Eggs called May's top food bargain

The month of May has been designated as Egg Month.

There is no better buy in the market than a dozen of top quality eggs, says Virginia McLuckie, Food Economist, Baltifore Office, University of Maryland.

For the protection of Consumers, a Maryland Egg Law, in effect for more than two decades, specifies that all eggs sold to retailers or to consumers must be candled for quality, with the grade and size classification indicated on the top of the container.

Grade refers to the exterior and interior quality. The two top grades of eggs are AA and A.

Grade AA and A eggs are a good choice for poaching, frying or cooking in the shell because of their superior appearance and delicate flavor. Lower quality eggs are generally satisfactory for scrambling or combining with other ingredients in cooked dishes.

All eggs of A quality or better must have shells that are clean, free from stains and are not cracked. Interior quality is determined by candling, a process of examining the unbroken egg before a strong light. Grade AA or A eggs will have a small air cell, a round well centered yolk, surrounded by thick white.

Only Grade AA and A can be labeled and sold as Fresh Eggs. Grade B eggs have thin watery whites, larger yolks and larger air cells than Grade A eggs.

Plan to use eggs as a breakfast food, for luncheon sandwiches, for main dish supper dishes and as a nutritious snack. The protein in eggs is more concentrated than in meat and you get a bonus of other vitafins and minerals too.

At the produce counter a good supply of local greens such as collards, kale, rape, turnip tops and mustard is available. These are excellent sources of vitamin A. Other best buy items are cabbage, celery, carrots and asparagus. Good fruit buys are grapefruit, bananas, pineapple and strawberries.

Two canned vegetable items that are recommended are sweet corn and tomatoes. There is a choice of whole kernel yellow corn packed in water or vacuum style or cream style corn.

To tempt your family at meal time why not serve a corn omelet which is so easy to make. Yellow corn supplies energy and vitamin A. The canned tomato supply is large. Select the style tomatoes to suit your use. Regular pack tomatoes are economies for soups, stews, casserole dishes and combinations where whole tomato pieces are not desired.

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MRS. PUTEENA BLAKE was presented with a $200 check by Godfrey Moore, April 18, when the Progressive Caucus of the Baltimore Teachers Union help its annual dance at the Maritime Union Hall. Mrs. Blake the writer and director of the musical, "Save the Children," will be presented at the Lyric Theatre, May 18 at 8 p.m.

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College names Sandra Hart to Dean's list

Sandra Hart, daughter of Mr and Mrs. Filmore W. Hart of Ashburton St. was one of 275 students at Findlay College named to the Dean's list for the past winter term.

Miss Hart is a member of the Student Affairs Commission, and Special Events Commission

To be eligible for the Dean's list, a student must maintain a minimum grade point average of 3.3 on a 4.0 scale.

Findlay College is a fully-accredited, liberal arts institution located in northwestern Ohio with approximately 950 students currently enrolled.

WHITE HOUSE GUESTS on May 28th will include Sgt. and Mrs. Donald J. Rander of Owings Mills. Left when President Richard M. Nixon makes a presidential salute to over 1,200 guests (each one ex-POW's and their wives.

Red Cross recognition dinner set

The assistant superintendent for Baltimore City Public Schools, Dr. Robert C. Lloyd, will be master of ceremonies for the 3rd annual Red Cross Youth-teacher-sponsor recognition dinner scheduled May 16 at Overlea Hall.

More than 100 teachers are expected to attend the dutch-treat dinner which begins at 7 p.m. The event is sponsored by the Baltimore Regional Red Cross Youth service projects in area schools for the past year.

The Walbrook Singers will provide entertainment throughout the evening.

MAY 15

A seminar on "Communicating with your adolescent" will be presented Tuesday, May 15 from 9:15 a.m.-12:15 p.m. at Loyola Colonnade, located in the Clinic Building at Little Patuxent Parkway and Banneker Road south entrance.

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HELPING HAND—Mrs. Sarah Lockett, 48, of Ashland Ave., successfully works as a cold food helper with a private food contractor despite the fact she is physically and educationally disabled. On the job since January, her bosses say she really gets the work done. Credit for Mrs. Lockett's success goes partially to the Maryland Rehabilitation Center at 2301 Argonne Drvie where she graduated from a course in vocational rehabilitation while she learned about food service jobs. The Rehab Center also helped her find the job the has now.

