It's time to salute eggs

May is Egg Month, time to eat more eggs, one of nature's most perfect foods, and your thriftiest buy in proteins, according to the Maryland Egg Council and the University of Maryland, Department of Markets.

Eggs plus celery, carrots, peas, beans, corn and cream of mushroom soup . . . are the surprise medley you'll find in every bite of this "Egg Pot Pie." And what rib-sticking good eating in every bubbling bite.

Eggs, which are plentiful now, enrich this pie with golden nuggets of protein, that most important nutrient around which every meal should be planned. A package of frozen mixed vegetables make for variety with no effort on the part of the cook. The vegetables and cream soup furnish essential vitamins and minerals, and milk solids. And to top it off, the drop biscuit topping, prepared so quickly from a packaged biscuit mix, supplies the basic nutrients found in bread and cereals.

Celebrate Egg Month, May, with an Egg Pot Pie. Condensed cream of mushroom soup and biscuit mix make the dish easy to prepare.

This one tasty dish brings you each of the Basic Four Food Groups necessary for a well-balanced diet — protein foods, vegetables, milk products and breads. And it offers a generous helping of just plain good eating with a minimum of work for today's busy homemaker.

A dozen hard-cooked eggs in the refrigerator are a good stand-by when planning menus. Next time you're cooking eggs for breakfast, cook up an extra dozen to have on hand for snacks, sandwiches or the main dish of your dinner.

When you purchase eggs for hard or soft cooking, frying or poaching select a top quality product.

Grade AA and Grade A are preferable to Grade B mainly for their freshness and appearance, with thicker whites and firmer upstanding yolks. Quality may be the same in any of the various sizes of eggs whether they happen to be extra large, large, medium or small. The weight varies according to size but the food value per ounce does not.

Egg Pot Pie

One package frozen mixed vegetables, one-half cup diced celery, eight hard-cooked eggs, coarsely chopped, one teaspoon chopped chives, one-half teaspoon salt, one-fourth teaspoon pepper, one-fourth teaspoon celery salt, two cans (10½ oz.) condensed cream of mushroom soup, two cups biscuit mix, two-third cup milk

Place frozen vegetable in 2-quart shallow casserole. Top with diced celery and chopped eggs. Blend seasonings and sprinkle over eggs. Pour undiluted soup over all.

Combine biscuit mix and milk, stirring to blend. Drop dough, by tablespoons, over top casserole. Bake in a 450 degree F. (hot) oven until biscuits are golden brown and filling is bubbly, 15 to 20 minutes. Makes 4 to 5 servings.

U. of Md. food economist tells how to stretch budget

Food shoppers who are tightening the purse strings to balance their food budgets will find help at the egg counter these days, according to Virginia L. McLuckie, Extension food economist in Baltimore for the University of Maryland.

"The Incredible-Edible Egg" is the theme selected by the Maryland Egg Council for May Egg Month, Miss McLuckie reports.

"This is a wonderful description," the Extension food economist declared, "because it is incredible that there is so much nutritive value in a natural pre-packaged egg, and it is usable in so many ways that it is truly a cook's best friend."

Eggs comprise one of the most nearly perfect foods, with nutritional values similar to those of meat. They are a natural protective food with protein that is complete, furnishing all of the amino acids essential for building and repairing body tissue.

Besides protein, eggs contain most of the vitamins and minerals which are vital to building and maintaining strong, healthy bodies. They put some stretch in your food dollar. A serving of two large eggs compares in protein value with a three-ounce serving of meat, and it will cost you less than 15 cents at current prices.

Eggs also are a valuable ingredient for your prepared dishes. Some hard-cooked eggs in potato salad increase its protein value. You can stretch a few eggs into an entire meal for the whole family when you combine them with bread to make French toast. Or you may cream hard-cooked eggs to serve on toast.

Enough eggs in pancakes makes them really worth eating. And have you tried "dip-wiches?" Make a sandwich that you like to eat toasted. Instead of toasting, dip each side in an egg and milk mixture, like you use for French toast.

