growth and at the same time furnish the material used in activity. They are extremely active in muscular exercise. Do you not remember saying to a child, "will you never keep still?" "do be quiet," "be still a minute." Where do they get the power for that activity? The large per cent. of carbohydrates called for in dietary No. 1 is meant to furnish just that energy without checking growth. Given food tables such as are published in Farmers' Bulletin No. 74, on Milk as Food, and others, prepared by Prof. Atkins, water, and the daily bill of fare can be calculated with some certainty. The following chart was compiled from tables contained in "The Science of Nutrition," by Edward Atkinson.

**WEDNESDAY AFTERNOON, MARCH 14, 1899.**

Miss Clarke—We have only a little time this afternoon, but can take for our subject eggs and their composition, and then suggest some different ways of preparing them for food.

These different ways of preparing eggs can be classified under a few simple forms—First, cooking in water or steam, poaching in water, stock, milk, etc. This may be so varied as to give an almost unlimited number of apparently new dishes. Second, cooking by dry heat, as in the many forms of omelets, baked and fried eggs, and, third, such made dishes as have eggs for their principal ingredient, escalloped eggs for instance or curried eggs or Scotch Woodcock. Urbain Dubois has lately published a book giving 300 ways of preparing eggs, but this number is mostly obtained by the great variety of sauces and garnishes used. The following recipes will be given to-day:

**Breakfast Eggs**

**Golden-rod Eggs**

**Breakfast Eggs on Toast**

**Pretty Poached Eggs**

**Egg Timbales**

**Oyster Omelet**

**COMPOSITION OF EGG.**

<table>
<thead>
<tr>
<th></th>
<th>Whites</th>
<th>Yolk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>84.8</td>
<td>51.5</td>
</tr>
<tr>
<td>Albuminates</td>
<td>12.0</td>
<td>15.0</td>
</tr>
<tr>
<td>Fats</td>
<td>2.0</td>
<td>30.0</td>
</tr>
<tr>
<td>Mineral Matter</td>
<td>1.2</td>
<td>1.4</td>
</tr>
<tr>
<td>Extractives, Pigments, etc.</td>
<td>2.1</td>
<td></td>
</tr>
</tbody>
</table>

By referring to the table of the composition of eggs (the white in the left hand column and the yolk in the right), you can see that the albuminates of white and yolk do not vary much. The white contains much more water than the yolk. The greater nutritive value lies in the yolk, chiefly on account of the large amount of fat it contains, 15 times as much as is contained in the white. The mineral matter is nearly evenly distributed; but the coloring matter and the flavoring is in the yolk only.

One of the German chemists of whom Mrs. Kedzie spoke, studying foods and their values, gives 750 grains as the average weight of a hen's egg, but some of the Wisconsin eggs I am using this afternoon must weigh much more, they are so large. All food materials contain a certain proportion of waste. In eggs for every 100 grains of weight we must allow about 10 grains of shell. In your 100 grains there will be 22 and a fraction of albuminates and fats, and 67.2 of water, so that you see how large a per cent. there is of nutrients, and one pound of eggs used as food will average about the same in value as one pound of the very best quality of butcher's meat; not tenderloin steaks, but the most nutritious part.

While we are eager to know just how
many pounds of steak it takes to sweep the floor, it may be interesting to know that one pound of hard-boiled egg will set free force enough to lift 1,415 tons one foot high (if completely oxidized). If we take time to study the table of food values on the chart we can calculate the nutritive force furnished in our daily food, and when the ration is falling short it is easily brought up to normal by adding eggs in some form to the daily ration. Do not feel that it is extravagant to use eggs freely in breakfast breads, custards and cake. I believe in a reasonable, rational use of cake for food. The old-fashioned sponge cake, known as diet bread in the days of Queen Elizabeth, is excellent food, under certain conditions. What is more wholesome than the eggs, sugar and flour used in making it.

We have a very simple form of albumin in eggs, different from that found in meat; it is so easily digested and quickly assimilated that it is valuable as a food element. Eggs also contain more phosphates than the average of other foods. It is found in the whole egg, both white and yolk. There is also an especially valuable supply of iron and sulphur in the egg.

The fats of the egg are olein and palmitin, which are also found in other foods, but they are so proportioned in the egg that it is one of the few perfectly balanced foods that are found in nature; milk gives us another example of the perfect adjustment of fat with other elements under an agreeable form. Some people reject cream and take fat meat, while others relish cream and turn away from fat meat; still others who cannot take cream will enjoy an egg yolk, especially if beaten well with milk or water. But, however we choose to take it, we need a certain amount of fat.

Breakfast Eggs.

