

# UPC 1991 PoultryPress Newsletter

United Poultry Concerns, Inc.—P.O. Box 59367, Potomac, Maryland 20859 • 301/948-2406 • • • Volume 1, Number 2

## How I Learned the Truth About Eggs

by Jennifer Raymond

I first became involved with chickens when I lived on a small farm in Northern California. I was a lacto-ovo vegetarian and wanted eggs from chickens who were humanely raised and allowed to live out their natural lives. My first chickens were purchased mail order through the Sears Catalogue. At that time I had no idea of the abuses in chicken hatcheries, and it just didn't occur to me how frightening it must be for chicks to travel in a dark box by mail. As I walked into the Post Office, I could hear the soft peeping of those little chicks....

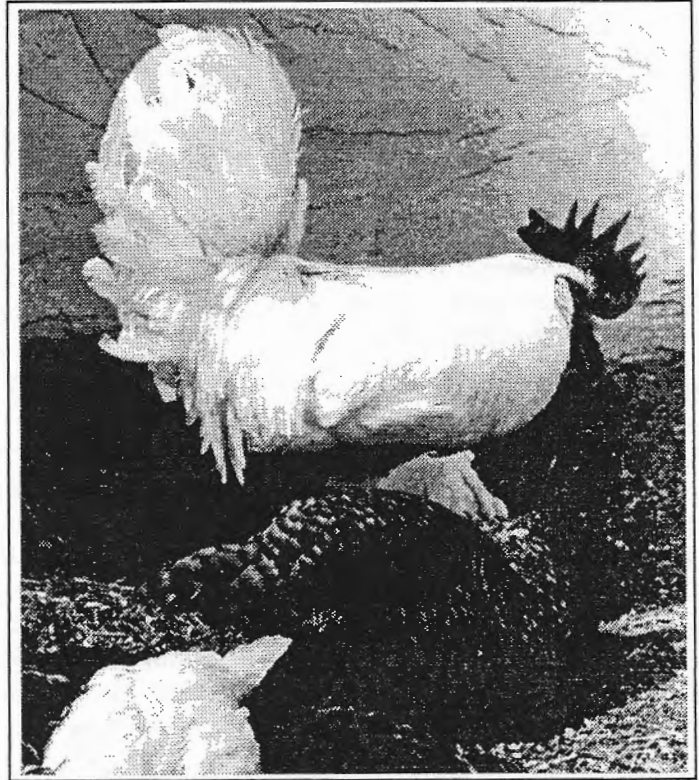
The first day I found an egg in the nesting box was one of celebration. Here was a perfect egg, and no hen had suffered to produce it. Not yet....

As the chickens matured, their eggs got larger. For several birds the eggs got so large they could no longer be laid with ease and the chickens strained for hours to pass the huge eggs. What the catalogue hadn't mentioned in extolling the little chickens who laid the big eggs was the problem of uterine prolapse. When a small chicken pushes and strains, day

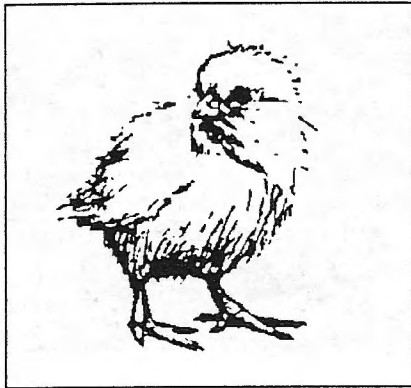
after day, to expel big eggs, the uterus may eventually be pushed out through the vagina. It cannot be put back easily because of infection. Further, the first egg produced would cause a reoccurrence of the prolapse. I called my veterinarian who said nothing could be done but to euthanize the chicken humanely. And so my little flock got smaller.

Another benefit of the White Leghorn, according to Sears Catalogue, is that the maternal instinct has been bred out of the hens so they don't "go broody." Going broody is the notion hens get to sit on eggs and raise a family. During this time, hens stop laying. Needless to say, this tendency has no commercial value.

