



Helmer told his guests that egg yolks can enhance the color of tempera paints and used a model from the audience to prove his point.

Helmer Explains The Incredible Edible

Home Economics instructors from the area and officials of the Pennsylvania Poultry Association were entertained by the informative and often humorous antics of Howard Helmer, the Omlet King, at historic Strasburg on Thursday evening.

"King" Howard has been a member of the Egg Marketing Board for the past seven years acting as a liaison and public relations person between the board and several prominent women's publications. His purpose being to instruct people on the "incredible edible - the egg."

Following his introduction concerning the nutritional benefits of eggs, Howard began his demonstration on the many different and unique uses of eggs.

Helmer, condemning the pre-mixed instant breakfast drinks that he said "come straight from the test tube!" made his own breakfast concoction that consisted of orange juice, honey, eggs and vodka.

"This is a natural drink and is all fresh, the egg gives you the protein that you need while the orange juice fortifies with vitamin C."

Sporting the fact that he could save women \$64.97 Helmer asked volunteers to have an egg facial that he said would only cost about 3 cents a day instead of the \$65 charged by the beauty

salons. After you've used the white of the egg for a facial you can use the yolk to rinse your hair and the "no more frizzies".

To further show the uses of eggs, Helmer taught the audience how to tell their fortunes by examining the outside of the egg and also by looking at the egg broken out on a plate with the yolk broken. He also mixed egg yolks with tempera paints to show how glossy paints could become.

For his finale, Helmer cooked a peach omelet using peaches, mandarin oranges,



Calling pre-mixed breakfast drinks mixtures straight from the test tube, Helmer showed the audience how to make a natural breakfast beverage using honey, orange juice and eggs.



Explaining the novel uses for eggs, Howard Helmer, the Omlet King, invites ladies in the audiences to try his egg white facial treatment.

pineapple and sour cream flaming with peach brandy.

Speaking seriously, Helmer told the audience that eggs are an excellent source of protein "cheap yet complete Protein."

Helmer went on to explain that many people are worried about the cholesterol in eggs.

"All high protein sources are high in cholesterol," he explained. Our advice is to see your doctor and have your level checked if you are worried.

Helmer's talk came after a meal laced with egg dishes from sliced eggs in the salad to an egg and fruit custard dessert.

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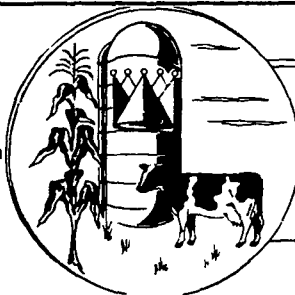
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Grange Meet Tonight at White Horse Fire Hall

Lancaster County Pomona Grange 71 will hold their fall meeting at the White Horse Fire Hall Saturday, October 19, 8 P.M. as guests of Salisbury Grange. "What's Going On In Downtown Lancaster" will be the topic of discussion during the literary program presented by the Lecturer, Mrs. Jesse Wood. Since Lancaster will be the convention site for the 1975 annual session of the Pennsylvania State Grange the chairman of the tri-county entertainment committee, Richard Maule, will outline some of the plans that have been made and announce some committee heads.