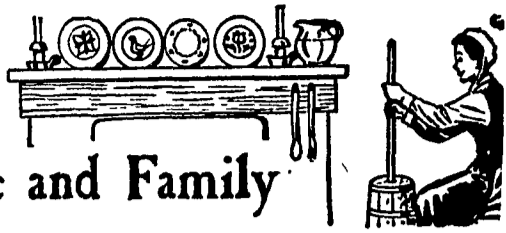


# For the Farm Wife and Family



## The Indispensible Egg

By Mrs. Richard C. Spence

March, traditionally "Egg Month," may be the time to check your usual ways of cooking eggs to be sure of giving attention to details important in making this protein food appetizing and attractive. Low heat is the secret for tender texture.

**To fry:** heat fat in a pan. Break eggs into a saucer, then slip them into the fat. Sprinkle with salt and pepper. Cook over low heat, basting with the fat, until whites are firm. Or, if you prefer eggs with less fat, "fry-poach" them. Melt a little fat in the pan—just enough to grease the bottom—and hold over low heat. Add eggs, one at a time, then pour in 2 to 3 table-poons of water, cover the pan tight, and steam until eggs are done.

**To poach:** have salted water boiling gently in a shallow pan. Break eggs into a saucer, one at a time, and slip them into the water. Re-heat the water to simmering, take pan from heat, and cover. Let stand 5 minutes, or until eggs are as firm as desired.

**To cook eggs in the shell:**

wash them, put into a pan, cover completely with cold water. For soft-cooked eggs, heat water slowly to simmering. Cover pan and remove from heat. Let stand 3 to 5 minutes, the longer time for the larger number of eggs. For hard-cooked eggs, heat water to simmering and simmer 20 to 25 minutes. Serve eggs hot, or place them at once under cold running water until chilled through.

Served in any one of hundreds of ways—as the main dish or as an important, perfectly blended ingredient in other prepared foods—eggs are the housewife's true "menu friend". Here are just a few tasty dishes to help solve the ever present menu problem.

### EGG CHOWDER

2 cups cubed (about 1-inch

size) raw potatoes  
1 can (13 oz.) concentrated chicken broth  
½ cup butter or margarine  
¼ cup flour  
1 tall can (14½ oz.) evaporated milk diluted with 1 can water

1 can (1 lb.) kernel corn with liquid  
1 can (1 lb) green beans with liquid  
1 small onion, sliced and separated into rings  
1 jar (2 ounce) pimiento, diced  
¼ teaspoon pepper  
1 small bay leaf  
¾ cup chopped or diced Cheddar cheese

9 hard-cooked eggs, sliced  
Simmer potatoes in chicken broth, covered, until just tender, about 10 minutes. Meanwhile, in a large kettle or saucepan (about 3-quart size), melt butter or margarine over low heat. Stir in flour and cook until frothy. Add milk and water all at once. Increase heat and cook, stirring constantly, until smooth and thickened through. Add corn and beans, onion, cooked potatoes (with any leftover broth), pimiento, pepper and bay leaf.

Simmer about 15 minutes to blend flavors; remove bay leaf. Add cheese and eggs.

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just before serving. (One egg slice may be set aside and floated on top of each serving.) Season with salt and pepper to taste. Serve with assorted crisp breadstuffs. Makes about 11 cups—six servings as a main dish.

olives, or green pepper  
½ cup mayonnaise or salad dressing  
2 hard-cooked eggs, sliced  
Melted butter or margarine  
6 hard-cooked eggs, coarsely chopped

Prepare "boat"; Cut top crust off bread and reserve for cover. Scoop out the soft crumbs to half the depth of the loaf. Mark "boat" into desired number of servings, cutting down almost to bottom crust. Cut top crust into same number of pieces. Prepare Egg Salad: Soften about 2 cups of the crumbs in the milk. Blend in the egg, garlic, salt, pepper, and coriander. Add chopped eggs, cel-

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