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EC910 Revised 1927 Eggs - An Excellent Food

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Revised
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COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, LincolnExtension
circular
910

EGGS - AN EXCELLENT FOOD

Every homemaker wants a food which is inexpensive, easily obtained, quickly prepared and of good food value. Eggs fulfill these requirements.

The Food Value of Eggs

Of what are eggs composed? Of the edible portion of the egg 13.4% is protein, 10.5% is fat, the remaining portions are water and mineral matter. The egg yolk is an exceedingly good source of fat soluble vitamins A and D and a fair source of vitamin B. Vitamins are lacking in the white. Because vitamins A and D are necessary for health and growth, eggs are an excellent food for the children.

Of the minerals needed for one day, one egg will supply 10% of the iron, 6% of the phosphorus and 5% of the calcium. An egg is rich in sulphur, which is shown by the readiness with which silver is darkened. An egg will also supply 10% of the protein that one needs for a day. Because of this protein eggs may take the place of meat, cheese, beans, nuts and milk in the diet. Eggs contain no starch, so it is desirable to combine them with cereals and vegetables, also with bulky food. Contrary to popular belief there is no difference in the composition of eggs with white and dark shells.

Fresh Eggs.

Eggs are an ideal family food. They are not just a breakfast food but may be used as the main dish for either lunch, supper or dinner. Because of the vitamin and mineral content, they make a valuable food for a child, but of course should not take the place of milk, because the calcium content of milk is higher. Their vitamin and fat content make them desirable foods for the convalescent or tubercular patient. Eggs are easily and quickly digested if cooked so the protein is not toughened or coated with grease. Keep eggs in a clean odorless storage place to hold their good fresh quality. The quality of eggs may be determined by candling.

Use of Eggs in Cooking

Because egg white coagulates easily (at 160° F. which is 52° below the boiling point of water), care must be taken in cooking them. Eggs cooked below the boiling point are most desirable. Many varied uses are made of eggs because the white has the power of holding air. Whenever a food containing beaten egg whites is heated, the air expands and the protein stretches, then coagulates rendering the food light and porous. Some of the products fail due to the heat being too hot which hardens the outside protein before the center is set.

- Uses: -
1. Thickening as in custards, batters, sauces. Egg slightly beaten so that yolk and white are well mixed. Two yolks thicken a mixture slightly more than one whole egg.
 2. To add lightness as in omelet, souffle, sponge cakes, etc., yolk and white beaten separately, folded into mixture.
 3. To add richness and color as in ice cream, sauces, rolls.
 4. For coating to prevent absorption of grease as in croquettes and French fried toast. Eggs are slightly beaten and mixed with equal parts of water or milk.

Use level measurements.

T. = tablespoon. t. = teaspoon. c. = cup.

Eggs Cooked in Shell

Allow one pint of water to each egg with one cup to each additional egg. Lower eggs into kettle of boiling water with a spoon. Cover, set kettle where water will keep hot, without boiling. Let stand until eggs are cooked as desired.

Time: Soft - from 3 to 5 minutes

Medium - from 8 to 10 minutes

Hard - from 20 to 30 minutes

Note: The temperature of the water should not exceed 180 degrees F.

Creamed Eggs

3 hard cooked eggs

6 slices toast

1 c. medium white sauce

Prepare white sauce and add hard cooked eggs cut in halves, sliced, or chopped, and when hot serve on toast. Chopped cold boiled ham, bacon or fish may be added to the white sauce.

Eggs A La Goldenrod

Use recipe for creamed eggs. Separate whites and yolks, chop whites fine, add to the white sauce, and when hot serve on toast and garnish with yolks run thru sieve or ricer. Season with salt and pepper.

Creamed Macaroni with Eggs

5 eggs

1 c. macaroni

$\frac{1}{2}$ c. cheese

$1\frac{3}{4}$ c. white sauce

$\frac{1}{2}$ c. bread crumbs

Cut eggs in eights lengthwise, add macaroni, white sauce and seasonings. Arrange in buttered baking dish, cover with buttered crumbs and bake until crumbs are brown.

