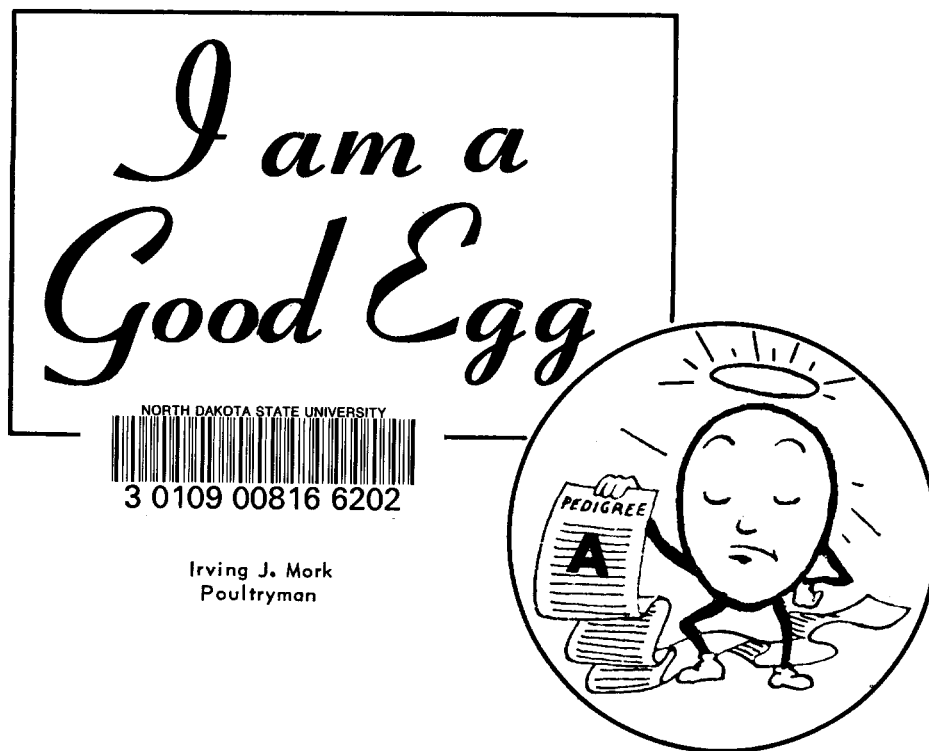




Irving J. Mork
Poultryman

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.

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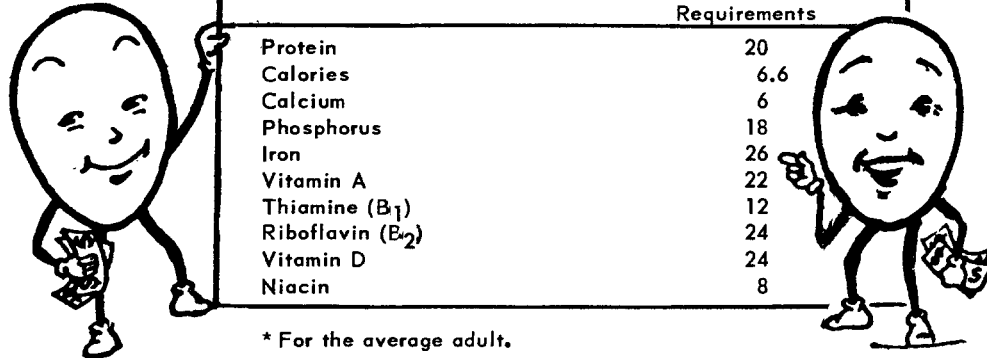
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OF AGRICULTURE AND APPLIED SCIENCE

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:



Nutrients	Per cent of Daily* Requirements
Protein	20
Calories	6.6
Calcium	6
Phosphorus	18
Iron	26
Vitamin A	22
Thiamine (B ₁)	12
Riboflavin (B ₂)	24
Vitamin D	24
Niacin	8

* 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:

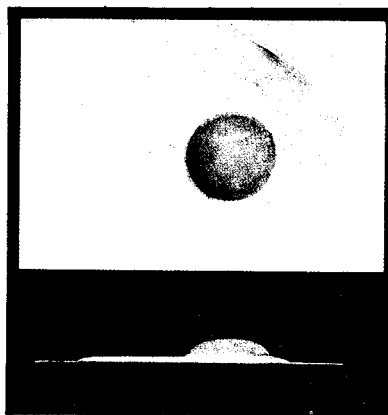
- Put me in the refrigerator as soon as you bring me home – keep me cool.
- Keep me away from foods with strong flavors. (I don't belong in the vegetable crisper.)
- Use me within 10 days after you buy me.
- Use me freely and frequently in all meals.

<u>GRADE A EGGS – MINIMUM WEIGHT PER DOZEN</u>		
JUMBO	–	30 OUNCES
EX. LARGE	–	27 OUNCES
LARGE	–	24 OUNCES
MEDIUM	–	21 OUNCES
SMALL	–	18 OUNCES

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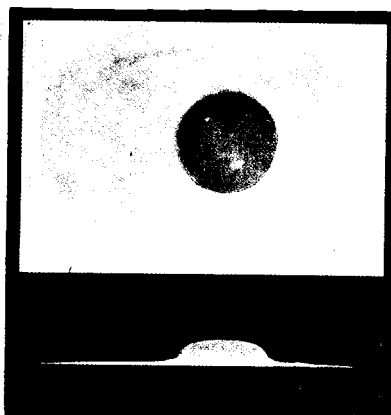
HOW TO KNOW I AM A GOOD EGG:

- 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.)



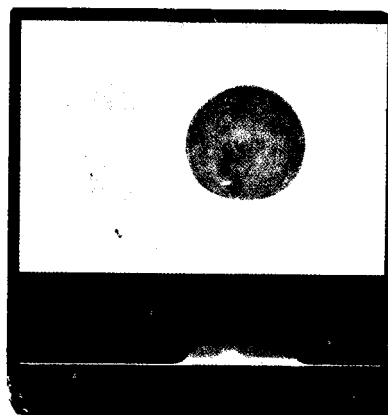
A Quality

I'm still a good egg.



B Quality

I've slipped.



C Quality

I'm tired, weak and watery.

Extension Service, North Dakota State University of Agriculture and Applied Science, and U. S. Department of Agriculture cooperating. A. H. Schulz, Director, Fargo, North Dakota. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.