One of my hens seemed to be a throwback, however, and began spending all her time in the hen house, sitting on the nest. Since I had no rooster, the eggs weren't fertile and her efforts would have proven futile had I not procured some fertile eggs from my neighbors and placed them in the nesting box. Nineteen days later, I woke to see her out in the yard followed by five little red balls of fluff. She was an attentive mother, teaching the chicks to scratch, and all the best places to look for food. Soon the chicks were as large as their "mother," but they still gathered underneath her at night. It was so comical to see these large, gawky adolescent youngsters sticking out on all sides of the little white hen.



As the chicks grew older they began sparring with one another, and it turned out that I'd gotten five roosters. My place was too small to keep all five, since they each needed their own territory, so I began the near-impossible task of locating permanent, loving homes for my extra roosters. Realizing that the production of eggs also involves the production of "excess" male chicks was the final nail in the coffin of my lacto-ovo vegetarianism. I realized it is virtually impossible to produce truly cruelty-free eggs.



**"A good place to begin thinking about what a hen needs for a decent life would be in the jungles of Southeast Asia where, with persistence, one can track the red jungle fowl ancestors of the domestic chicken. These wary birds live in small groups of between four and six, and are highly active during the day—walking, running, flying, pecking and scratching for food, and preening. At night they roost together in the trees. Domestic chickens released on islands of Queensland, Australia, and the West Coast of Scotland showed remarkably similar patterns of behavior."**

*—Christine Nicol & Marian Stamp Dawkins, "Homes fit for hens," New Scientist, March 17, 1990*

## The Battery Hen

*by Karen Davis*

Jennifer's story highlights some of the harsh realities that contradict the comfortable image of "free range." Now let's look at the battery-caged hen. You've seen her—the brown or white wretched looking chicken in the photographs with the strained neck and eyes staring wildly through the bars of the cage she'll never escape from. The gently curved and efficient beak she was born with was chopped by a machine blade into the botched object that you're looking at. How it hurts to know that her beak still hurts her, and that because it is mutilated she cannot preen herself properly to keep her feathers glistening and her skin fresh. How it hurts to know that her disfigured face and her misery are not the work of Nature but of Man. Hear her speak:

*"I am a battery hen. I live with four other hens in a cage so small I can't stretch my wings. I am forced to stand day and night on a sloping wire mesh floor that cuts painfully into my feet. The cage walls tear my feathers, forming blood blisters that never heal. The air is so full of ammonia that my lungs hurt and my eyes burn and I think I am going blind. As soon as I was born, a man grabbed me and tore off my beak with a hot iron, and my little brothers were thrown into trash bags. I am only a year old but I am already a 'spent hen.' Humans, I wish I were dead, and soon I will be dead."*

Her mind is alert and her body is sensitive and she should have been richly feathered. In nature or even a farmyard there would have been sociable dust baths with her flock mates. Instead, she pa-

thetically executes a "vacuum" dust bath on the wire floor of her cage. Free, she would have ranged the fields, devoured blades of grass and gobbled up tasty earthworms with her mates. She would have exercised her body and expressed her nature, and she would have given, and received, pleasure as a whole being.

Her plight is all the more poignant for being unnecessary, for nobody needs eggs. Their nutritional content can be derived from plant sources, and the binding action of eggs in cooking is easily duplicated. A tofu scramble, lovingly prepared, is savory and wholesome food.

## "Homes Fit for Hens"

Chickens are clean, social, delightful creatures, easy to maintain. I keep four, two roosters and two hens. Chickens are a nice help to vegetable gardens, removing tomato worms and garden pests, and their waste serves as a nice fertilizer. Free roaming chickens don't deposit waste in one area, which eliminates the odor usually associated with chickens.

Chickens love to take dust baths. It cools them down, scratches their itches, and removes the oil build-up in their feathers. Chickens won't have trouble finding a spot to carve out a dust bowl. For example, mine took over the back of a flower bed and because they determined to have it, I relented. They left the plants alone and the plants concealed the hen-sized dust bowls.

Caring for chickens is the same year round. They enjoy roaming in the snow and are able to withstand cold temperatures. One can have chickens with a small backyard as long as the birds have freedom to roam it. They can be taught, to some degree, where and where not to go. If you leave your door open to catch a breeze, watch out: chickens love to explore houses."