Scalloped Eggs

6 hard cooked eggs

1 c. medium white sauce made of 1 c. milk, 2 T. butter, 2 T. flour,

$\frac{1}{2}$ t. salt and $\frac{1}{2}$ c. buttered bread crumbs.

Place a layer of sliced hard cooked eggs in casserole then a layer of crumbs. Next place a layer of sliced hard cooked eggs in casserole then a layer of crumbs. Next a layer of white sauce. Repeat. Sprinkle crumbs on the top. Cheese may be dissolved

Egg Sauce

1 c. milk

1 T. butter

2 T. flour

Salt

Blend the flour with the melted butter, add the hot milk and cook over water for at least 10 minutes. Before serving add a chopped boiled egg.

Egg Croquettes

6 eggs hard cooked

6 T. flour

1 c. milk

1 T. butter

$2\frac{1}{2}$ t. salt

$\frac{1}{2}$ c. bread crumbs

1 egg

1 T. milk

Make stiff white sauce of flour, milk, butter and salt. Peel hard cooked eggs, and chop them. Add to white sauce when cool. When cold mold into croquettes or cutlets. Dip in dipping mixture made of eggs and milk, then in crumbs. Fry in deep fat.

Variation. $\frac{1}{2}$ c. grated cheese may be added to the croquette mixture.

Scrambled Eggs

4 eggs
 $\frac{1}{2}$ c. milk

$\frac{1}{2}$ t. salt
2 T. butter or bacon fat

Beat eggs slightly. Add salt, pepper and milk. Melt the butter in a double boiler, add the eggs and stir occasionally until the mass sets. Keep the water in the lower part of the double boiler below boiling point. Scrambled eggs may be cooked directly over the fire if very low temperature is used. Chopped ham, bacon, chipped dried beef, sausage, chicken, veal or fish may be added.

Scrambled Eggs with Cheese and Tomatoes

Add 3 T. of grated American or Parmesan cheese to scrambled eggs after they begin to cook, serve them immediately with stewed tomatoes poured over them. Top with a little chopped parsley.

Poached Egg

Fill a shallow pan with water deep enough to cover eggs. For each pint of water add $\frac{1}{2}$ t. salt. Have the water boiling, then lower heat. Break each egg separately into a saucer and carefully slip it into the water. Cover the pan keeping over low heat so the water does not boil. Let stand until the white is coagulated and a film covers the yolk. Take up with a greased skimmer, drain and place on slices of toast moistened slightly with hot water.

Eggs and Chicken Livers

Cut rounds of bread, saute in butter, and cut out the center with the point of a knife or spoon. In this cavity, place cut-up chicken livers which have been sauted and top these with a poached egg. Pour over this hot browned butter or tomato sauce.

Steamed Eggs

Cook in an ordinary steamer for five minutes, more or less, to suit the taste. They may also be broken into buttered cups and steamed. For an invalid, beat light, season and steam only until well warmed thru.

Baked Eggs

Break the required number of eggs into the bottom of a buttered baking dish, preferably a flat one, cover with rich cream, add salt and pepper to taste and a slip into a hot oven. When done to please the family, remove and garnish with paprika and serve from the baking dish. Excellent for supper.

Variation: Cover bottom of buttered baking dish with buttered bread crumbs. Break in the eggs, cover with buttered crumbs. Bake until eggs are set and crumbs are brown. Bacon fat may be used instead of butter in preparing the crumbs.

Baked Eggs au Gratin

Break an egg into a buttered ramekin, sprinkle with salt and paprika and grated cheese. Add a piece of butter and bake, set in hot water until the eggs are set.

Eggs in Batter

1 egg
 $1\frac{1}{2}$ T. thick cream

2 T. fine stale bread crumbs
 $\frac{1}{4}$ t. salt

Mix cream, bread crumbs and salt. Put $\frac{1}{2}$ T. of mixture in individual baking dish. Slip in egg, and cover with remaining mixture. Bake 6 min. in moderate oven.

