

## The "Incredible-Edible Egg"

Food shoppers who are tightening the purse strings to balance their food budgets will find help at the egg counter these days, according to Virginia L. McLuckie, Extension food economist in Baltimore for the University of Maryland. "The Incredible-Edible Egg" is the theme selected

by the Maryland Egg Council for May Egg Month, Miss McLuckie reports.

"This is a wonderful description," the Extension food economist declared, "because it is incredible that there is so much nutritive value in a natural pre-packaged egg, and it is usable in so many ways that it is truly a cook's best friend."

Eggs comprise one of the most nearly perfect foods, with nutritional values similar to those of meat. They are a natural protective food with protein that is complete, furnishing all of the amino acids essential for building and repairing body tissue.

Besides protein, eggs contain most of the vitamins and minerals which are vital

to building and maintaining strong, healthy bodies. They put some stretch in your food dollar. A serving of two large eggs compares in protein value with a three-ounce serving of meat, and it will cost you less than 15 cents at current prices.

Eggs also are a valuable ingredient for your prepared dishes. Some hard-cooked eggs in potato salad increase its protein value. You can stretch a few eggs into an entire meal for the whole family when you combine them with bread to make French toast. Or you may cream hard-cooked eggs to serve on toast.

Enough eggs in pancakes makes them really worth eating. And have you tried "dip-witches?" Make a sandwich that you like to eat toasted. Instead of toasting, dip each side in an egg and milk mixture, like you use for French toast.

Eggs can well substitute for meat in any meal. Have you ever combined eggs and spaghetti? (See recipe at end of this article for Eggs Tetrizzini.)

And consider the many ways that eggs can help answer that gnawing question, "What shall I cook for dinner?"

You can serve eggs fried, poached or coddled. You can hard-cook or soft-cook them - you never boil eggs! You can scramble them or make omelets. You can whip up souffles and fondues. You can combine them in baked goods, in egg-nogs made with milk or fruit juice - and virtually hundreds of other ways.

Now here's that recipe for EGGS TETRAZZINI.

**Eggs Tetrizzini**  
 1 package spaghetti (8 oz.)  
 2 Tbsp. olive or salad oil  
 1 medium onion, sliced  
 ½ cup sliced celery  
 1 green pepper, sliced into thin rings  
 2 Tbsp. flour  
 1 tsp. salt  
 ¼ tsp. pepper  
 1½ cups milk  
 6 hard-cooked eggs

Cook spaghetti according to package directions. Drain thoroughly. Heat oil in

skillet. Add onion, celery and green pepper. Cook slowly for 5 minutes. Blend in flour and seasonings. Add milk and stir until thickened. Dice two of the eggs into the sauce.

Pile spaghetti on hot platter. Top with hot sauce. Slice remaining eggs over sauce. For eye-appeal, garnish with a sprinkling of paprika and a few sprigs of fresh parsley. Makes 4 to 6 servings.

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## Fort Zellers 4-H Club

The Fort Zellers 4-H Community Club meeting was held last week in the Newmanstown Township Building. Twenty-four members, six guests, and four leaders attended.

Vice president Ann Keppley opened the session with the 4-H pledge. Lisa Bennetch reported Fort Zellers 4-H Club placed fourth in the county's 4-H Cookie Sale.

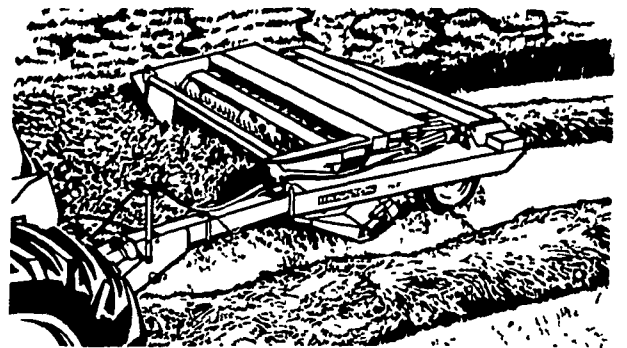
Mrs. Luther Bennetch suggested that the next meeting, May 28 at the Township Building, be "Stamp Night." Demonstrations on stamp collecting will be presented to club members.

A bake sale to raise funds for prizes for members who complete their projects books will be held June 8 in front of Beamesderfer's Store in Newmanstown.

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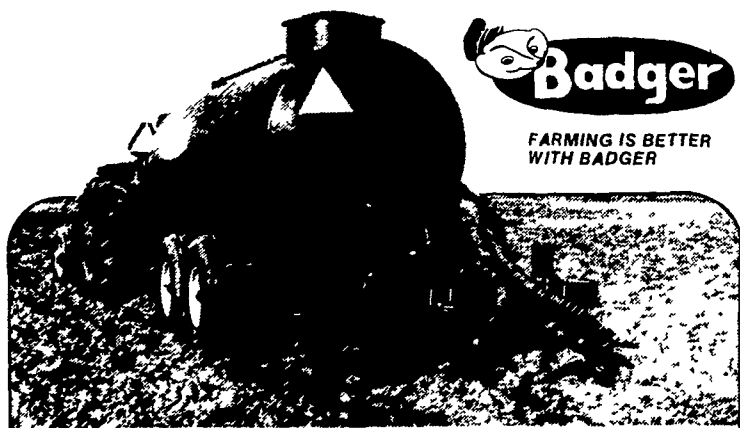


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