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Eggs Garnish This Classic Viennese Dish

Schnitzel Holstein is a classic Viennese dish that is enjoyed by diners the world over. The name "schnitzel" is synonymous with "veal cutlet." Prepared a la Holstein means served with a fried egg perched on the cutlet with two anchovy fillets crossed over the egg. With veal now selling at a premium price, we offer here your choice of two alternatives, boned chicken breast or boneless pork chops.

The Viennese enjoy at least a dozen ways of garnishing their "schnitzels" but perhaps the most favored way is "Holstein." And what a delightful way to enjoy fried eggs — on a throne of crispy sauteed cutlet! Sheer luxury in dining!

You buy eggs by the dozen, but actually eggs, like meats, fish, cheese and fresh produce, should be figured by the cost per pound to make a direct comparison. Even if you had to pay 80 cents per dozen for large eggs, the actual cost would be only 54 cents per pound. (There are 1-1/2 pounds or 24 ounces in each dozen of large eggs.) Eggs, therefore, are still comparatively the least expensive complete protein you can buy.

Nutrition has always been one of the uppermost considerations in the average homemaker's mind. That's why these nutrition factors offered by eggs are particularly to the point: Eggs, according to the research kitchens of the Cali-



formia egg industry, are a good source of iron, phosphorus, vitamins A, E and K and all B vitamins. They are second only to fish liver oils as a natural source of vitamin D.

Schnitzel A La Holstein

- 8 boned half chicken breasts or 8 boneless pork chops
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 egg
- 2 tablespoons flour
- 1-1/2 cups cracker meal
- 1/2 cup butter or margarine
- 1/2 cup oil
- 8 fried eggs
- 16 flat anchovy fillets
- 3 tablespoons drained capers
- Parsley and lemon slices

Pound chicken breasts or pork between 2 thicknesses of wax paper until very thin to form cutlet. In a bowl, beat salt, pepper, egg and flour until well blended. Add cutlet and toss gently until it is well coated. Dip cutlet into cracker meal, pressing firmly to make crumbs adhere. Let dry in a single layer on wax paper for 20 minutes. In a large skillet, beat butter and oil until it sizzles. Fry cutlet slices a few at a time for 4 to 5 minutes on each side or until richly browned. Place cutlet on a platter, top with fried eggs, a criss-cross of anchovies and a sprinkling of capers. Garnish with parsley and lemon slices. Makes 8 servings.



The Economic Opportunity Board's Friendly Visitors, a senior citizens group, recently visited the Beverly Manor Convalescent Hospital to present handmade gifts to the senior citizen patients. Twelve friendly visitors participated in presenting lap robes, pouches and flowers. Ann Jeffries, left, covers a

patient with a lap robe while Nat Hooks offers her a flower. Others participating in the event included Mary Nichols, Maya Hill, Tempie Reid, Lucille Campbell, Carrie Newman, Exie Thompson, Annie Nell Mason, Viola Patterson, Rosie Smith and EOB Senior Center Supervisor Hazel Geran.

'Going Home' to Your Roots



LeVar "Kunta Kinte" Burton with his arms around his mother and his fiancée.

Never have so many Americans been interested in going "home," thanks largely to Alex Haley's world-famous search for his ancestral roots.

Haley's best-selling book and record-breaking TV movie, "Roots," inspired countless thousands to set off on their own search. And this summer, Trailways will help out millions more to literally "go home" with a unique offer—a one-way \$75 "Going Home Special" fare to any point in the continental United States. Further stressing the family aspects of its offer, all children under five will ride free.

Honoring the Haley work as the inspiration for this summer special, Trailways is featuring LeVar "Kunta Kinte" Burton, who played the young hero of "Roots" in the ABC-TV show, in a dramatic new commercial. To film it, Burton actually returned home to Los Angeles, picnicking, reminiscing and playing games with twenty-three friends and relatives, many of whom he had not seen in years. A TV crew filmed the reunion for television.

"Going Home" travelers may purchase the special \$75 tickets anytime from June 1st through September 15th, and may use them from June 1st through September 30th.

In addition, Trailways passengers will receive a copy of the company's specially prepared "Trace Your Routes" folder which features a colorful genealogical tree and guidelines on tracing one's roots that was designed by Wilbur Helmbold, one of the nation's leading genealogists.

All in all, "Going Home" will be paying special dividends this summer.