

Tabasco Seasons A Good Egg

March is Egg Month—a good time to enjoy nature's neat, nu-tritious package of complete protein, essential vitamins and minerals. Whether you boil, bake or poach it, seasoning is im-portant to an egg, and Tabasco, the zesty liquid red pepper, is ideal. A satisfying, healthful breakfast consisting of a glass of tomato juice, one egg, two strips of bacon and two pieces of lightly buttered toast adds up to only about 400 calories. TAPASCO ECCS

TABASCO EGGS

boil. Lower to simmering temperature. Grease poaching unit with a little butter or margarine combined with 2 drops Tabasco; heat until butter is melted. Carefully break eggs into unit and cook over simmering water 4 to 6 minutes until whites are solid and yolks are of desired firmness.

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they are the parents of two daughters Debra Ann and Kelly Jean. Visitors of Maurice Frysinger and son John were Rev. John Schock of Sparta Tennessee, and Rev. Roy Peterman of Columbia R. D.

NEWTOWN

Mrs. Norman Brosey

Harry Weaver is a surgical

Visitors of Mrs. Abram

Gamber and daughter Minnie

were Mr. and Mrs. Salem

Mr. and Mrs. Norman Bro-

sey and son Barry called on

Mr. and Mrs. John Brosey

and family of Sporting Hill

Mr. and Mrs. Eugene Gray-

bill recently celebrated their

5th Wedding Anniversary,

on Sunday.

Gamber of Columbia R. D.

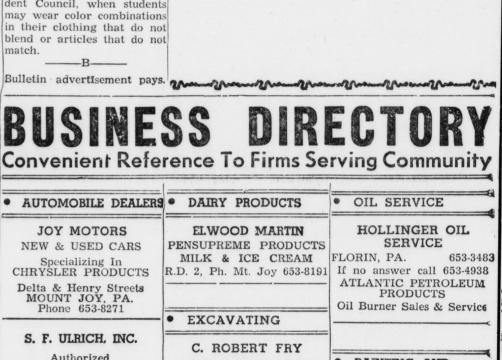
patient at the St. Joseph's

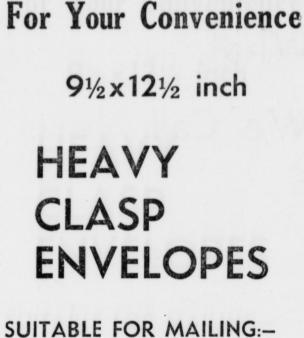
Hospital in Lancaster.

Mrs. Henry Rollman, Mrs. David Afford, both of Lititz, Mr. and Mrs. Lloyd Nentwig of Florin. Mrs. Sally Musser of Silver Spring called on Mr. and Mrs. Wm. Haines and sons. Mrs. Irvin Witmer

daughter Jean visited Mr. Mr. and Mrs. Robert Frank

'clash day'' at the Donegal Annex, sponsored by the Student Council, when students may wear color combinations in their clothing that do not blend or articles that do not match.





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The Bulletin, Mount Joy Thursday, March 27

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