Eggs should never be boiled. By boiling a thin shell of the white is made hard and indigestible, while the bulk of the egg is barely warmed through. The following is a better way. Put six eggs into a vessel that will hold two quarts. Fill with boiling water, cover closely and set on the stove shelf for seven minutes, if wanted soft; ten minutes for medium, and twelve to fifteen minutes for very firm. In this way the egg will be thoroughly and evenly cooked. If soft the white and yolk will blend, and be rich and creamy; if hard, the white will be a delicate, firm mass, that simply melts in the mouth and is not more difficult of digestion than of mastication, while the yolk will be dry and mealy, and easily managed by the digestive fluids.

When serving these breakfast eggs, crumple a napkin in the dish and arrange them in its folds.

Breakfast Eggs on Toast.

Recipe—Cut slices of stale bread two inches thick into as large rounds as possible. Scoop out the center to shape them like a large tart, brush with melted butter and brown in a hot oven. Into each one break a small egg, being careful not to break the yolk, season with pepper and salt, and pour one teaspoon cream over the egg. Return to a very hot oven until firm.

The pieces of bread should be just thick slices from stale bread, cut as large as possible; make an inner ring with a sharp knife, and leave a little at the bottom. For seasoning, a safe rule is half a saltspoon salt and a dash of pepper to each egg. If more seasoning is desired it can be added individually at the table.

The eggs on toast make a pretty combination and a dainty food for convalescents, invalids and children. If they
do not care for eggs in the usual form it may give them an appetite to see this attractive arrangement.

Question—How long does it take to cook them?

Miss Clarke—It depends upon the oven. Four minutes is a good average. The time will vary from three to six minutes, according to the heat.

Question—Is the egg to be cooked before the cream is put on, or after?

Miss Clarke—After; lay it on the egg when it is first put on the bread and then return to the oven.

One of the golden rules for cooking is to taste for seasoning. It is a good scheme to have a little cooking spoon pocket in your apron to slip your tasting spoon into, so that you will not need to hunt for it.

Golden-Rod Eggs.

Recipe—Make a sauce with one tablespoon butter, one tablespoon flour, one cup milk, and season with 1/2 teaspoon salt and 1/4 saltspoon pepper. Take two hard cooked eggs, chop the whites fine, add them to the sauce and pour over four slices of toast cut in long slips and arranged on a hot platter. Rub the yolks of the two eggs through a coarse strainer over the top, and garnish with parsley, arranged to suggest stems and leaves.

You remember how we made our drawn butter sauce yesterday. You can apply the same principle to make the white sauce for golden-rod eggs. When your sauce has been brought to the boiling point it can be set one side, over hot water, until ready to use. While preparing the sauce the eggs should cook, and the whites and yolks can then be separated. If cooked after the directions given for breakfast eggs the whites will be firm and in excellent condition for chopping, and the yolks will be dry and mealy.

Question—Which do you prefer, black or white pepper?

Miss Clarke—Black pepper is ground with the outer coating and white pepper has this coating removed before grinding; that is the only difference.

Pretty Poached Eggs.

Beat the whites very stiff, adding a little salt; turn it into a buttered cup or deep saucer, lay the whole yolk gently on top and set the dish in a pan of boiling water. Cover and let cook two minutes. Sprinkle a dash of pepper on top before serving.

Or, Place the dish in a hot oven and bake until a delicate brown.

This is known in French as OEufs au Lit—Eggs in a Bed. That does not sound very well, and as we do not use French, we will call them Pretty Poached Eggs.

Here is an egg separator that works well. I think it superior to any invention I have ever tried. A curved partition holds the yolk unbroken at one side of this glass cup, while the white drains through a funnel shaped hole in the bottom into another dish. After the eggs are separated the whites are beaten very stiff, with a saltspoon of salt and a dash of pepper; turn them into a baking dish that has been thoroughly buttered. It is worth while to prepare this in a larger platter if you are going to make many, because it takes so much room if you poach many eggs.

Question—How do you know when whites are stiff enough?

Miss Clarke—The first stage is when it sticks to the beater; the second when you turn the bowl upside down and they will not slide out; and the final test is when little bits fly from the beater.

Another way to cook these pretty poached eggs is to place them in the steamer instead of in hot water; the
yolk is placed on the beaten white, making a nest, as before, and you have golden yolks reposing upon a mountain of beaten white. You can also place the dish in a hot oven and bake until a delicate brown.

Egg Timbales, or Savory Custard.

Recipe—Use six eggs, 1½ cups milk, one teaspoon salt, ¼ teaspoon pepper, fifteen drops onion juice, one teaspoon chopped parsley; mix like custard and bake in a dish or in cups. Serve with tomato sauce made like the drawn butter of Lesson 1, but using strained tomato instead of water.