Eggs Baked in Potatoes

3 potatoes
2 T. butter
 $\frac{1}{4}$ c. hot milk

6 eggs
3 T. grated cheese
 $\frac{1}{2}$ t. paprika
Salt and pepper

Bake the potatoes, then split them and scoop out the centers. Add the butter, salt, pepper and milk, and refill the shells just enough to leave space in which to drop one egg. Sprinkle the top with the cheese and paprika and bake the potatoes in a moderate oven for a few minutes until the eggs are set.

Baked Eggs with Pimento Potatoes

To 2 c. hot riced potatoes, add 2 T. butter, $\frac{1}{3}$ c. rich milk and $\frac{1}{2}$ t. salt. Beat vigorously 3 minutes, add one can pimentos forced thru a strainer, and continue the beating until mixture is thoroughly blended. Pile evenly in a buttered baking dish, and make four cavities. In each cavity slip a raw egg, and bake until eggs are set.

Eggs in Bacon Rings

6 long slices of bacon
6 eggs
Salt

Pepper
Parsley
Toast points

Partially cook the bacon and curl around the inside of a muffin tin or small ramekin. Break an egg inside each bacon ring, place the cup on a baking sheet or shallow pan and cook in the oven until the egg is set but not hard. Remove them from the cup carefully so that each egg remains in the ring of bacon. Place them on a platter, put a triangle of crisp buttered toast between the eggs, garnish with parsley.

Cheese Fondue

Yolks of 3 eggs
Whites of 3 eggs
1 c. scalded milk
1 c. soft stale bread crumbs

$\frac{1}{4}$ lb. mild cheese, cut
in small pieces
1 T. butter
 $\frac{1}{2}$ t. salt

Mix milk, bread crumbs, cheese, butter and salt, add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour in a buttered baking dish, and bake 20 minutes in a moderate oven.

Cheese Souffle

2 T. butter
3 T. flour
 $\frac{1}{2}$ t. salt

1 c. milk
 $\frac{1}{4}$ c. cheese (grated)
2 eggs

Make a white sauce and add cheese. Stir until smooth. Add to beaten yolks. Cool mixture. Fold in the well beaten whites. Turn into a buttered baking dish. Set in a pan of hot water and bake in a moderate oven 30 to 40 minutes.

Fluffy Omelet

For each egg use:
1 T. water or milk
 $\frac{1}{4}$ t. salt

$\frac{1}{2}$ t. butter
Speck pepper

Beat the yolks of the egg, add the liquid and seasonings. Beat the whites of the eggs until stiff, using a wire spoon. Cut the whites into the yolks. Heat omelet pan and grease with butter. Turn into omelet pan, spread evenly. Cover and heat slowly until omelet has doubled in size and slightly browned on the bottom. Place in a moderate oven and cook until firm on top. Run a knife under the half near the handle and fold toward the right. Serve at once.

Variations

To have a good omelet one needs to have the eggs and butter as fresh as possible. The omelet pan should be perfectly clean and smooth so it will not stick.

1. Serve with white sauce, tomato sauce or oyster sauce.
2. Serve with garnish of chopped parsley, olives, green pepper, peas, green beans or asparagus tips.

3. Use bacon fat in omelet pan and serve with a garnish of crisp bacon.
4. Before folding omelet spread with chopped cooked ham, tongue, mushrooms or grated cheese.
5. Warm a cup of cold boiled rice in 1 c. of milk with 1 T. butter. Stir until well-blended, then add to a 3 or more egg omelet.
6. Add grated cheese, ham, tongue, parsley or onions to yolk mixture.
7. Substitute sugar (1 T. to each egg) for salt and pepper, fruit juice for milk and serve with jelly or a sweet sauce, grated pineapple, sliced oranges or powdered sugar.

Bread Omelet

Soak 1 c. bread broken in pieces about 1 inch square in 1 c. milk for 10 minutes. Add 4 well beaten eggs and $\frac{1}{4}$ t. salt. Brown 1 T. butter or other fat in an omelet pan. Then add omelet and cook over a slow fire until the bottom is a delicate brown. Do not stir. Place the pan in the oven and leave until the omelet is firm to the touch,

French Toast

1. Beat slightly 2 eggs, add 1 c. milk, 1 t. sugar, and $\frac{1}{2}$ t. salt.
2. Dip slices of bread (not too fresh) into this and cook on a hot, well greased griddle until brown. Turn and brown the other side. May be served with syrup.

