

**● For The Farm Wife**  
(continued from page 15)

- ¼ teaspoon pepper
- 3 tablespoons butter
- 1½ cups chopped, cooked ham

Place instant nonfat dry milk, water and eggs in a medium-size bowl. Beat until smooth. Add salt, pepper. In a skillet, melt butter over medium heat. Pour in egg mixture, sprinkle with chopped ham; cook, stirring occasionally, until set. Turn onto warm platter and garnish with chopped parsley. Delicious with buttered toast and hash brown potatoes if you like a hearty breakfast.

For a really elegant breakfast try this sausage-egg combination.

**ELEGANT SAUSAGE-EGG BRUNCHEON**

- 1 pound package pork sausage links
- ½ stick (¼ cup) butter or margarine
- ¼ cup finely chopped green pepper
- 2 tablespoons finely chopped onion

- ¼ cup flour
- 2½ cups milk
- 1 teaspoon salt
- ½ teaspoon ground rosemary
- 5 hard-cooked eggs, cut in large pieces
- 4 English muffins, split in half
- Prepared mustard

Melt butter in a small saucepan. Add green pepper and onion and cook until vegetables become transparent. Remove pan from heat. Slowly stir in flour, blending well. Stirring constantly, gradually add milk. Return to heat and stir continually until mixture thickens and boils. Add salt, rosemary,

**Pork Buying Tips**

When buying fresh pork, look for firm, fine textured lean that is grayish-pink, has firm white fat on the outside of the cut, and some fat well-distributed through the lean, advise Penn State extension food specialists. Store fresh pork in the refrigerator, loosely wrapped, and plan to use it within a few days.

and eggs. Cover until ready to muffle halves and spread each muffin half. Top each serving use. Cook sausage according to lightly with mustard. To serve, with 2 hot cooked sausage directions on package. Toast spoon creamed eggs over each link.

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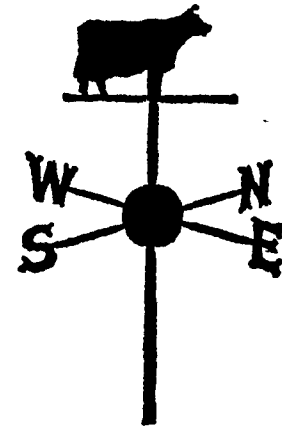
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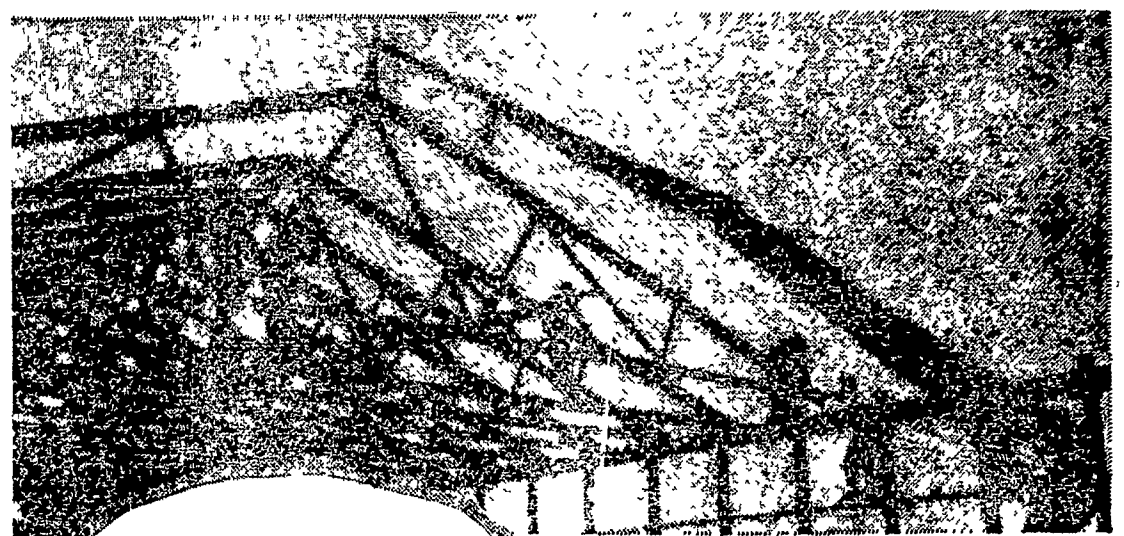
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