

## Use Easter eggs to stretch food dollar

WASHINGTON, D.C. — Collecting baskets full of brightly decorated hard-cooked eggs has become a traditional highlight of Easter for children across the country.

And once the celebration is over, those hard-cooked eggs, sporting their flashy combinations of color and design, can become a nutritious way to stretch the family food dollar, said Betsy Crosby, a home economist with the U.S. Department of Agriculture's Agricultural Marketing Service.

"Hard-cooked Easter eggs are a practical place to look for an important source of protein, vitamins and minerals in the family diet," she said.

"You can add your hard-cooked Easter eggs to sauces, salads, salad dressings and sandwich fillings for high-quality nutrition at low cost," said Crosby. "They also can become a pleasing addition to many family casseroles by combining them with chicken, ham, tuna, mixed vegetables, broccoli or carrots. Yet another idea is to turn them into deviled eggs or stuffed eggs."

Crosby said after the traditional Easter egg hunt, the decorated hard-cooked eggs should be refrigerated promptly for safe keeping.

"The eggs are perishable but will keep for over a month when properly refrigerated," she said. "If the shells are removed before refrigeration, the eggs should be stored in a tightly closed container or placed in plastic wrap to preserve freshness."

What about eggs that crack during hard-cooking? Are they still edible?

"Absolutely," said Crosby, "but they should be used within one or two days, or they may dry out."

She said eggs with a green discoloration between the yolk and

the egg white also are safe for eating.

"The discoloration is caused by a chemical reaction during cooking between the sulfur in the white and the iron in the yolk," she said. "While unattractive, the discoloration is harmless. The eggs are still perfectly usable."

Crosby said clean, graded eggs that have sound, unbroken or uncracked shells are the best choice for hard-cooked Easter eggs. One way of getting the quality desired is to look for the USDA grade shield on the carton, she said.

## Spring coming by degrees

LANCASTER — "Spring arrives by degrees," says James J. McKeehen, Delaware County Extension agricultural agent. If he meant temperature, most of us wouldn't be surprised, but McKeehen is talking about longitude and latitude, degrees of arc.

"On the 20th of March, the sun is directly over the equator at noon. It then starts its slow trip north, until on the 21st of June it reaches the farthest point north — the

Tropic of Cancer, which is about at Havana, Cuba.

Responding to the warmth and light of the sun, plants spring to life and animals resume their annual cycle. This spring activity follows a set pattern known as Hopkin's Law: spring comes northward at a rate of 15 to 20 miles a day.

In the mountains of Pennsylvania, the terrain complicates the movement of spring by a rate of 80 feet a day as springtime activity climbs upward.

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## York Co. seeks dairy princess contestants

YORK — York County's dairy princess and promotion committee is seeking county girls interested in participating in the annual pageant, scheduled for Saturday evening, May 28, at the 4-H Center.

Winner of the county's dairy princess crown will be eligible to vie for the title of Pennsylvania Dairy Princess in a pageant honoring the county winners.

Princesses serve as spokespersons for the dairy industry, through personal visits to schools, shopping malls, fairs, supermarket promotions and on radio and television.

Applicants for the York pageant must be residents of the county. Her father must be a dairy farmer, dairy farm manager, herdsman or

dairy farm owner, or the contestant must own at least one dairy animal prior to May 1, 1983.

She should complete her junior year of high school in 1983 and not reach age 22 before December 31, 1983. Applicants must be single, never married, and not married during their year-long reign if they are selected the winner. Each contestant must have her parent or guardian's consent, and former winners are not eligible.

Winners must attend the state dairy princess training seminar, July 11-13, in order to participate in the September state pageant.

Pageant entry deadline is April 22. Entry forms are available from Anna Charles, 5350 Carlisle Road, Dover.

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