—Karen O'Donoghue,  
from "Joy of Chickens"

## Give a Chicken a Chance!

Check local ordinances about sharing your home with chickens. Chickens need a safe enclosure at night, protection from roaming dogs, foxes, and other predators, and shelter from freezing temperatures. Contact your local animal shelter about adopting a homeless chicken. Also, consider rescuing "spenthens" from a commercial poultry house. You'll be saving the still young birds from the sad and horrible journey to the slaughterhouse and the brutal indignity of dangling upside down by the feet on a movable rack towards the killing knife fully conscious, to be shredded into ghoulish pies & soups. Thanks to the Illinois Citizens' Animal Welfare League, 6224 S. Wabash Ave, Chicago, IL 60637 (312)667-0088 for reminding their members that "Chickens Need Love, Too!

## Tofu Scramble

1 lb. soft or firm tofu  
2 tsp. olive or sunflower  
oil  
1/4 tsp. turmeric  
1/4 tsp. curry powder  
1/4 tsp. cumin  
1 tsp onion powder  
1 T nutritional yeast (op-  
tional)  
salt to taste  
1/2 C pureed tomato  
(made by liquefying 1  
medium tomato with  
blender)  
1/4 C minced scallions  
(optional)  
fresh ground pepper to  
taste

Crumble tofu into skillet. Add olive oil and begin sauteing, breaking up any large pieces of tofu with a fork. Add remaining ingredients and mix well.

Saute tofu for 3 to 5 minutes, until mixture is light yellow and thoroughly heated. Tofu should be soft.

—Marilyn Diamond, *The American Vegetarian Cookbook*, 1990.

## In Memoriam

# ISAAC BASHEVIS SINGER

He shied from chicken soup and became a devoted vegetarian. From childhood on he had seen that might makes right, that man is stronger than chicken-man eats chicken, not visa versa. That bothered him, for there was no evidence that people were more important than chickens. When he lectured on life and literature there were often dinners in his honor, and sympathetic hosts served vegetarian meals. "So, in a very small way, I do a favor for the chickens," Singer said. "If I will ever get a monument, chickens will do it for me."

—"The Man Who Talked Back to God: Isaac Bashevis Singer, 1904-91," *The New York Times Book Review*, August 11, 1991.

Singer won the Nobel Prize in Literature in 1978. His story, "The Slaughterer," is a powerful exploration of the wrong of killing animals for food.



Beware of False Advertising. "Free-Range" and "Free-Roaming" chicken and eggs may not be what they're cracked up to be.

Contact:  
**United Poultry Concerns**,  
 PO Box 59367, Potomac, MD  
 20859 (301) 948-2406 for information.



## EGG Substitutes

**Com Starch** - 2 TB for 1 egg

**Arrowroot flour** - 2 TB for 1 egg

**Potato Starch** - 2 TB for 1 egg

**Soy Powder** - 1 heaping TB + 2 TB water for 1 egg

**Flax Seed & water puree** - 1 TB flax seeds + 1 C water for 1 egg. Blend flax seeds & water in blender for 1 to 2 minutes till mixture is thick and has the consistency of a beaten egg white.

**Banana** - 1 banana for 1 egg in cakes

**ENER-G Egg Replacer** - 1 1/2 tsp + 2 TB water for 1 egg. Comes in powder form in an easily stored box. 10 calories per serving. No animal ingredients. Check natural food stores & special sections in your local supermarkets. Ask them to carry it if they don't already.

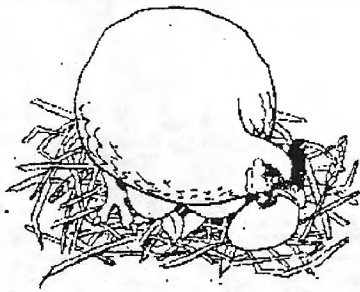
"Never again can I eat something which has the hidden egg of the sad chicken of factory farming" - Virginia Clark, Colorado

Ruth Dahl of Minnesota reminds us that in trying to beat the cholesterol scare, the egg industry is encouraging customers to substitute two egg whites for a whole egg in cooking and baking. This actually double the number of hens in battery cages.

"NO ONE HAS TO EAT EGGS" - Director of the International Egg Commission, Fred Drew

## Say "Hi" to Health and "Bye" to Shells from Hell

Enjoy egg-free dishes and stop worrying about Salmonella and other poisonous bacteria that infest poultry and eggs due to filthy, diseased-filled, overcrowded hatcheries and chicken houses. In recipes that call for eggs, skip them or use a substitute.



