

Easter, Eggs, Spring--All Go Together

(Continued from Page 17) the shell or out. If hard cooked eggs are peeled, keep them refrigerated in a film wrap.

Don't keep hard cooked eggs for more than 7 to 10 days under refrigeration.

The green discoloration that sometimes appears between the white and the yolk of a hard cooked egg results from a chemical reaction between sulfur in the white and iron in the yolk. This discoloration is unattractive but harmless. Cooking eggs at low temperature and cooling promptly will help prevent it.

Here are some other tips for success with egg cookery.

To avoid curdling, add hot liquid a little at a time to beaten eggs, stirring constantly. If you use the reverse order, and add

eggs to the mixture, the result will be lumpy or curdled because the hot mixture will cook the eggs immediately.

For greatest volume, have egg whites at room temperature before beating. But since eggs separate more readily when cold, separate them at once after removing them from the refrigerator and then let them warm up to room temperature.

For custards and souffles, set the baking dish in a pan of hot water.

Make hard meringues on a dry day and store in a dry place or in a package in an airtight container and keep frozen until needed. If made on a very humid day, meringues may be gummy.

Remember that one egg is equivalent to one tablespoon of flour if you are using eggs for thickening pie filling, salad dressing, sauces or puddings.

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Proper home storage of eggs

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will help protect the health of your family and your budget.

Be sure to buy fresh eggs. It is a safe rule of the thumb to get no more than a week's supply of eggs at a time. Under the best storage conditions, eggs can remain at their peak freshness for seven to eight days after they are laid.

Store eggs large end up in special refrigerator racks, in a covered container or in their clean, modern cartons. The carton provides a convenient method of handling eggs in the kitchen work area.

Storing them large end up will keep the yolk from sticking to

the shell and keep their natural quality longer.

If you have more eggs on hand than you can conveniently use within two weeks, keep the older eggs for baking or other cooking purposes. Remember that fresh eggs are more appealing for table use.

Leftover egg yolks should be covered with cold water and stored in the refrigerator in a tightly closed container. Use within a day or two.

Extra egg whites should also be refrigerated promptly in a tightly closed container and used within a day or two. Don't cover the egg whites with water.

The delicate flavor of eggs is easily masked by off-flavors picked up from other foods. To prevent off-taste, don't store eggs next to cheese, citrus, fish or other aromatic foods.

It is important to remember that eggs kept at room temperature will lose more quality in one day than they would in one week under proper refrigeration.

Refrigerated at 45 to 55 degrees, eggs will keep their food value provided they're used within a reasonable period of time.

For that extra-special Easter breakfast or brunch serve eggs this way —

BACON WITH CREAMED EGGS ON CORN BREAD

- 3 tablespoons butter or margarine
- 1/2 cup flour
- 1/2 teaspoon salt
- 3 cups milk
- 1/2 cup sliced celery
- 3 tablespoons chopped pimiento
- 1/2 cup sliced pitted ripe olives
- 2 teaspoon prepared mustard
- 4 hard-cooked eggs

Corn bread
Melt butter or margarine in a saucepan, blend in salt and flour. Add milk slowly. Cook, stirring constantly, until thickened. Add celery, pimiento, olives, and mustard. Blend well. Heat 10 minutes. Cut eggs into quarters and arrange on corn bread. Spoon cream sauce over all. Serve hot with bacon. Makes 4 to 6 servings.

State Gives True-False Quiz on Public Welfare

To clarify misconceptions and dispel myths surrounding public assistance in Pennsylvania, the Office of Family Services, State Department of Public Welfare, has issued the following true or false quiz accompanied by official answers.

1 Rural communities have the highest percentage of population receiving assistance.

2 Almost all persons receiving public assistance are able bodied employables and should be working.

3 All adults receiving public assistance are unemployed.

4 Assistance allowances do not include money for household furniture, equipment, replacement and repairs of appliances.

5 Persons on public assistance who own their own homes have to "give" their property to the State.

6 To be eligible for public assistance in Pennsylvania, an applicant must have lived in the State for at least one year.

7 Once a family is put on public assistance it stays on indefinitely.

8 Most public assistance recipients are nonwhite.

9 Significant changes are seldom made in assistance allowances.

10 Public assistance does not mean cash payments only.

11. You don't have to be on cash assistance in order to be eligible for food stamp or medical assistance programs.

12 All money earned by persons receiving public assistance must be deducted from their assistance check.

13 Not all families on cash assistance receive the maximum allowance.

(For the Welfare Department's answers, See Page 25)



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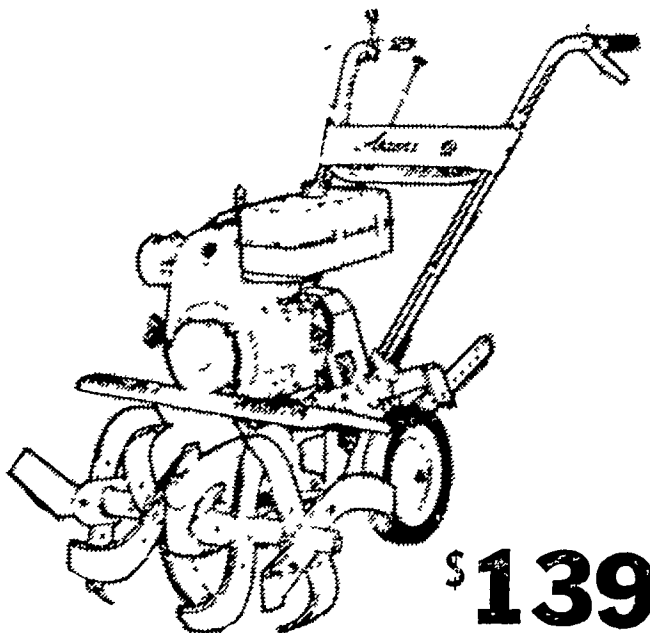
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