

Pick over one quart of dry beans, cover with cold water and soak over night. In the morning, drain, cover with fresh water, heat slowly (keeping water below boiling point) and cook until skins will burst. Drain beans. Scald rind of one-half pound of fat salt pork, scrape, remove one-fourth inch slices and put in bottom of bear pot. Cut through rind of remaining pork every one-half inch, making cuts one inch deep. Put beans in pot and bury pork in beans leaving rind exposed. Mix one tablespoon salt, three tablespoons molasses and one tablespoon sugar; add one cup boiling water and pour over beans; then add enough more boiling water to cover beans. Cover bean-pot, put in oven and bake slowly six or eight hours, uncovering the last half hour of cooking so that rind may become brown and crisp. Add water as needed while beans are cooking. Some people like to add one-half tablespoon mustard to the seasoning, thinking it an aid to digestion.

#### **Lima Beans.**

These make a most delicious vegetable served either with melted butter or with cream.

Soak one cup dried beans over night, drain and cook in boiling water until soft; drain, add three-fourths cup cream and season with salt. Reheat before serving or instead of the cream use enough butter for seasoning.

Any kind of dried beans may be treated as above but probably the Lima bean possesses choicest flavor.

#### **Cream Soup With Beans as a Basis.**

- 1 cup dried beans
- 3 pints cold water
- 2 slices onions
- 4 slices carrot
- 1 cup cream or milk
- 4 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper

Soak beans over night, in the morning drain and add cold water, cook until soft and rub through a sieve. Cut vegetables in small cubes and cook five minutes in half the butter; remove vegetables, add flour, salt and pepper and stir into boiling soup. Add cream or milk, reheat, strain and add remaining butter in small pieces.

Two recipes recommended for the main dish at a beef-less dinner.