Southern Spoon Bread

2 c. corn meal	$1\frac{1}{2}$ c. buttermilk
$2\frac{1}{2}$ c. boiling water	2 eggs
1 T. melted butter	1 t. soda
$1\frac{1}{2}$ t. salt	

Add corn meal gradually to the boiling water and cool. Then add butter, salt, egg yolks (slightly beaten) and butter milk mixed with the soda. Beat 2 minutes. Add stiff egg whites. Turn into a buttered pudding dish and bake in a hot oven 40 minutes. Serve with a spoon.

Drop Noodles

4 T. flour	1 egg
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Mix together well the egg and flour. Let mixture run from spoon into rapidly boiling liquid, stirring constantly. This is most satisfactory when used in an unthickened milk soup containing a portion of the unstrained vegetable or clear broth.

Egg Nog

1 egg	Few grains of salt
$\frac{3}{4}$ c. whole milk or part cream	Few drops flavoring

Add salt and sugar to egg, beat until very light. Add flavoring and pour in ice cold milk, do not beat. Serve in tall glasses immediately.

Egg Milk Shake

3 c. milk	Few grains nutmeg
3 eggs	Few grains cinnamon
4 T. sugar	$\frac{1}{4}$ t. salt
1 t. vanilla	

Beat the eggs until very light, add the sugar, salt, vanilla and spices, then the milk. Stir until the sugar is dissolved, then beat well. Serve cold.

Luncheon Potatoes

Cooked potatoes

Hard boiled eggs

Medium thick white sauce

Cheese (grated)

Bacon

Buttered bread crumbs

In a baking dish place a layer of sliced, cooked potatoes, a layer of sliced hard boiled eggs, then a layer of white sauce. Repeat these layers. On top place strips of bacon, or cover with buttered bread crumbs. If a cheese flavor is desired, melt cheese in the white sauce. Place in a moderate oven until crumbs are browned or bacon is cooked.

Eggs with Ham and Asparagus

2 bunches of asparagus

3 T. butter, melted

Salt and pepper

2 slices boiled ham

Cook the asparagus, cut off the tender top part and lay in buttered casserole, seasoning with salt and pepper. Pour over that the melted butter. Beat the eggs just enough to break the yolks, add two inch pieces of boiled ham, pour over the asparagus, and bake 10 minutes in a moderate oven.

Tomato Eggs

1 c. tomato soup

$1\frac{1}{2}$ t. butter

$\frac{1}{4}$ t. salt

6 hard cooked eggs

1 c. thick cream sauce

2 T. cracker crumbs

1 t. melted butter

Heat the tomato soup with the $1\frac{1}{2}$ t. butter and salt for 5 minutes. Fill buttered ramekins $\frac{1}{3}$ full of this and then add to each ramekin 1 egg. Cover with the cream sauce and sprinkle the cracker crumbs moistened with the melted butter over the top. Bake ramekins in a pan of hot water for fifteen to twenty minutes.

Eggs and Spinach

Boil fresh spinach until tender, (if canned heat thoroly). Drain and add a generous lot of butter and a little salt. Place in the center of a small meat platter and garnish all around the edge with thin slices of hard cooked eggs. Serve piping hot.

Eggs and Cabbage

Slice cabbage with a small part of the core in each piece to keep it from breaking apart. Lay this in the bottom of a large kettle. Cover with water slightly salted and boil until tender. Lift it out carefully with a spatula to a round serving platter.

Have a cream sauce made from 1 level T. flour placed in a pan with 2 T. butter and when thoroly mixed and melted, add 1 c. sweet milk. When thickened pour over the cabbage. Press the hard boiled yolks of eggs thru a grater and sprinkle all over the top. A delicious vegetable for spring.

