

as that above described. Eggs certainly are a valuable food but like every other food they must be used with moderation and discretion.

THE COOKING OF EGGS

Eggs may be boiled, poached or fried. As ordinarily applied, the term "boiled eggs" refers to eggs cooked in the shell in hot but not necessarily boiling water. An egg placed in boiling water for not more than two minutes will have a thin coating of coagulated white next the skin. The remainder of the white will be milky, but not solid, while the yolk, though warm, will be entirely fluid. This might be called a "very soft boiled" egg. If the egg is kept in boiling water for a little more than two minutes the white will be entirely coagulated. If the boiling is extended to three minutes or more the egg will be solid throughout and if the time is extended to ten minutes or longer the hard boiled egg results. The white of such an egg is hard and elastic and the yolk crumbles readily. All these changes are due in the main to the more or less complete coagulation of the albumen of the egg by heat.

When egg white is gently warmed no change is noticed until the temperature reaches 134° F., when coagulation begins. At about 160° F. the whole mass of white is coagulated, almost opaque, and yet tender and jelly-like. If the temperature is raised to 212°, the boiling point of water, the coagulated albumen becomes hard and eventually more or less tough.

These changes in the albumen of eggs under the influence of heat go to show that it is not desirable to cook eggs in boiling water in order to secure the best results. The following methods have been found to give uniform results: Using a granite-ware stew pan of one quart capacity, one pint of water is heated over a gas flame. When the water boils the gas is turned off and the egg is dropped into the water. The vessel is then closely covered and the egg allowed to remain in the water six minutes. It will then be "soft cooked" and if allowed to remain in the water eight minutes it will be "medium cooked." By this method when the egg is dropped into the water and the gas is turned off the temperature of the water falls from 212° F. to 185° F. at once and then slowly to 170° F. This method while serving to cook the egg prevents the outer layer of white from becoming tough and indigestible.

Poached eggs should be dropped into boiling water and then for reasons given above the temperature of the water should be lowered. By some it is recommended that salt and a very little vinegar be added to the water to prevent the loss due to some of the egg being dissolved in the water and to add to the flavor.

Fried eggs are not very digestible. They are generally cooked in a flat pan, in a little

hot fat, oil, or butter and the result is that there is a coating of fat on the outside of the egg which has first to be removed before the interior can be subjected to the action of the digestive juices.

The omelet consists of a beaten egg with a little milk, water, and cream or melted butter added, the whole being quickly cooked in a little fat or butter. Lightness is desired and is secured by beating.

Scrambled eggs resemble an omelet in method of preparation, but no effort is made to preserve the characteristic form and appearance of the omelet. Here thorough mixing is desired and is secured by stirring.

THE USES OF EGGS

Eggs are used in almost all puddings and desserts, and may be added to almost all beverages. Alone they may be boiled, poached, fried, scrambled, baked, or as oyster eggs, while in conjunction with other things they may be used in eggnog, soups, omelets, custards and jellies.

In cases also when protein alone is desirable, or when the whole egg cannot for any reason be tolerated, the whites alone may be advantageously used. Raw with lemon juice the white is very palatable or it may be introduced into almost anything without its presence being noticed.

RAW EGGS

Whole raw eggs are very much commended when a nutritious, highly concentrated diet is desired as in cases of tuberculosis and other wasting diseases. Sometimes as many as a dozen are given daily with advantage when other food cannot be taken, for it may be assumed that the average weight of a hen's egg is about 50 grammes, made up of shell 7; white 27 and yolk 16 grammes. Of the white 12.3 per cent. or 3.3 grammes is proteid, and of the yolk 15.7 per cent. or 2.5 grammes, making the total amount of proteid in each egg 5.8 grammes. A dozen therefore would yield 69.6 grammes, while the total requirement is considered to be about 112 grammes on an average.

Eggs therefore are a valuable food because:

1. Because they are a well balanced ration.
2. Because they may be used in so many forms, either alone or in conjunction with other foods.
3. Because the quantity used may be increased or diminished with ease and without inconvenience.
4. Because they are a comparatively cheap food at ordinary prices.
5. Because they may be used continuously over comparatively long periods.
6. Because they can be easily procured by all classes in almost any locality.