

**B**AKED SWEET OMELET.—Take a frying pan about six inches in diameter. Put a piece of butter the size of a small walnut into it, and heat till a dark smoke arises. Pour the butter out and wipe the pan gently with tissue paper. Put the yolks of three eggs into one bowl and the whites into another. Add two ounces sugar to the yolks and rub together with a wooden spoon until quite cream-colored and very stiff. Beat the whites to a very firm froth. Scatter a teaspoonful of flour (which should be moderately heaped up) over the creamed yolks, add a few drops of vanilla essence if this flavor is liked. Put the whipped whites on top and with a metal spoon lightly fold all the ingredients together until mixed. Do not stir. No unmixed flour should be visible. Put into the prepared pan and bake about twelve minutes till well risen, golden-colored and slightly firm on top. Turn onto a sugared paper. Place a little hot jam in center. Fold over once. Serve on a very hot dish.

*Alfred* 1916 —Lawrence Irwell, New York.