



Ladies,  
Have  
You  
Heard?



By Doris Thomas,  
Extension Home Economist

Doris Thomas

**Proper Storage Conditions  
Increase Shelf-Life Of Eggs**

The length of time an egg will stay fresh—that is, of high quality—depends mainly on the conditions under which the egg is kept in the store and home.

The most critical factor in maintaining egg quality is temperature. For example, eggs stored at room temperature—72 to

80 degrees—will lose more quality in one day than they will lose in one week under refrigeration. If eggs are kept under refrigeration, they should have a shelf-life of at least four to six weeks.

While many home refrigerators feature special facilities for eggs, it is a good

practice to store eggs in the cartons in which you bought them. The carton keeps the eggs covered and holds them in a secure position. This prevents breakage and the subsequent increased deterioration.

When an egg of high quality—Grade AA or A—is broken out into a pan, the yolk stands high and the white does not spread out excessively. In lower quality eggs, the yolk will be flattened and the white will appear watery and spread out. When hard-cooked, eggs of high quality will normally have a well-centered yolk.

Loss of quality in shell eggs during storage primarily detracts from the eye-appeal of the egg; however, the nutritional quality remains the same.

**Your Sewing Ability**

“I made it myself!” Can you say that with pride about garments you make?

Many women who sew feel guilty about the slightest deviation from perfection and imagine that everyone else notices it, too. Important as perfection is, don't be a slave to it. Ripping and stitching, can give a garment a tired, worn-out look before you wear it.

Often you are the only one who notices that the stitching line is an eighth of an inch off, unless you tell everyone. Have you ever bought a dress, and after wearing and enjoying it noticed some slight error in stitching or construction that escaped your eye at first? If you had sewn it that way you would be full of apology. Instead you enjoyed the style, or color or fabric—whatever attracted you to the dress in the first place.

If you are not confident of your ability to sew well, choose printed designs and textured fabrics, where stitching imperfections

are less obvious. Plain-colored, flat-textured materials will show off errors, as well as perfect workmanship.

Top stitching to outline seams or other details should be as perfect as possible to avoid the “home-made” look. If you have

difficulty with this, omit the topstitching. Choose pattern and fabric to suit your sewing ability. Correct any large mistakes, and resolve to do better next time on the little ones. And don't apologize. Be proud of your sewing ability.



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**No Match for Good Nutrition**

Billie Jean King's day of triumph on the tennis court started off just like any other day — with a breakfast of eggs. According to the New York Times feature writer, Grace Lichtenstein, in an article written after extensively interviewing Ms. King's secretary, the victor of the so-called “Battle of the Sexes” had a breakfast of ham and eggs, just as she does on many other mornings. It was further reported that Mrs. King likes eggs in many forms; her favorite is mushroom omelet.

It is quite important to compare the types of breakfasts eaten by the two contenders in the most-publicized, highest-attended tennis match in the history of sports. Mrs. King apparently prefers taking the natural route to maintaining a healthy body to prepare herself for her active, highly athletic life. Bobby Riggs on the other hand, seems to favor the manufactured attempt to achieve good health.

He reportedly consumed volumes of vitamins and other prepared dietary supplements on the morning of the “Big Match.” But, it would seem, there is no match for a well-balanced, sensible diet — a diet consisting of one of the most protein-packed foods available to man (and woman) — eggs. Could the difference in natural nutrition vs. synthetic attempts to create that same nutrition have made a difference in the outcome of the match?

**In the Kitchen**

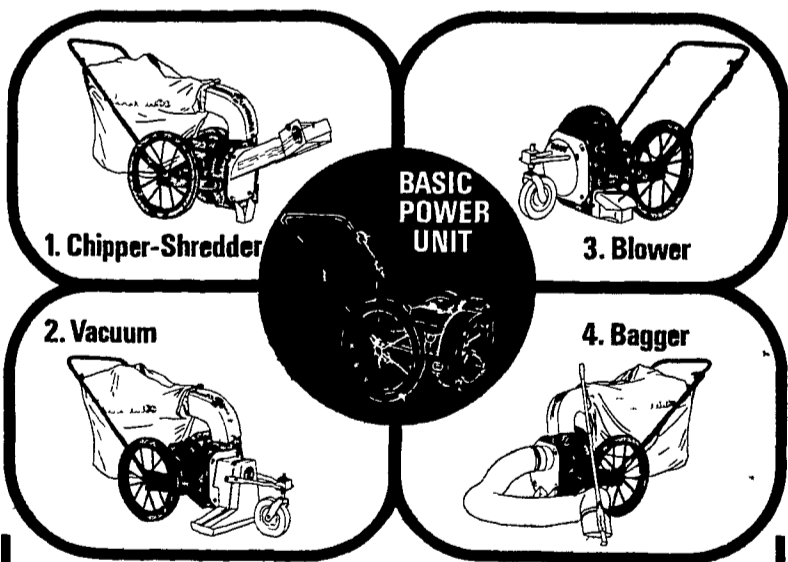
**CORN AND CABBAGE SAUTE**

- 5 ears fresh corn
- ¼ cup butter or margarine
- ½ cup chopped scallions
- 2 cups chopped cabbage
- ¼ cup sliced carrots
- ½ tsp. salt
- ½ tsp. ground black pepper

Remove husks and silks from corn. Cut kernels off cobs (makes about 3 cups). In large skillet melt butter. Add scallions and saute 3 minutes. Stir in corn, cabbage, carrots, salt and black pepper. Cook, stirring constantly 5 minutes or until corn and cabbage are just crisp-tender. Makes 6 portions.

**Halloween Pumpkin**

For Halloween Party: Hollow out pumpkin. Cut out eyes and mouth. Make round hole for carrot to be “nosed” in. Fill top of pumpkin with mums, bunches of parsley or curly endive for hair.



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