## **“Woman gains outside support in battle to keep ducks, geese.”**

Kathy Roth of Clarks Summit, PA was told by the Municipal Borough Manager to remove her rescued ducks and geese from her property by July 5 or face a citation. Kathy called UPC and we sent a letter on her behalf to the Borough Manager, Robert Thorne, and to Scranton Times news correspondent Maureen Marzen. Maureen wrote a very supportive article on Kathy, an art history teacher, and on UPC and the need to protect compassionate people and the beings they seek to shelter from harm. Please support her campaign. Write to:

Mr. Robert Thorne, Borough Manager, Clarks Summit Borough Bldg., Clarks Summit, PA 18411. Send a copy of your letter to Kathy Roth, 411 Powell Avenue, Clarks Summit, PA 18411

## **Legislative News**

In California, the Humane Poultry Slaughter Bill 1000 passed the full California legislature and is now California law. For information contact Teri Bernato, Association of Veterinarians for Animal Rights (AVAR) at 707-451-1391.

In Maryland, United Poultry Concerns and Maryland Legislation for Animal Welfare are preparing to introduce legislation that would include poultry under the Maryland Humane Slaughter Statute. In this effort we hope to join with California in providing a model system for other states and, ultimately, for an amendment of the federal act to include poultry within its provisions. For a guide sheet on introducing humane poultry slaughter legislation in your state, contact Karen Davis, United Poultry Concerns, Inc., PO Box 59367, Potomac, MD 20859

## **Investigative News** **Red Contact Lenses for Caged Laying Hens?**

United Poultry Concerns and Action for Animals' Rights (AFAR) in Atascadero, CA are investigating cruelty allegations concerning an experiment at California Polytechnic State University in San Luis Obispo, in which permanent red contact lenses were inserted into the eyes of thousands of battery caged laying hens. The ABL-1 lens, manufactured by Animalens, Inc. of

Massachusetts, is being marketed as a behavioral control technology that can be “installed by unskilled labor” causing hens to eat less, fight less, and produce more eggs. A student employee in the poultry unit has described the results of the lens experiment as “disastrous and sickening,” explaining in a written report that the lens causes severe eye infections, abnormal behavior, and blindness and prevent the hens from being able to close their eyes normally because the lens is so large. Further problems are posed by the fact that the lenses are to be disposed of by being ground up along with the chicken heads, which means they would be recycled back into farm animal and pet food. This could present serious health, safety, and environmental hazards, particularly in large-scale production. In addition to billions of chickens suffering and dying each year in food production, countless numbers of chickens are used in cruel experiments to boost food industry profits. Another important reason to say NO to poultry and eggs.

## **Don't Just Switch from Beef to Chicken: Get the Slaughterhouse Out Of Your Kitchen**

On October 2, 1991, UPC and FARM, protested the inhumane treatment of chickens on factory farms. Approximately 1,500 flyers were distributed in front of POPEYE'S Chicken in Rockville, MD. Worldwide broiler chicken slaughter is 16 trillion and climbing.

## Videos Available

UPC has a new video compilation for sale, "Sentenced for Life" and "Chicken for Dinner." Produced by Chickens' Lib, the two videos are combined into one 50 minute expose' on the battery and broiler systems used in chicken factory farming. An excellent way to educate family, friends, and others about the cruelties of factory chicken and egg production. Order from UPC, Inc., PO Box 59367, Potomac, MD 20859 (301) 948-2406. Available postpaid for \$25.



## Books

*Chicken & Egg: Who Pays the Price?* by Clare Druce, introduction by Richard Adams. A powerful investigation of the chicken and egg industry by the founder of Chickens' Lib. Available for \$10 postpaid.

*Farm Animal Coloring and Activity Book.* The Humane Farming Educational Program. The Humane Farming Association (HFA) has developed this beautiful, sensitive children's book presenting a wholesome vision of farm animals living healthy lives in humane environments. A wonderful learning experience for you, your class, or your family. Order from The Humane Farming Association, Educational Department, 1550 California Street, Suite 6, San Francisco, CA 94109 (415) 771-CALF. \$3 per copy. Discounts for classroom use & bulk orders.