Week's best buys

This coming Sunday, Mother's Day, provides the family an opportunity to show its appreciation for all the week's during the year that mother shops, prepares and serves food to keep them healthy and happy says, Virginia McLuckie, Food Economist, Cooperative Extension Service, University of Maryland.

It may be that Mother's Day is the time for Dad and the youngsters to take over in the kitchen and let mother enjoy a day of leisure. Mother will most likely do the weekend shopping so make your weekend plans now. There is nothing like Mother's cooking, but she will gratefully relinquish her position for a day if the family does a good clean up job in the kitchen.

Supply and demand works more quickly with produce and fruits than for many other types of food because the crops are affected by weather conditions during growing and often just at harvest time. The prospective harvest for fresh market vegetables for the spring quarter April, May and June is projected to be two per cent less than the high yielding 1972 fresh market crops. Prospective acreage of asparagus for harvest is up fractionally from last year.

In acreage of strawberries for harvest in the spring producing states is down four per cent for a year earlier. Melon acreage for harvest this spring is off in yield 13 per cent from last spring. This includes honeydew melons, cantaloupe and watermelon.

This is asparagus season for Eastern states. Half of the fresh market offerings come from New Jersey in May. Weather has not been warm enough at night for rapid growth of the best quality spears. The crop is slow in coming to market and prices are firm, however, fresh is the most economical form of asparagus to buy at this time.

Other vegetables to cook that are seasonal suggestions are cooking greens, cabbage, carrots and Florida sweet corn.

Salad bowl greens are usually a good purchase in mid-spring. Very often a family sticks to the iceberg lettuce and does not enjoy a wide variety of salad greens. For salad plates garnishes and tossed salads use some endive. Curly endive or chicory can always be recognized by the split and ragged looking leaves. Escarole forms a soft head with the center blanched from not being exposed to the sun since the larger dark green leaves form a protection.

Romaine is a vase like plant with big broad leaves. Tear salad greens rather than cutting with shears or a knife. The darker green the leaves the more vitamin A you will get whether you use salad or cooking greens.

Salad bowl vegetables are popular and the most used are celery, green peppers, and cucumbers. The best onion right now in the new spring onions some of which are locally grown. Radish prices are attractive. Make an interesting salad with mother's favorite dressing.

For dessert the seasonal fruits offer a real touch of Spring. Fresh pineapple from Hawaii, Bananas from Central America, Louisana or California strawberries and local rhubarb. These fruits combined with some citrus and coconut for an Ambrosia will tempt you at an special occasion meal.

Remember May is Egg Month and for a bargain in protein, two large Grade A Eggs will replace a serving of meat. Usually you combine eggs with otherfoods giving you an added bonus in nutrients whenever you use them.

EGG AND GREEN ONION MOLD

(6 servings ½ cup each)

Unflavored gelatin, one tablespoon; Cold water, one-fourth cup; Boiling Water, one-half cup; Eggs, hard-cooked, chopped, six; Green onions, sliced, one-fourth cup; Radishes, sliced, one-half cup; Mustard, prepared, one tsp.; Worcestershire sauce, one-half tsp.; Salt, one-half tsp.; Pepper, one-eigth tsp. and one-half cup French dressing

Soften gelatin in cold water. Dissolve in boiling water. Add remaining ingredients except salad greens and mix well. Pour into a 1-quart mold or six individual molds. Chill until set. Unmold on crisp salad greens.

VARIATION

Reserve one hard-cooked egg, cut in slices, and several radish slices and green onion slices. Soften one and one-half tsps. unflavored gelatin in one-fourth cup cold water; dissolve in one-half cup boiling water. Add two tblsps. lemon juice. Chill until thick but not set. Pour into chilled ring mold. Arrange egg slices, radish slices, and green onion slices in clear gelatin. Allow to set before adding salad mixture.

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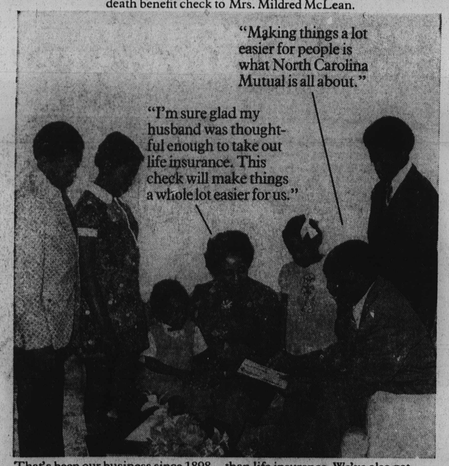

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