I am a Good Egg

I AM A GOOD EGG BECAUSE:

- I am laid by scientifically fed hens of selected breeding.
- I am gathered frequently each day and stored under low temperature and high humidity from the nest to the refrigerator.
- I am produced under sanitary conditions so that I will have a clean shell.
- I am sent to the market several times each week.
- I am checked for interior quality under the supervision of the USDA and the North Dakota State Laboratories.
- I am sold to the consumer under designated retail grades.
HERE IS MY FOOD VALUE:

- I am a natural protective food recommended by nutritionists to be included in the diet in some form every day.
- I have nature's most perfect protein. Nutrition researchers use my protein as a standard in comparing the value of other proteins. I am not a braggart, but they say that my protein is worth 150 per cent of the protein from cereal.
- I am low in calories.
- I am easily digested.

- Two of me supply the following percentage of your daily requirements of:

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Per cent of Daily* Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>20</td>
</tr>
<tr>
<td>Calories</td>
<td>6.6</td>
</tr>
<tr>
<td>Calcium</td>
<td>6</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>18</td>
</tr>
<tr>
<td>Iron</td>
<td>26</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>22</td>
</tr>
<tr>
<td>Thiamine (B₁)</td>
<td>12</td>
</tr>
<tr>
<td>Riboflavin (B₂)</td>
<td>24</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>24</td>
</tr>
<tr>
<td>Niacin</td>
<td>8</td>
</tr>
</tbody>
</table>

* For the average adult.

I AM HANDY TO HAVE AROUND:

Not only can I make a good dish for breakfast, lunch or dinner, I can . . .

- Thicken custards and puddings.
- Leaven, when you beat air into me, as in cakes.
- Add color, richness and flavor to various dishes.
- Coat, such as in breaded meats.
- Garnish as in canapes, salads or soups.
- Bind as in meat loaves and croquettes.
- Emulsify as in salad dressings.
- Clarify as in boiled coffee.
I AM QUICK AND EASY TO PREPARE:

- I soft cook or fry in only 3 minutes.
- I scramble in 5 minutes.
- I poach in only 7 minutes.
- I can be an omelet in 7 to 10 minutes.
- Mother nature has put me into a convenient package which makes me ready for use.

HOW TO TAKE CARE OF ME:

- Put me in the refrigerator as soon as you bring me home – keep me cool.
- Keep me away from foods with strong flavors. (I don’t belong in the vegetable crisper.)
- Use me within 10 days after you buy me.
- Use me freely and frequently in all meals.

<table>
<thead>
<tr>
<th>GRADE A EGGS – MINIMUM WEIGHT PER DOZEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUMBO</td>
</tr>
<tr>
<td>EX. LARGE</td>
</tr>
<tr>
<td>LARGE</td>
</tr>
<tr>
<td>MEDIUM</td>
</tr>
<tr>
<td>SMALL</td>
</tr>
</tbody>
</table>
HOW TO KNOW I AM A GOOD EGG:

- I have a lot of thick white (I really stand up).
- I don't spread all over the pan.
- I am not tired, weak and watery.
- I have the true egg flavor. Low quality eggs have off flavors.
- Buy me by grade and size when you shop for groceries. (See charts on grades and size.)

A Quality
I'm still a good egg.

B Quality
I've slipped.

C Quality
I'm tired, weak and watery.