

## SWEET POTATO CROQUETTES.

To two cupfuls of steamed sweet potatoes, add the beaten yolk of three eggs, a teaspoonful of sugar, little pepper and salt. Stir over the fire until the mass leaves the sides of the pan, take off and cool; then make it the proper consistency with rich cream, form into balls, dip in egg, roll into fine bread crumbs and fry brown in smoking fat.