

Article discounts eggs as being a health risk

In a recent article printed in the Town and Country magazine they discounted the belief that eggs should be omitted from a low cholesterol diet. The egg's status as a public enemy is even official: last year a Federal Trade Com-

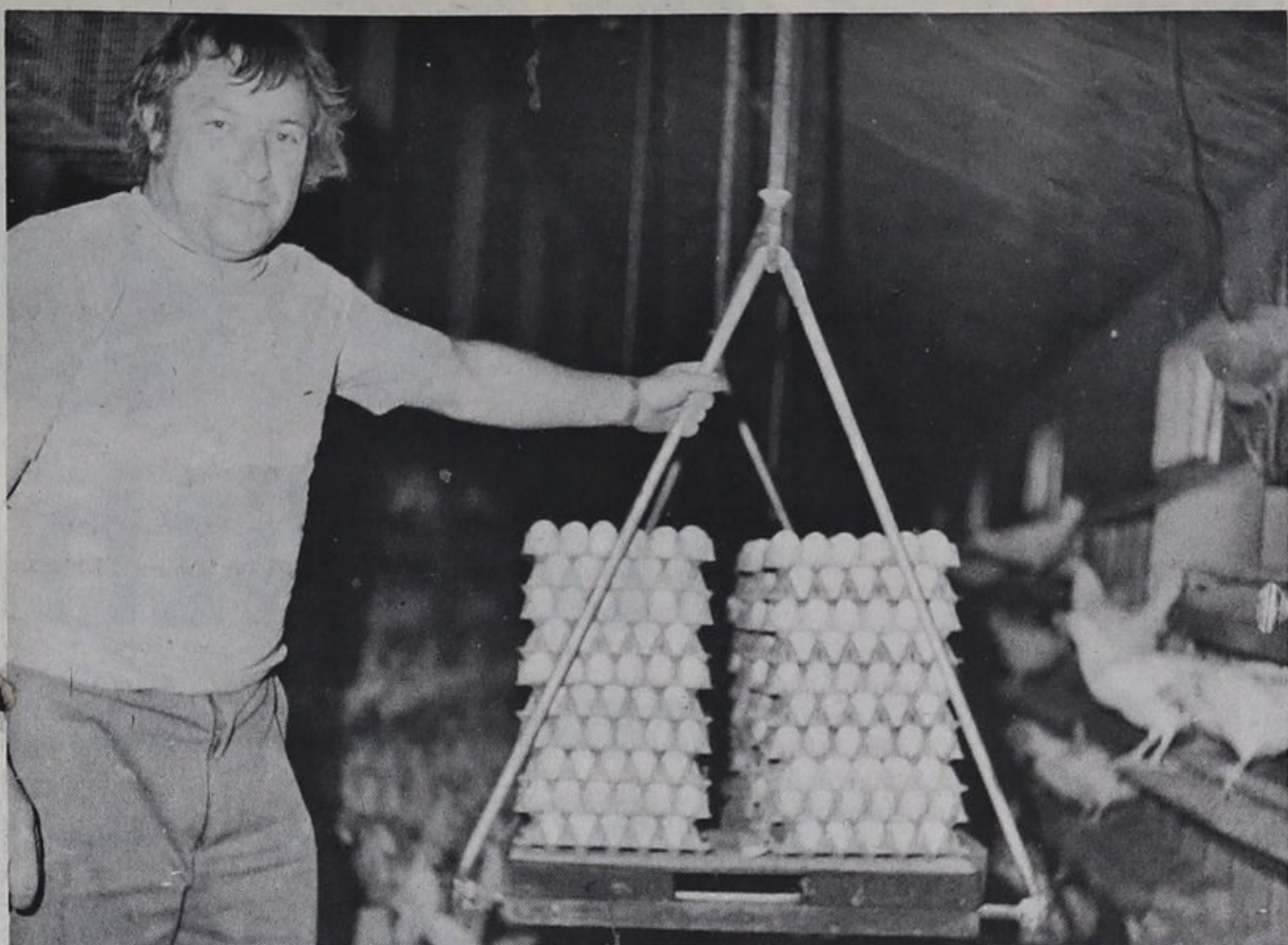
mission trial judge ruled that it was misleading for egg industry advertising to state, "There is absolutely no scientific evidence that eating eggs increases the risk of heart disease." The ruling was based on the belief that "there exists a sub-

