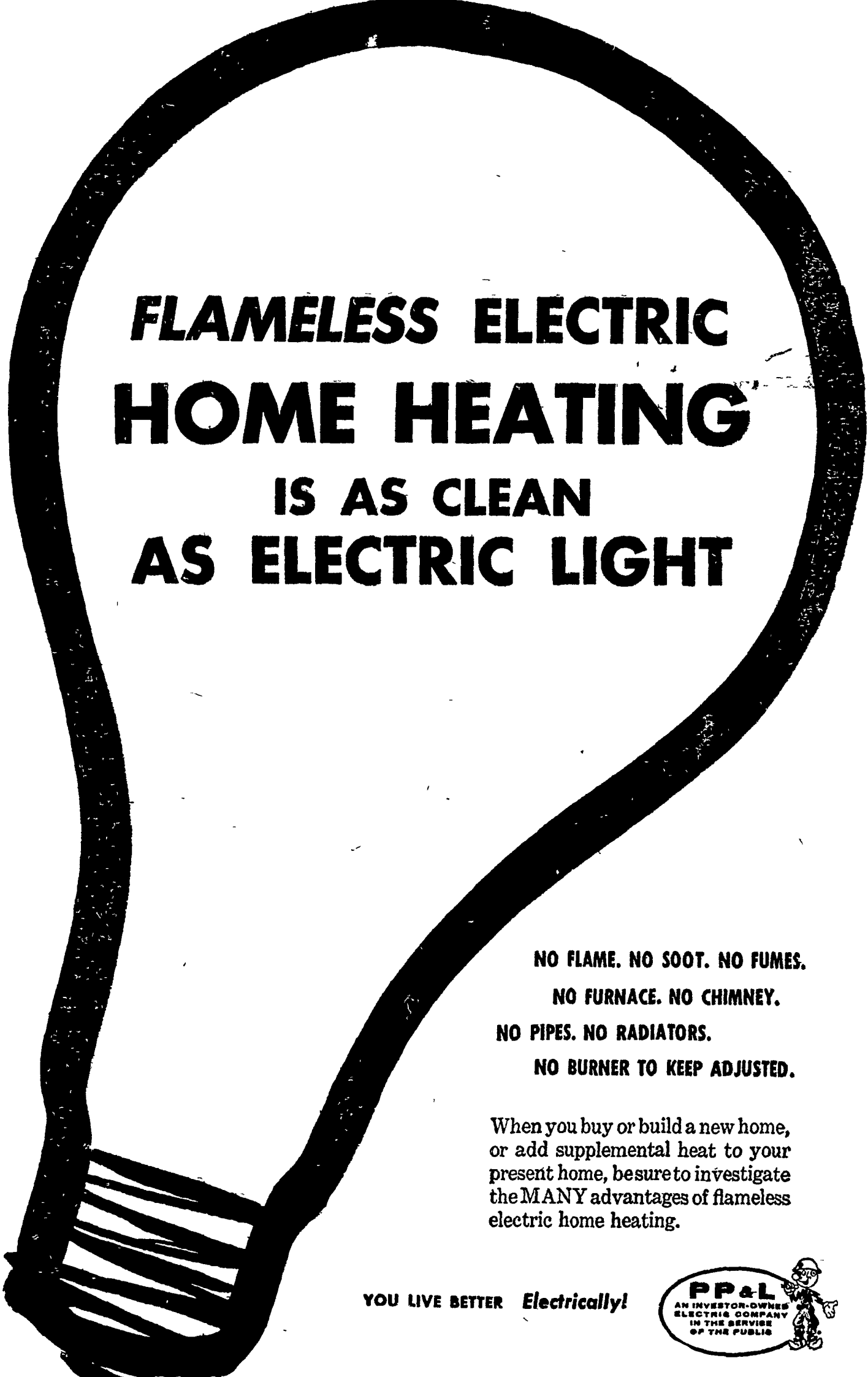
In 1958 the United States Department of Agriculture made a study of 63 serviced foods and their unserved counterparts; that is, fresh peas versus frozen or cut up chicken compared to whole chickens. This study showed that for each \$100 spent, the

serviced foods cost only 61 cents more than the unserved ones. The difference was less than one per cent.

Increased costs due to more extensive processing and packaging may be partially offset by reduction of waste and spoilage. Orange juice made from frozen concentrate often costs about half as much as the same amount squeezed from fresh oranges at home.

To obtain good buys in food, economy-minded shoppers should consider the following factors: cost per serving, convenience and time saved, family preference and nutritional contributions. Food costs can be controlled if you learn how to compare prices of foods in different forms — fresh, frozen, canned or a combination of these. Watch for food sales and watch for foods in season when supplies are most plentiful. A good buy may be one that gives the most satisfaction per dollar spent.

In relation to today's income, food prices are at the lowest point in history.



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