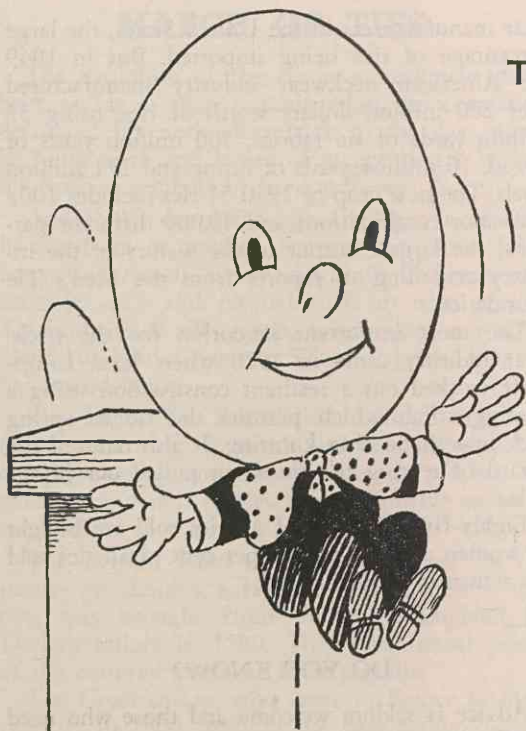


## THE EGG AND YOU



Since the dawn of time people have been eating eggs. He has eaten chicken eggs, duck eggs, goose eggs, turkey eggs, even ostrich eggs, and he probably started out eating dinosaur eggs. But most of all he has eaten chicken eggs. Millions of them—in fact billions. So, why say “the eggs and you?” The answer is that, like everything else, eggs have changed. Feed for chickens has changed, care of chickens has changed, production, packing, shipping and marketing, all have changed. And the result for you is a better egg and a better food. Eggs nowadays are not only good eating, they are perhaps the best all round food for everyone from grandpa to baby sister. Lets see why.

“Way back when”, chickens were raised in a pretty hazardous way. Most everyone, except in the middle of a city, had enough chickens to handle their own egg supply. No one made any attempt to give their flock a special feed.

This situation didn't last. Cities grew, and the farms got to be farther away. The egg situation got worse and worse, so something had to be done, and, this being America, something was done. New ideas were explored on the keeping of eggs in

good condition, transportation and storage, and marketing.

Hens lay more eggs in some months than they do in others. So if we ate up the supply in heavy production months we wouldn't have any to eat in the other months. During the first three or four months of the year the supply of eggs will meet the demand, but in some months the supply required from outside sources is in excess of 75 percent.

The formation of a control market, the Chicago Mercantile Exchange, answered the problem of buying and selling—not only for present demand, but to increase a supply to places like our own county during future months. Here all the news and statistics of supply and demand are centered.

Let's get down to cases as to just how good the present day egg is. Even at today's prices they're a bargain in food value. Those two eggs you eat for breakfast in our Cafeteria cost you 10c, but they give you 20 percent of all the proteins you need for the day. You get 26 percent of all the day's iron you need, 24 percent of the Vitamin B2, 24 percent of Vitamin D, 22 percent of A, and 18 percent of the phosphorous. Add to that 12 percent of B1, 8 percent of Niacin, 7 percent of the calories and 6 percent of the calcium and you've really got a bargain for 10c.

People are catching on to just how good eggs are, and they are constantly finding new ways to fix them. Everyone has eaten boiled, fried or scrambled eggs, but have you tried egg potato pie, spanish eggs on toast or zesty baked eggs. Well, if you haven't, here's the way to fix them.

### EGG POTATO PIE

- |                                      |                              |
|--------------------------------------|------------------------------|
| 2 tablespoons fat                    | 5 hard-cooked eggs           |
| 1 tablespoon flour                   | 2 tablespons chopped parsley |
| ¼ cup milk                           | ¼ cup grated sharp cheese    |
| ½ teaspoon salt                      |                              |
| Dash of pepper                       |                              |
| 6 medium potatoes, cooked and mashed |                              |

Melt fat, add flour, blend well and cook over low heat until bubbly. Add cold milk all at once and cook stirring constantly until thickened. Add salt and pepper. Line bottom and sides of a greased 3 or 9-inch pie plate or shallow casserole with half the well-seasoned mashed potatoes. Arrange the sliced eggs in potato shell. Top with parsley, cheese, sauce, salt and pepper. Cover with remaining mashed potatoes. Brush top with milk. Bake in a moderate oven (350 deg. F.) until nicely browned and thoroughly heated, about 30 minutes.