Eggs can well sbustitute for meat in any meal. Have you ever tried Eggs Tetrazzini?

And consider the many ways that eggs can help answer that gnawing question, "What shall I cook for dinner?"

You can serve eggs fried, poached or coddled. You can hard-cook or soft-cook them — you never boil eggs! You can scramble them or make omelets. You can whip up souffles and fondues. You can combine them in baked goods, in egggnogs made with milk or fruit juice — and virtually hundreds of other ways.

Whether you have questions about eggs, or if you think you are already a knowledgeable "egghead," test yourself on the following "eggsamination":

Q. — What makes the yolk of a hard-cooked egg turn gray or green?

A. — High cooking temperatures and overcooking. To avoid this unpleasant appearance, cook eggs below the boiling point at a simmering temperature and only until done. Cooking time of 15-to 20-minutes in simmering water should be long enough. Then plunge each egg into cold water to stop the cooking. If you aren't going to eat the eggs immediely refrigerate them until ready for use.

Q. — What keeps egg whites from whipping?

A. — Presence of oil or fat, either on the beater or bowl, or a bit of egg yolk that may have slipped in with the white. For best volume, whip egg whites when they are at room temperature.

Q. — Why are eggs graded?

A. — To determine their quality. Eggs grading AA and A are the best quality and are suitable for frying, poaching or hard-cooking. Grade B eggs are entirely satisfactory for baked goods.

Q. — Are size and grade of eggs realted?

A. — No. Eggs can have good or poor quality, regardless of size. But they are sorted and priced by size, after grading, on the basis of weight.

Q. — Is a white-shelled egg superior to a brown-shelled egg?

A. — No. Eggs are all sisters under the shell.

Q. — Why are hard-cooked eggs sometimes hard to peel?

A. — Strictly fresh eggs do not peel readily. If you want peeled eggs, hard-cook those which have been in your refrigerator for a few days. Shiny eggs, which have been double-oiled to preserve quality, can present peeling problems indefinitely.

EGGS, TETRAZZINI

1 package spaghetti (8 oz.); 2 Tbsp. olive or salad oil; 1 medium onion, sliced; ½ c. sliced celery; 1 green pepper, sliced into thin rings;

2 Tbsp. flour; 1 tsp. salt; ¼ tsp. pepper; 1½ c. milk; 6 hard-cooked eggs.

Cook spaghetti according to package directions. Drain thoroughly. Heat oil in skillet. Add onion, celery and green pepper. Cook slowly for 5 minutes. Blend in flour and seasonings. Add milk and stir until thickened. Dice two of the eggs into the sauce. Pile spaghetti on hot platter. Top with hot sauce. For eye-appeal, garnish with a sprinkling of paprika and a few sprigs of fresh parsley. Makes 4 to 6 servings.

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Region 9 celebration

Region 9 of the Baltimore City Public School System will observe its 6th Annual Spring celebration on Federal Hill, May 12, at 1 p.m.

The theme is South Baltimore, A Friendly Place, Come Around Any Old Time.

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SCARVES ARE TOPS — Make a halter (top left) by folding a large square scarf into a triangle. Hold with fold at waist. Separate points at neck, pull behind neck and tie. Pull other ends to back and tie at waist. For a beach look, tie two oblong scarves together at back, cross in front and tie behind neck. Large view: Two scarves turn into a bare halter. Just loop and tie. A folded large square makes a hip scarf to top off pants or skirts.

LOOK WHAT a scarf can do. To make a bib (top, left) fold a scarf into a triangle and knot at back of neck. Below, an oblong scarf turns into a soft pussycat bow. The sailor tie is made from along obing scarf. To fill in a neckline, wrap-and tie a small square scarf.

HEADLINERS — To make a cloche, top left, knot oblong scarf at one side. Then twist and braid both loose ends into single tight strand. Curl from bottom up around ear and pin. For the forties' turbans, wrap oblong scarf around head, tie in front with double knot. Go gypsy by folding a large square into a triangle. Center on forehead with ends and tails in back. Tie ends over tail, knot and shift to one side. Band a brimmy hat, bottom, with a fresh print scarf.

