

Unfailing Sponge Cake.

Weigh 1 lb. fresh eggs, in the shell, an equal weight of pulverized white sugar, half pound fine flour. Break the eggs, and beat separately the yolks and whites. We always, when practicable, have one person to beat the yolks steadily, the same length of time it takes another person to beat the whites until they stand up perfectly stiff and dry. Add the sifted sugar, gradually to the yolks, then mix in the whites. Lastly, cream gently in the flour, and be sure not to beat at all afterward or you will certainly spoil the cake. Grate in the peel of one lemon, and add also its strained juice; more, if the fruit is indeed fresh. Lemon is incomparably to be preferred as the seasoning of sponge-cake, but if they are not to be obtained substitute orange.

305	28
5	125
14	<u>42</u>
<u>59</u>	<u>130</u>