Eggs Baked in Peppers

Peppers

1 onion

4 T. butter

1 t. chopped parsley

1 T. Worcestershire sauce

2 T. bread crumbs

Split the peppers, remove the seeds and the pulp. Cook them for 5 minutes in boiling water. Melt 3 T. butter, add the finely chopped onion, the parsley the Worcestershire sauce. Drop the egg into each pepper shell, add some of the sauce and sprinkle the tops with the bread crumbs and a dot or two of butter. Bake the peppers 10 minutes in a moderately hot oven. Serve this dish, if desired with Hollandaise or tomato sauce.

Custard

4 c. milk
4 eggs
 $\frac{1}{2}$ c. sugar

$\frac{1}{4}$ t. salt
 $\frac{1}{2}$ t. vanilla or nutmeg

Scald the milk (use double boiler if possible). Beat the eggs slightly, add sugar and salt. Gradually add hot milk to egg mixture, stirring constantly. Return to double boiler and cook at low heat stirring constantly until mixture coats the spoon.

Baked Custard

Proceed as for custard. Pour the mixture into buttered custard cups or a baking dish. Set in a pan of warm water and bake in a slow oven. Test with a knife blade and when blade comes out clean, remove from oven. (For custard baked in large mold, use 6 eggs).

Variations

1. One cup of steamed dates cut in pieces may be added.
2. Custard may be sprinkled with nuts, nutmeg, cocoanut or grape nuts before baking.

Bread Custard

3 slices of buttered bread
4 eggs

$\frac{1}{4}$ c. sugar
1 qt. milk

Beat the eggs without separating; add the sugar then the milk. When the sugar is dissolved pour the mixture into a baking dish and cover the top with the bread, butter side up. Bake in a moderate oven until set or solid. Serve cold. This is an exceedingly nice custard for children's supper.

Floating Island

3 egg whites
4 T. sugar
3 egg yolks
 $\frac{1}{4}$ c. sugar

$\frac{1}{8}$ t. salt
 $\frac{1}{2}$ c. scalded milk
 $\frac{1}{2}$ t. vanilla

Beat the whites until stiff. Add 4 tablespoons sugar. Drop by tablespoonfuls into a shallow pan of hot water. Bake in a moderate oven until delicately brown. Remove cooked whites into a serving dish.

Prepare the custard sauce: Mix the yolks, sugar and salt in a bowl, add scalded milk slowly. Return to double boiler and cook until a coating is formed on metal spoon. Remove immediately. Add flavoring. Pour around cooked whites in a large shallow bowl. Chill before serving.

Snow Eggs

4 eggs
 $\frac{1}{2}$ c. milk

Sugar to taste
Vanilla flavoring

Put milk in a sauce pan with sugar and bring to boiling point. Separate whites from yolks of eggs, beat whites very stiff, flavor and drop in the milk, a tablespoon at a time and keep turning until cooked. Then place these on glass dish. Beat yolks, stir in the milk, add a little more sugar put in double boiler, and stir until it thickens. Pour this over balls of egg whites previously cooked which will rise to the surface. Put in cool place. Time 2 minutes to poach whites, 8 minutes to stir custard.

Loganberry Whip

$\frac{1}{2}$ c. loganberry pulp
1 egg white

$\frac{1}{4}$ c. sugar (powdered)
 $\frac{1}{2}$ t. lemon juice

Mix the loganberries and powdered sugar. Beat the egg white stiff. Add loganberries and beat until thick. Cool. Serve with cream or a soft custard. Other berries, prunes, apricots, peaches or apple sauce may be successfully used.

Lily Salad

Arrange slices of the hard cooked white of eggs so they resemble a lily on either whole or shredded lettuce. The yolks may be chopped, mashed or sliced and placed in the center. Either the cooked or mayonnaise dressing may be used.

Easter Salad

$1\frac{1}{2}$ c. water	1 pkg. mint gelatine
$\frac{3}{4}$ c. vinegar	Pimento
3 hard cooked eggs	Lettuce
3 sweet green peppers	Mayonnaise

Bring water to boil, add vinegar, pour over gelatine or jello. Cut off tops of peppers, remove seeds, wash and drain. Place hard cooked egg in peppers, pour the chilled gelatine around the egg. Place in tumblers to keep the jello in and to set. When stiff cut into slices with sharp knife. Cover individual plate with lettuce, place one slice of pepper on each and decorate with pimento.