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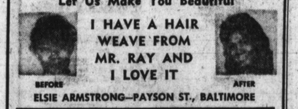

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—New trends in hair care

(Continued from Page C-17)

ics, demonstrating and testing new products.

In 1966, he opened his own beauty salon on Park Heights Ave. and for the next five years ran a successful business. He was known throughout the area for his knowledge of permanents and fashionable hair-cuts.

The Park Heights Ave. doors closed in 1971 when he decided to expand his horizons and work on all types of hair, black and white.... curly and straight. "So I went to Hochschild's and applied for a job just like anyone else." He was hired immediately.

Many of his former customers frequently visited him in the downtown store and it was not long before he was asked to take the examination for managerial posittion. Of course he passed with flying colors . . . a first for this town.

He accepted the position as manager of the Columbia salon and for the past two years has operated from the second floor location. He and some seven hair stylists tend over 250 customers a week.

Mr. Johnson believes that a hair stylist should keep himself abreast of the changing times; learning new techniques from those who know. He learned new hair cutting techniques under the able hands of the famed John Chadwicks in New York City, where he studied at their salons for one week.

Mr. Johnson is the son of Donavin Johnson of Essex and the late Mrs. Lena Johnson.

Coffeebreak holds second meeting

COFFEEBREAK will present the second in a series of three programs, called "The Cost of Living for Women in Baltimore," On Tuesday, May 21, at 7:30 p.m.

Speakers invited for this evening will be discussing their struggles in stretching budgets to meet the rising cost of living, and their efforts to organize to fight inflation. The program will include an original skit "The Rising Cost of Living—or: My Pocketbook Can't Stand It Anymore."

The program will be at St. John's Methodist Church, 27th and St. Paul Streets and costs $1 per session. Childcare will be provided.

The first program in the COFFEEBREAK series, "Women at Work," held in April, attracted one hundred women. A lively discussion followed the three speakers and a slide show. The slide show entitled "Baltimore women at Work" detailed the many kinds of work Baltimore women do, is available for showing to Baltimore groups. For information about the slide show call 837-0646.

COFFEEBREAK is sponsored by Women's Union of Baltimore, an organization of Baltimore working women. The final program in this series, "Women at Home," will be on June 16.

For more information on COFFEEBREAK call 467-3276.

Marriage Licenses

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WHITE-JONES — Fauson, 49, 5019 Park; Frances D., 51, 206 E. 11th.

WILLIAMS-MOORE — Thomas, 30, 2312 Druid Hill; Betty, 23.

STEWART-BOWMAN — Questine J., 22, 501 Seagull; Reta L., 20, 3723 Towanda.

BUNNER-MICHAELIS — Danny, 20, 1814 Wilhelm Catherine, 25.

SMITH-THOMPSON — Kenneth C., 21, 4285 Edgewood; June D., 21.

GHEE-ALLEN — Clarence W., Owings Mills; Edna L., 20, 3 S. Railroad.

BROOKS-CRAWFORD — Willie F., 23, Jacksonville, Fla.; Karen M., 23, 1839 Circle.

SMITH-BOONE — Eugene J., 27, 2305 E. Coldspring; Shirley L., 30, 5201 Moravia.

FOSTER-JAUGHN — Theodore W., 26, 1508 Filbert; Judy A., 20.

SCHRIVER-PAYNE — George K., 20, 1501 Battery; Beverly A., 20.

SIMPSON-RICH — Irvin, 25, 434 Tubman; Vernetta, 23, 3708 W. Garrison.

PRIDE-NORE — Frederick, 20, 1214 Seminole; Deborah D., 18, 2109 Rupp.

GIBSON-BLADES — Donald M., 45, 2212 Whitcomb; Lenora S., 46, 2311 Salem Village.

BRAUN-McCAULEY — John A., 28, 1428 Weldon; Darlene K., 17, 3617 Falls.

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