Tasty egg sandwich tastes good on the trail

DURHAM, N.H. – It's not iust 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.

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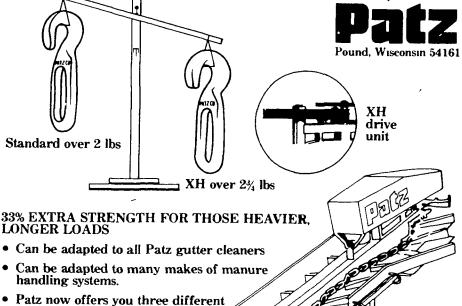
You can work up quite an appettite getting thee, though, especially if your trek is uphill. Let Hiker's Halftime Sandwiches revive you. The pretty egg salad be much fresher-tasting if filling provides lots of protein, vitamins and minerals to help you make that last mile.

It's easy to mix up the filling the night before you leave. Store it in the lettuce crisp and the bread 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 are great snack items to take

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

Whole hard-cooked eggs

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on the trail, too. Put a little salt or your favorite herb in small envelope for а 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 1/3 cup mayonnaise or salad dressing 2 tablespoons chopped

chives 1/2 teaspoon dry mustard

XXX This Summer slip the family or friends something cool and refreshing to sip on made with milk. For three tall and tasty dairy delicious drinks, mash one cup fresh strawberries and mix or blend with two tablespoons sugar and ½ pint strawberry ice cream. Add two cups milk and beat until frothy. Pour into glasses and top each with a scoop of vanilla ice cream. XXX

Want to create an extra special ice cream sundae? Gradually blend 3/3 cup maple syrup with ½ cup peanut butter, and spoon sauce over a scoop of chocolate and vanilla ice cream. Then top with a dollop of whipped cream and a few crushed peanuts for a far-out fun sundae.



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

(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

A number of informational

and inspirational programs

Sponsoring

Foundation

Committee.

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.

with improvement of communication skills and cooperation as the goal.

FFA officer

On Friday a wreathplacing 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 inspriational "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."