Boiled Dressing

$\frac{1}{3}$ c. sugar	$\frac{3}{4}$ t. mustard
1 T. flour	$\frac{1}{2}$ c. strong vinegar
2 eggs	$\frac{1}{2}$ c. water
$\frac{1}{4}$ t. salt	2 T. butter

Mix sugar, flour, mustard and salt, add to vinegar and water. Cook in a double boiler until thickened. Beat the two eggs and add just before it has finished cooking. Thin with cream and have it cool when ready to use. More mustard may be added according to taste. When this dressing is to be used for potato salad omit a part of the sugar.

Salad Dressing

$\frac{1}{2}$ t. salt	1 egg
1 t. sugar	1 pt. mild oil
$\frac{1}{2}$ t. mustard	3 T. vinegar or lemon juice
$\frac{1}{4}$ t. paprika	

Mix dry ingredients. Add egg and beat until light. Add oil gradually, beating steadily until emulsion is well formed. Oil then may be added more rapidly. Thin with vinegar as necessary.

Thousand Island Dressing

Mix equal portions of oil mayonnaise, cooked dressing and whipped cream. To this mixture, add chopped pickle, olives, pimento, hard cooked eggs and catsup.

Deviled or Stuffed Egg

Cook the number of eggs desired according to the method given under hard cooked eggs. Cool in cold water and remove the shell. Cut in halves either lengthwise or crosswise. Remove the yolks and rub them smooth with mayonnaise. Refill whites with this. This filling may be varied by adding to the yolks and mayonnaise, anchovy paste, sardines, pickles, olives, minced ham or any other meat. Nice served as a salad on lettuce with mayonnaise or Thousand Island dressing. If to be used for a Picnic, roll in waxed paper.

Eggs Stuffed with Cheese

Hard cook eggs. Mix yellow cheese smoothly with the yolks of the eggs and mayonnaise. Chop red olives and paprika. Stuff the whites with this.

Eggs Pickled

Hard cook the eggs. Remove shells, slice lengthwise into a flat vegetable dish. Cover with a hot spiced vinegar. A dash of paprika adds to the appearance. Whole eggs may be pickled in beet vinegar.

Pie Filling

Juice 1 lemon
3 tablespoons water

1 cup sugar
few grains of salt
6 eggs

Put lemon juice, water, salt, egg yolks and $\frac{3}{4}$ cup sugar in double boiler on stove in boiling water. Stir until it forms a custard, remove and have beaten egg whites with the other $\frac{1}{4}$ cup sugar ready and add half of egg whites to custard. Put into ready baked fluffy pie crust, and top with the remaining egg white. Set in oven to brown.

Sponge Cake No. I

6 eggs
1 cup sugar
1 tablespoon lemon juice

grated rind of $\frac{1}{2}$ lemon
1 cup flour
 $\frac{1}{4}$ tablespoon salt

Sift flour and sugar separately several times. Beat yolks till thick and lemon colored, add sugar gradually and continue beating, using dover egg beater. Add lemon juice and rind. Partly fold in stiffly beaten whites. Fold in flour sifted with salt. The folding should be done carefully so that the mixture will not become stiff. Use unbuttered tin. Bake 40 minutes in slow oven.

Sponge Cake No. II

$1\frac{1}{4}$ c. sugar
1 c. water
 $\frac{1}{2}$ t. vanilla

1 c. sifted flour
 $\frac{1}{4}$ t. salt.
1 t. cream of tartar

Cook slowly without stirring to 238° F or when syrup threads when tested with a fork. In the meantime, separate yolks and whites of 6 eggs. Beat egg whites until stiff enough to hold shape when bowl is inverted. Pour syrup over egg whites gradually, beating constantly until quite cool. Beat egg yolks until thick and lemon-colored and add $\frac{1}{2}$ teaspoon vanilla. Fold into egg-white mixture. Measure and sift together 1 cup sifted flour, $\frac{1}{4}$ teaspoon salt and one teaspoon cream of tartar. Fold into egg mixture until thoroughly combined. Grease tin very lightly and dredge with flour. Pour in cake mixture. Bake 1 hour 320° F.