stantial body of competent and reliable scientific evidence that eating eggs increases the risk of heart attacks or heart disease." Egg eating would appear to increase the risk of heart disease, according to popular

wisdom, but more and more, heart researchers in the vanguard are saying "no" or at least "it is doubtful." Some even go so far as to conclude

that the cholesterol scare is largely based on myth. Dr. Michael F. Oliver, a heart specialist at the Royal Infirmary in Edinburgh, says that "the

evidence incriminating dietary cholesterol as a cause of coronary heart disease in developed countries is virtually non-existent."



Chore time

Fred Bader, owner of Valley Farm on highway 27, really enjoys his work. He and his family collect approximately 240-260 eggs per day which they distribute to commercial outlets through out the area.

Staff photo

Bader's enjoy farming

One farm commodity that no urban or rural household can do without is eggs. Eggs are used alone, in main courses and in deserts, they are even used in beverages.

Fred Bader from Valley egg farm on highway 92 between Elmvale and Wasaga Beach from Ray Spring, eight years ago and he and his wife Marie and their two boys have operated the farm, distributing their eggs throughout the area. They have a wholesale and retail outlet on the farm. Bader eggs can be found in retail stores in Midland, Penetanguishene, Port McNicoll, Elmvale and Wasaga Beach.

The Bader chickens, 8,000 of them, roam free in their chicken house. This is rather unusual and old fashion, since most modern producers keep their laying hens in pens, with as many as four sharing a four foot square cage. Bader does not favour cages, he is a man

with humane ideas, and feels that caged hens, although they may produce larger eggs, are less content and therefore do not lay for as long a period as hens that can roam free.

The chickens presently on the Bader farm are 32 weeks old. They will probably be kept as laying hens until they are 18 months old, according to Bader. The chickens are then sold to a processing company. Hens start to lay eggs at 21 weeks of age, and Bader buys his hens from a local hatchery at 20 weeks of age. His average collection is 240 to 260 eggs per day.

Bader is a committee member of the Ontario Egg Marketing Board, Simcoe-Muskoka district. He feels the marketing board is a good thing, and points out that the egg producer receives no government subsidy. The less than 800 producers in Ontario are overseen by the Ontario Farm Producers board.

Bader was born and raised on a farm in Germany, and met his wife Marie while working in Northern Quebec. He was the first miner hired to work on the Toronto subway, and continued to work on the project for 10 to 12 years. "I wanted to go into business for myself," explains Bader when asked how he came to Elmvale. "I lived on the farm as a boy and wanted to return," he said.

For his wife Marie, farming was a totally new experience. "I cried a lot at first," she said, "but

now I really like it here."

Chickens are not the only fowl to be found on the Bader farm. They have a small zoo, with pheasant, peacock, pigeons, ducks, quail and geese. Of these birds, there are various varieties of each. The family dog, cats and birds all receive tender-lovin' care from the Bader family. Mrs. Bader is a member of the Ornamental Pheasant Association of America and Canada, and is hoping to continue adding to her collection of rare pheasants as a hobby.

... you are always first in line at your own Bulldog grain drying and storage system

LOWER PRODUCTION COSTS mean HIGHER PROFITS...and grain handling, drying and storage costs are certainly a part of your production costs. Whether you raise grain for cash, or for feed, Bulldog will show you how to cut YOUR production costs...one bin or a complete handling, drying and storage system...See Bulldog...start CUTTING COSTS...TODAY!



DEALERSHIPS AVAILABLE



Call (705) 435-6429 For The Dealer Nearest You
BULLDOG
AGRI-SYSTEMS 76 Dufferin St. S. ALLISTON

Also available: In-bin grain dryers, grain storage bins, grain elevator legs, steel storage buildings, wood storage buildings, pole barns.



Ready-Mix Concrete

Call "Sam" Midland 526-7961 or "Fuzz" Barrie 728-2460

SAVE as you BUY Home Gifts

You'll be amazed at the scope and variety of gifts for the home we've assembled for your selection. Sensibly priced, too, in the tradition we have proudly upheld for many years. Drop in and browse. We'll welcome the opportunity to serve you.

