

# Tasty egg sandwich tastes good on the trail

DURHAM, N.H. — It's not just a call of the wild, but also the promise of refreshing coolness that lures many of us to the woods each Summer. It's much easier to "think cool" while resting in the shade of an evergreen.

You can work up quite an appetite getting thee, though, especially if your trek is uphill. Let Hiker's Halftime Sandwiches revive

you. The pretty egg salad filling provides lots of protein, vitamins and minerals to help you make that last mile.

It's easy to mix up the filling the night before you leave. Store it in the refrigerator in a thermal jar so it'll stay cool and refreshing. Wherever you plan to take these sandwiches along with you this Summer, you'll find they'll

be much fresher-tasting if you pack bread, lettuce and any other ingredients separately. Spreading the filling and assembling the sandwiches just before eating helps to keep the lettuce crisp and the bread from becoming soggy. The minute or two you spend putting it all together will be worth it.

Whole hard-cooked eggs are great snack items to take

on the trail, too. Put a little salt or your favorite herb in a small envelope for sprinkling on the eggs. Since both the egg shells and the envelope are biodegradable, you'll be doing your part to keep the woods litter-free. (Do remember to bring any metal cans or plastic wrap back with you.)

Wherever you go this Summer, take an egg or two to lunch. They're good travelers and good for you.

## HIKER'S HALFTIME SANDWICHES

- 1/2 cup mayonnaise or salad dressing
- 2 tablespoons chopped chives
- 1/2 teaspoon dry mustard

- 1/2 teaspoon onion salt
- 1/8 teaspoon pepper
- 9 hard-cooked eggs, chopped
- 1 medium tomato, chopped
- 1/4 cup chopped green pepper
- 12 slices whole wheat bread, buttered
- Lettuce leaves

In large bowl, combine mayonnaise, chives and seasonings. Mix until well blended. Stir in eggs, tomato and green pepper. Cover and chill to blend flavors. To serve: Spread about 1/2 cup egg mixture on each of six bread slices. Top with lettuce and remaining bread slices. Makes six servings.

To make hard-cooked eggs, put eggs in saucepan and add enough tap water to come at least 1 inch above

eggs. Cover; bring rapidly just to boiling. Turn off heat; if necessary, remove pan from burner to prevent further boiling. Let stand, covered, in the hot water 15 minutes for Large eggs — adjust time up or down by approximately 3 minutes for each size larger or smaller. Cool immediately and thoroughly in cold water — shells are easier to remove and it is less likely you will have a dark surface on yolks. To remove shell: Crackle it by tapping gently all over. Roll egg between hands to loosen shell; then peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.

## The new Patz XH Link and drive unit gives you extra performance over the long haul

You can depend on **Patz**  
Pound, Wisconsin 54161

Standard over 2 lbs  
XH over 2 1/4 lbs

33% EXTRA STRENGTH FOR THOSE HEAVIER, LONGER LOADS

- Can be adapted to all Patz gutter cleaners
- Can be adapted to many makes of manure handling systems.
- Patz now offers you three different drive units and 2 sizes of link to suit your requirements

For further information and advice contact your nearest Patz dealer

### DISTRICT MANAGER

GEORGE HEATH 472 Woodcrest Dr. Mechanicsburg, PA 17055 717-737-9400

ALEXANDRIA  
MAXISENBERG  
717-669-4027

KIRKWOOD  
LANDIS &  
ESBENSHADE  
717-786-4158

WILLIAMSBURG  
LONGENECKERS, INC.  
814-793-3731

BALLY  
LONGACRE  
ELECTRIC  
215-845-2261

LEBANON  
MARVIN J. HORST  
DAIRY EQUIPMENT  
717-272-0871

### MARYLAND DEALERS

HAGERSTOWN, MD  
TRI-STATE  
FARM AUTOMATION  
301-790-3698

BELLEFONTE  
LUCAS BARN  
EQUIPMENT  
814-383-2806

McALISTERVILLE  
SANER FARM  
SYSTEMS  
717-463-2606

KENNEDYVILLE, MD  
PINDER SERVICE CO.  
301-348-5263

BELLEVILLE  
MACLAY & SON  
717-935-2101

MILLERSBURG  
LANDIS  
LABOR SAVERS  
717-692-4647

LINEBORO, MD  
WERTZ GARAGE, INC.  
301-374-2672

CAMP HILL  
LLOYD SULTZBAUGH  
717-737-4554

MILTON  
LANDIS FARMSTEAD  
AUTOMATION  
717-437-2375

NEW WINDSOR, MD  
TRI-COUNTY  
FARM AUTOMATION  
301-775-7365

CHAMBERSBURG  
VALLEY FARM  
AUTOMATION  
717-264-3814

PIPERSVILLE  
MOYER  
FARM SERVICE  
215-766-8675

ELLIOTTSBURG  
CARL BAER  
717-582-2648

TERRE HILL  
TERRE HILL  
SILO CO. INC.  
215-445-6736

STREET, MD  
P & S EQUIPMENT, INC.  
301-452-8521

HAMBURG  
SHARTLESVILLE  
FARM SERVICE  
215-488-1025

## FFA officer

(Continued from Page 109)

president of the National FFA Alumni Association, for an update on Alumni programs and Bernie Staller, Executive Director of the National FFA Foundation Sponsoring Committee, went over the operation of the Foundation as it relates to the funding of FFA programs. Over 90 percent of the \$1 million goal for sponsorship of more than 30 incentive awards and contests has been met so far this year through the Foundation Sponsoring Committee.

A number of informational and inspirational programs were held during the week

with improvement of communication skills and cooperation as the goal.

On Friday a wreath-placing ceremony at the Tomb of the Unknown Soldiers at Arlington National Cemetery set a patriotic tone and the officers then visited many historical sites and museums around Washington, D.C.

During the week, the group also attended the inspirational "Torchlight Tattoo" program presented by the Old Guard of the Army at the Jefferson Memorial, George Washington's home, Mt. Vernon, and the National FFA Center, located nearby. They also met and talked informally with the staff of the National Center, and got to know more about all the programs available in the FFA.

The annual conference banquet on Friday night held at the Lazy Susan Dinner Theatre capped off the week where the group watched "The Sound of Music."

If you have fat cattle or need feeders ...  
**THINK NEW HOLLAND**  
**BEEF SALES**  
MONDAY - 1:30 P.M.  
THURSDAY - 11:00 A.M.  
Sale Order - Fat Bulls, Steers, Stockers and Beef Cows  
Veal Calves - 4:30 Thurs.  
**NEW HOLLAND SALES STABLES, INC.**  
Phone: 717-354-4341  
Daily Market Report - Phone: 717-354-7288  
Abe Diffenbach, Manager  
Field Representatives - Alan Diffenbach 717-656-9806  
Luke Eberly 215-267-6608

**GARBER OIL CO.**  
**TEXACO**  
**Fuel Chief HEATING OIL**  
• OIL HEATING EQUIPMENT  
**AIR CONDITIONING**  
MOUNT JOY, PA  
Ph. 653-1821

We Specialize In Aerial Work Using Our Twin Bucket Boom Truck

Extends To 55 Ft.

**ELECTRICAL CONTRACTING**  
Specializing In **AGRICULTURAL WIRING**  
Also Residential, Industrial And Commercial Work.  
Free Estimates.

**C. M. HIGH CO.**  
Box 175 RD 2  
Myerstown, PA 17067  
Phone: 717-866-7544

We Have Poles In Stock 25', 30', 35' & 45'