

**PUFF
OMELET**

Heat three tablespoonfuls of milk in the upper part of the double boiler with one teaspoonful of butter and pepper and salt to taste; then add the well-beaten yolks of three eggs, stir until slightly thickened and fold in the stiffly whipped egg whites. Steam for about ten minutes without stirring and serve in the double boiler. I have found that I can cook an omelet in this way while we are eating our cereal.—