FOLEY'S
Furniture & Appliances
Hwy. 26
COLLINGWOOD

**CUT YOUR HAYING TIME
CUT YOUR HAYING TIME**
WITH
MF HAY TOOLS

MF 29 3-point Hitch Finger Wheel Rake

Baby Your Hay Into The Swath

- Rake or fluff
- "Walking Stick" tines that last longer
- THOROUGHLY CLEANS FIELDS AT HIGH SPEED



MF 25 & 37 Parallel Bar

- MF 25 3-point mounting - 4, 5, 6 bars
- MF 37 Pull type rake - off-set wheels plus "knee-action" suspension - 4, 5, 6, bars



Caress Hay Into Windrows

Robert Wood Sales & Service Ltd.

PARTS - SERVICE - WELDING

Phone 534-7371.

P.O. Box 39.

Port McNicoll, Ontario

AUTHORIZED MASSEE FERGUSON DEALER

INDUSTRIAL & FARM EQUIPMENT



A tried family recipe

Marie's Pickled Eggs
Marie Bader has a favourite recipe for pickled eggs and in her family one large jar of these eggs doesn't last for any more than two days.

Pickled Eggs
3 cups of white vinegar
1 1/2 cups of cold water
4 to 5 Bay leaves
some salt

Method:
Mix above ingredients in a large jar.

Freezing eggs

Summertime beckons people out-of-doors, and camping is becoming increasingly popular as a great way to unwind and enjoy nature.

To avoid the breakage problem with raw eggs, they can be frozen before you leave home: Break desired number of eggs into bowl. Beat lightly to blend yolks and whites. Add 1/2 teaspoon of salt per cup of eggs, to prevent yolks from becoming gummy. Place egg mixture in leakproof containers and freeze. This will also act as an ice pack while frozen, to chill other foods. Depending on the temperature outside, it should stay frozen up to 24 hours in a cooler. Use immediately when thawed.

Hard boil the eggs, 15 to 20 minutes, when finished, run cold water over them as you peel the eggs. Drop eggs into the brine mixture and let sit for 24 hours. "Good Luck"

WE NEED BIG BROTHERS
Want to help a fatherless boy? For a rewarding way to spend some of your spare time call:
526-7828

BEAUTY CAREER IN 8 MONTHS

Barrie School of Hairdressing
46 Mary St. • 728-3962
Licensed By The Ministry Of College Universities (Ontario)

**IF YOU'RE THINKING CASE—THIS IS THE PLACE—
THE FRONT RUNNERS
CASE AGRI KINGS**

- 80 TO 156 PTO H.P.
- 3 ON-THE-GO POWER SHIFTS IN EACH OF 4 RANGES
- QUICK-FLIP 540/1000 RPM INDEPENDENT PTO
- CASE 4 POST ROLL PROTECTION
- OUTSIDE CAB AIR FILTER — NO MESS INSIDE



Plus full line of David Brown tractors.

Parts, service, reconditioned equipment and convenient financing



Church's Farm Supplies Ltd.

176 Barton St., Barrie

728-2373

STARCRAFT breaks the price and weight barrier



No down payment... as little as \$69.00 per month. No payments 'till August /77.

Have you seen "STARMATE"?

Starmate is a brand new Starcraft camper model that comfortably sleeps a family of six people in the convenience of "full systems" surroundings. But... here's the best news of all!!! At \$0,000.00 this unit is an exceptional value. Check the weight, small car drivers... only 1,010 lbs.

BUT NOW... AT

\$2,098.00

- One piece vinyl bunk roof ends
- 48" deep foam mattresses
- Gas stove • Water tank • Large ice box • Dome light • Dinette table
- Swing over kitchen galley • Plus many more benefits.

**IT'S UNBEATABLE VALUE!!!
Hurry...while stocks last.**

Convenient Credit terms
Full factory warranty

TILSON TRAILERS

THE COMPLETE CAMPING CENTRE!

Hwy. 27 just south of Midland

526-3129



FUTURO NO. 23 wrist brace
Wrap-around elastic with velcro closure provides adjustable support for weak, strained wrists.
Bay Pharmacy Ltd.,
85 Main St.,
Penetang
549-2555