Mock Sponge Cake

6 egg yolks
 $\frac{7}{8}$ c. flour
6 T. water
2 t. baking powder

$\frac{3}{4}$ c. sugar
1 T. lemon Juice
 $\frac{1}{8}$ rind lemon grated

Beat egg yolk until a creamy yellow. Add water and beat for 3 to 5 minutes. Add sugar gradually and beat then add lemon juice and rind. Fold in the flour. Bake in moderate oven 20 to 25 minutes. This makes a nice layer cake. Use a lemon filling and a white icing.

Mock Chocolate Sponge

6 egg yolks
 $\frac{3}{4}$ c. flour
2 t. baking powder
3 T. coca

6 T water
 $\frac{3}{4}$ c. sugar
1 T. lemon juice
 $\frac{1}{8}$ lemon rind grated

Beat yolks of egg until a creamy yellow, add water and beat for 3 to 5 minutes. Add sugar gradually and beat well, add lemon juice and rind. Fold in the flour, Cocoa and baking powder that have been sifted together well. Bake in layers 20 to 25 minutes.

Angel Food Cake

1 cup egg whites (8 to 10)
 $\frac{1}{4}$ t. salt
 $\frac{1}{4}$ t. cream of tartar
 $1\frac{1}{4}$ c. fine granulated sugar

1c.cake flour
 $\frac{3}{4}$ t. vanilla
 $\frac{1}{2}$ t. lemon extract

Sift the sugar three times. Sift the flour three times and measure. Combine the two and sift six times. Add the salt to the egg whites and beat. When frothy, add the cream of tartar. Beat till stiff. Fold in the flour and sugar mixture carefully. Add the flavoring. Place in an ungreased cake pan (be certain that a used pan is thoroughly polished). Place in a cool oven and gradually warm it, bake slowly for about one hour.

Chocolate Angel Food

11 egg whites ($1\frac{1}{4}$ c)
 $1\frac{1}{4}$ c. fine granulated sugar, sifted
 $\frac{3}{4}$ c. cake flour (sifted five times before measured)
 $\frac{1}{4}$ c. cocoa - sifted with flour
1 level t. cream of tartar
 $\frac{1}{4}$ t. salt
 $\frac{1}{2}$ t. lemon
 $\frac{1}{2}$ t. vanilla
Bake same as plain angel food.

Chocolate Cake

$1\frac{1}{2}$ c. sugar
Whites of 4 eggs or 2 whole eggs
 $\frac{1}{2}$ c. butter
 $1\frac{3}{4}$ c. flour
 $2\frac{1}{2}$ level t. baking powder
Bake in two layers

$\frac{1}{2}$ c. milk
2 sq. chocolate melted
over hot water and
stir in 5 T. hot water
vanilla

Frosting

3 t. butter
3 t. milk

1 sq. chocolate melted
powdered sugar

Brownies

1 c. sugar
 $\frac{1}{2}$ c. butter
2 sqs. chocolate

$\frac{1}{2}$ c. flour
2 eggs (well beaten)
Nuts, vanilla

Melt butter and chocolate, add sugar, eggs, flour, nuts and vanilla.
Mix thoroughly, spread thin in buttered tin- bake slowly twenty to twenty-five minutes. Cut while warm. This recipe cuts twenty squares.

Paw Tuckets

1 c. butter
2 t. chocolate or cocoa
2 eggs
1 cup sugar (beat well)

$\frac{7}{8}$ c. flour
1 t. baking powder
 $\frac{1}{2}$ c. nut meats
1 t. vanilla

Melt butter and chocolate together. Stir in the other ingredients. Bake 20 minutes in moderate oven. This should raise well then fall.

[Prepared by Mrs. True Homemaker and Mary-Ellen Brown. Approved by the Home Economics Department)