*'Twas the Night Before Thanksgiving* by Dav Pilkey. A wondrous story about children rescuing turkeys from a turkey farm and then dining with their new friends as guests at a very special Thanksgiving dinner. Order from Farm Sanctuary, PO Box 150, Watkins Glen, NY 14891 (607) 583-2225. \$16 postpaid.

*Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri.* A delightful new cookbook produced by United Poultry Concerns, Inc. Features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in a positive light. Available mid-December, 1991. Order from UPC, Inc., PO Box 59367, Potomac, MD 20859. \$9 postpaid.

## Flyers from Poultry Press—

"CHICKENS"—20 for \$4.00  
"CHICKEN FOR DINNER"—  
20 for \$2.00

## Volunteers Wanted

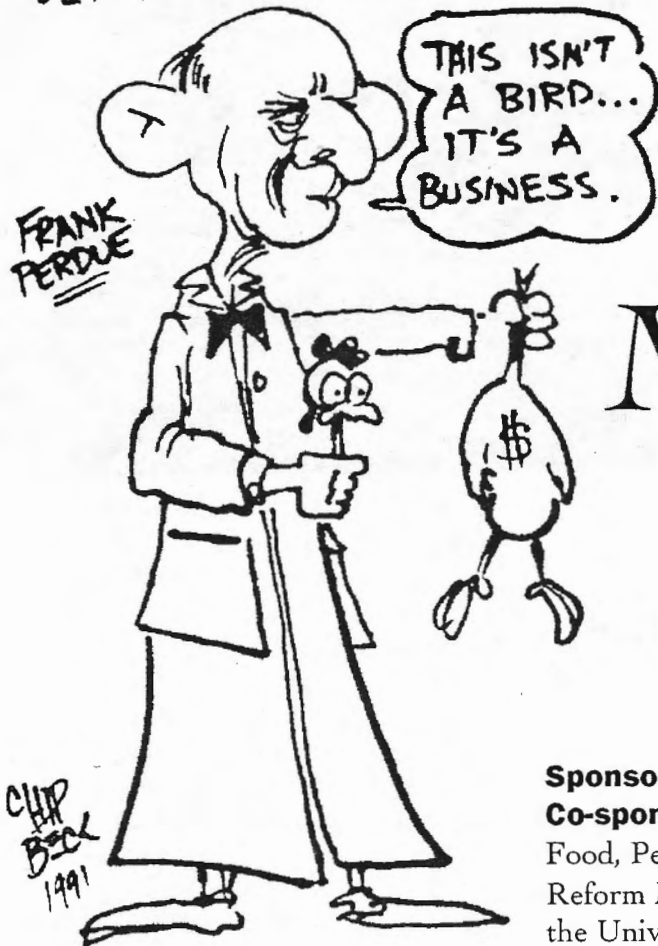
"Advocates who would like to work on farm animal issues please contact UPC for information. This may be your ticket."

*Editor—Karen Davis*  
*Photos Courtesy of Jeri Metz*  
*Research—Jean Colison*

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**Potomac, MD 20859**



IT TAKES A CRUEL MAN  
TO KILL A  
DEFENSELESS CHICKEN...



# PLAN NOW TO ATTEND UPC'S 24- HOUR SPRING MOURNING VIGIL FOR CHICKENS

**Sponsored by**—United Poultry Concerns

**Co-sponsored by**—Henry Spira & The Coalition for Non-Violent Food, People for the Ethical Treatment of Animals, Farm Animal Reform Movement, Farm Sanctuary, The Animal Rights Coalition at the University of Maryland, College Park, & The Fund for Animals.

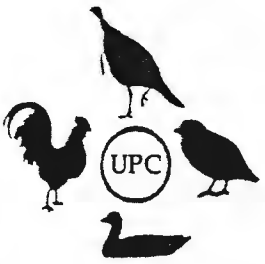
When: Friday, May 1, 1992 - Saturday May 2, 1992  
Time: 7:30 a.m. - 7:30 a.m.

Where: Perdue Chicken Slaughter Plant  
U.S. Rte 50, Salisbury MD

Truckload after truckload of terrified young chickens pour into this hellhole each day. Plan to be at the Second Annual Spring Mourning Vigil for Chickens and help us show the world that people do care about chickens!

UPC will help volunteers plan vigils for chickens in their local area. For information contact UPC.

*Love is best*



P.O. Box 59367  
Potomac, MD 20859