For this I want to call your attention to the proportions, for it is much easier when you have analyzed the formula: 1 egg to each ¼ cup milk, and salt, pepper, onion juice, and parsley to taste. This should be treated exactly like a plain sweet custard. The eggs are not beaten very light, simply thoroughly broken. The onion juice can very readily be taken out by pressing the onion on a sharp grater.

Question—Do you chop the parsley fine?

Miss Clarke—No, not too fine; you want to have it show enough to look pretty, as well as taste good.

This timbale can be baked in one large dish or in individual cups. Be sure to set the cups in hot water and test exactly as you would a sweet custard, by cutting into the middle with a knife. You may serve this, if you chose, without sauce, but it is prettier with tomato sauce around the form. You may serve them with white sauce if you prefer.

The tomato sauce is made by the formula used for white sauce yesterday, using strained tomato instead of water, and adding a little onion juice for flavor.

Oyster Omelet.

Recipe—The oysters should be parboiled and drained; the liquor from them may be strained and used instead of water to give a richer flavor to the omelet. For each egg allow one saltspoon salt, a dust of pepper and one tablespoon oyster liquor. Break whites and yolks separately, beating each until very light; add seasoning to the yolks and fold them into the whites, stirring as little as possible. Have the omelet pan hot, melt in it one teaspoon of butter, and cook over a quick fire until well browned on the bottom. Then set into the oven until the top is firm. Fold carefully, not to break the crust, and turn onto a hot dish. Serve at once.

The whites of eggs should be beaten very stiff, until they begin to fly, just as we did for baked eggs; the yolks should also be well beaten. Part of the oysters are put in with the omelet when it goes into the oven, and allowed to cook through in that way. The surplus oysters can be warmed with cream for a garnish.

The knack in folding an omelet lies in taking the handle of the pan with the thumb on the upper side, then a roll of the wrist turns it over. It is really very easily done.

You may vary omelets by changing the flavor. Made with meat or a sprinkle of cheese they are savory and extremely popular. If you have served roast chicken and think there is absolutely nothing left on the carcass, go over it again with patience and a sharp knife, and you can get enough delicate bits to give distinction to an omelet. If you have a few sardines left and do not know what to do with them, there will surely be enough to flavor an omelet. And so on, dozens of fragments that are worthies by themselves can be utilized for omelets.
Aside from meat flavorings some of the savory herbs can be used. If you have a plat of ground as big as a sheet you can have a corner in which chives, tarragon and a big square of parsley will grow; a little of these chopped fine will make omelets savory and delicious.

With fruits you can make a wide variety of sweet omelets. Instead of using pepper and salt for seasoning use a small amount of salt and sugar; instead of water use the juice of the fruit, and if a little pulp goes in it is all right. Take out the best of the pulp and when the omelet is done spread the pulp over it, dust with powdered sugar and garnish with slices of the fruit or green leaves.

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THURSDAY AFTERNOON.

Miss Clarke—We are now ready for to-day's work, which is quite different in character from the work of yesterday and the day before. In those lessons we considered food and cooking from the standpoint of profit, pecuniary and economic—how to get the most out of an expenditure of time, money and labor. To-day we are going to cook for pleasure.

I have often heard it said that farmers' wives are unsocial; that is a libel, it is not so. They are the most sociable people alive. I know, for I have been around through these farming towns for five years, not doing so much work as this year, but more or less, and not in Wisconsin only, but in Michigan, Minnesota, Ohio, Illinois, Georgia, Massachusetts, Maine, North and South Carolina, and pretty much all over the country, and the truth is that they are most hospitable. The only trouble is that so many of them do not have facilities for getting help outside their own families, but must depend upon their own efforts for all the work involved.

Max O'Rell said, when he was in this country, "I have noticed one peculiarity in the American's hospitality, that the first course is very often a roasted hostess." Let us not have this true any longer. All we want, all we need, is to bring brains to bear upon our daily work, and then to entertain friends will not be such a burden after all. Not anywhere in this county, but occasionally way down in Milwaukee, when an entertainment has been successfully carried through there is a long breath drawn, "Well! Thank fortune that job is done." Let us not have that true with us. Of course it is sometimes a burden, but see how easily these things can be prepared.

I know you have had Mrs. Jamison with you in the past, and are well grounded in the art of bread making, in all its manifold forms of twists, rolls, etc., so that your bread is sure to be a pride and delight. So we shall not touch upon that subject this afternoon, but take up a little variation that is known in the southern part of the country as Sally Lunn, and in New England as muffins.

MUFFINS.

Recipe—One cup milk, one scant teaspoon salt, one cup water, ½ ounce yeast dissolved in two tablespoons water, one tablespoon sugar, two tablespoons soft butter, and about four cups of flour. Beat all very thoroughly and let rise to twice its bulk, beat again, adding two eggs, well beaten. Let rise again till light, then fill muffin pan two-