



## Have You Heard?

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### The Perfect Omelet

As everybody knows, there is only one infallible recipe for the perfect omelet: your own. On the subject of how to make the perfect omelet, the number of strongly held, hotly contested opinions is truly astounding. And most of them are quite fallible. Omelets are preferred in different ways by different cultures: They can range from the puffy, thickly filled Chinese egg foo yong to the soft, slightly runny "perfect" French omelet. So, have it your way!

A few guidelines are helpful, however. One, do not beat the eggs too long — just long enough to combine the whites with the yolks. Second, the pan should be very hot before you put the butter in and the butter must melt thoroughly before you pour in the beaten eggs. Third, keep moving the pan while the omelet cooks, for even cooking.

An omelet can be served plain, with a few basic seasonings, or with some very interesting and colorful additions. Instead of the usual bacon and scrambled eggs, try a bacon omelet. Simply add chopped and drained bacon bits to the eggs already in the pan; be careful not to use too much salt in preparing the eggs.

A tomato omelet makes a lovely

summer dish, especially when locally ripened tomatoes are available. Peel one tomato, remove the seeds, and chop. Add this, with 1/4 cup grated romano cheese, 1 clove of minced garlic, and 1 tablespoon chopped fresh parsley to 3 eggs. For a more Italian flavor, cook in olive oil instead of butter.

### Calorie Content Of Fluid Milk

Contrary to common belief, milk is not a high fat food. Whole milk contains between 3.25 percent and 4 percent fat. It provides a variety

of key nutrients at a reasonable calorie level.

Many milk containers carry a nutritional label showing the amount and variety of nutrients provided in one cup of milk. Carbohydrates, protein and fat, all found in milk, provide calories. Therefore, it is necessary to know the complete composition of a food to determine the number of calories.

Whole milk of average solids-not-fat-content (8.5 percent) and 3.25 to 3.5 percent fat, provides 150 calories per cup. Milk with 2 percent fat and no added solids has 120 calories per cup. An 8-ounce glass of skim milk, not fortified, will give you 90 calories.

Added milk solids improve the body and taste acceptance of lowfat milk. However, these carbohydrates add similar calories as for those of the fat which was removed.

A glass of 2 percent fat milk with 2 percent added milk solids will contain about 150 calories per cup—30 calories more than the unfortified product. Skim milk provides almost 110 calories per cup if fortified to 10.5 percent

solids.

Read the nutritional label on fluid milk products. Whole milk and unfortified skim or lowfat milk

are high in nutrients, but are not high-calorie beverages. Include these foods in your daily diet as the major source of calcium.

## Programs Set For Ag Resources Day

NEWARK, Del. — Safety exhibits and demonstrations will be part of Agricultural Resources Day, Saturday, Aug. 9. According to extension safety specialist Ron Jester, the safety program will include a presentation on back injury prevention and the control of back pain, and a farm accident rescue demonstration.

Back injuries are one of mankind's oldest ailments, and they are second only to the common cold in keeping people from work. Consequently, back problems end up costing industries billions of dollars. The safety presentation will benefit employers, consumers and victims of back injuries by addressing both prevention and care of back pain.

With the help of physical therapists, audience participants will practice lifting techniques with objects of different sizes in one- and two-person lifts. Information packets on the subject

will be available.

The farm accident rescue demonstration, presented in cooperation with Delaware State Police and the Georgetown Volunteer Fire Department, will enact the removal of a victim from a tractor overturn. The state's Medivac helicopter will assist in the rescue and the audience will be able to take a closer look at and learn more about the rescue vehicle.

Agricultural Resources Day replaces Farm and Home Field Day, an annual event traditionally held on Wednesday. The Saturday date is being tried this year so that more people can attend.

In addition to safety, the program will focus on a number of issues, including farm profitability, high-tech agriculture, plants and the environment, water quality, and food for fun and fitness. Watch local papers for further details.

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