

Easter Day.

Eggs and Their Symbolism

My subject is a rather prosaic one,—not much chance for “frills” or imaginary soaring,—and for that very reason all the more difficult to treat entertainingly. I am not even giving you any new cooking recipes, for they are to be had in abundance elsewhere, but I have

Eggs were once thought to be hard to digest. Possibly this was the result of the articles with which they were combined. Dr. Arbuthnot, Pope's friend, said: "Eggs are perhaps the highest and most nourishing of all animal food, and the most indigestible." Experiments of a later date prove, however, that an egg is digested, usually, sooner than a potato, and quite as soon as beef or mutton. One noted authority (Jorissenne), discussing the digestibility of eggs, states that he regards the yolk of raw, soft-boiled, and hard-boiled eggs, as equally digestible. The white of soft-boiled, being semi-liquid, offers little more resistance to the digestive juices than raw white. The white of a hard-boiled egg is not generally very thoroughly masticated. Unless finely divided, it offers more resistance to the digestive juices than the semi-fluid white, and undigested particles may remain in the digestive tract many days, and decompose. From this deduction, it is obvious that thorough mastication is important. Artificial digestion experiments have been made on the effect of beverages on the digestibility of a number of foods, including raw and cooked egg-albumen, which led to the deduction that tea, coffee and cocoa, retarded somewhat the digestibility of the nitrogenous constituents of eggs, although the effect was less marked with coffee than with the other beverages. Water did not have this effect. Though interesting in themselves, too wide application should not



* Eggs, and especially their shells, have

Gail Hamilton remarked: "The relation of a hen to a dozen fair, white, pure eggs, and the relation of those eggs to puddings and custards, and the 25 cents which they can have for asking."