

**For The Farm Wife**

(Continued from Page 8)  
Combine the 3/4 cup pineapple liquid, vinegar, soy and broth with cornstarch. Pour into pan. Cook and stir until sauce boils. Add onions, pineapple chunks. Heat 5 minutes longer. Serves 4.

**MINIATURE BAKED ALASKA**

3/4 cup creamy peanut butter  
36 chocolate wafers  
1 quart vanilla ice cream  
6 egg whites  
3/4 cup sugar  
12 maraschino cherries

Spread peanut butter on 24 chocolate wafers. Layer in stacks of 2 using remaining wafers as tops. Place on a wooden board or an aluminum foil lined baking sheet. Center small scoop of ice cream on each stack of wafers; freeze. Beat egg whites until soft peaks form. Gradually add sugar and continue beating until stiff and glossy. Remove ice cream stacks from freezer one at a time and completely frost each with meringue. Top with a maraschino cherry. Replace each Alaska in freezer after it has been frosted. Bake Alaska on board or baking sheet in a very hot oven (500 degrees) 4 minutes or until meringue is golden brown. Serve immediately or refreeze until serving time. Makes 12 servings.

**Eggs**

(Continued from Page 1)  
cholesterol content of eggs, and per capita consumption goes down. The hospitals have an outbreak of "Salmonella" and blame eggs, and poultrymen are immediately assumed guilty until proven innocent.

The facts are, Lawless said, that eggs have not been established as a damaging source of cholesterol, in fact the evidence is to the contrary. The strain of Salmonella isolated in the hospitals is not found on or in, eggs. His department, in cooperation with the food and drug, and marketing agencies, examined 3,000 samples (eggs, droppings, etc) and they were unable to find a single case of the accused Salmonella strain. On the matter of cholesterol, Lawless told the poultrymen, the physicians have still not been straightened out; they go right on telling people to avoid eggs. The facts are, Lawless said, that eggs contain about as many vitamins as a synthetic vitamin capsule. For weight watchers they're especially valuable since they only contain 77 calories per egg. Their protein content compares favorably with any other food pound for pound.

The consumption of eggs is down 12 per cent. While eggs represent only 4 per cent of value of foods purchased, other protein foods represent 33 per cent. We're not promoting our product in the way it deserves, Lawless said.

In addition, we need new products that will compete for the consumer's dollar. Some of our state universities are working on this approach. They need industry support.

Are we handling our product to its best advantage, Lawless asked? Cracked eggs are one of our biggest problems. He sampled 450,500 dozen in one week in several parts of the state. 28 per cent of those dozens contained from 1-7 cracked eggs. They ran the

sampling another week; this time 6 per cent of the dozens contained cracked eggs. Does this encourage consumption? When poultrymen are marketing eggs from birds of different ages, Lawless suggested a separation of these eggs would enable the packing plant to handle the eggs from the older birds a little more carefully, and should result in a reduction in number of cracks. Each handling step is important in reducing cracks.

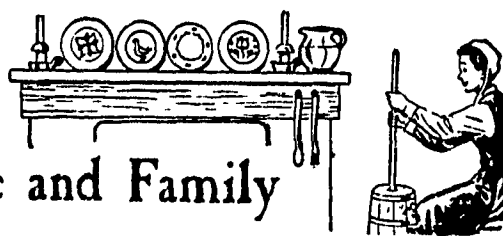
Lethargy? Why aren't farmers supporting their associations in greater number? It usually follows that those that need the help the most don't turn out, the speaker said. It's at the "grassroots" that the industry needs support. If everybody tries to do SOMETHING it's bound to rub off on SOMEBODY.

In conclusion Lawless said, "We don't have to back up to go ahead, but this is just what we've been doing. Why don't we start now from right where we are and get going!"

Seven new directors were elected by the membership. To serve 3-year terms: Harold Esbenschade, Carl Harnish, John Huber Jr, Richard Sauder, John Copenhagen, and Allen B. Graybill. To serve a 2-year term, John Jacob Oberholtzer.

Director Ben Burkholder reviewed the Association's activities during 1964. These included a decision to sell the Poultry Center. When it is sold, he said, 75 per cent of the net return will be donated to the new Farm and Home Center. The Poultry Assn will continue to function, and will use the facilities of the Farm and Home

**For the Farm Wife and Family**



**Ladies, Have You Heard? . . .**

By: Doris Thomas, Extension Home Economist

**Important To Plan Your Mending**  
Plan ahead and choose a time when you don't have to hurry and you can make mending the family clothing more enjoyable and less of a chore.

Prompt and skillful mending can prolong the life of clothing. Look over garments regularly with an eye to needed mending and you can cut down on your mending time. It's easier to mend breaks, tears, or weak spots while they're small than it is after they grow into big ones. It's always easier to "prevent" with a couple of stitches than to "cure" later on with many stitches. But, be certain the garment is worth the time and effort it will take to repair it.

Adequate mending supplies flannel, pretreated with wax and sewing tools are essential. The cloth comes in colors and is washable in hot soap or synthetic detergent suds.

Not enough and overloaded outlets, wires under rugs and over doorways, unsafe extension cords, lights that dim, fuses that blow, television pictures that shrink, and toasters or irons that take forever to heat are among the signs that mean it's time to have an electrician check the electric system in your house.

Overly sweet snacks take away the desire for the next meal and help to promote tooth decay because it may not be possible to brush the teeth right after eating. Consider snacks part of the total food eaten during the day. And remember to plan nutritious snacks just as you do regular meals.



THOMAS

**Worth Knowing**

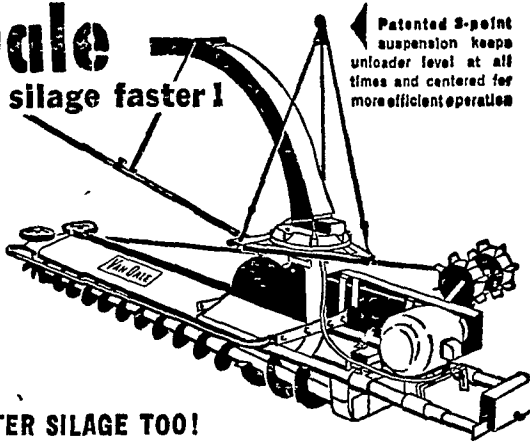
When you shop for rugs or carpets, "tip shearing" is a term you might hear. Tip shearing refers to a loop carpet with some loops cut at random. This gives the rug or carpet a handsome look and tends to hide traffic patterns.

A housecleaning aid for cleaning and polishing is a dusting cloth of double-napped

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