

are often prepared. It is worth while to save for soup-making the water in which the peas have been boiled. For cooking purposes the irregularly shaped, greenish, garden peas, or the round, usually yellowish, field peas may be used. Neither type can be depended on always to cook easily. Some lots soften very quickly while others remain hard for a long time.

Pea meal is occasionally used for porridge but for cookies or tea biscuits it is not remarkably good.

BEANS.

The ripe bean like the ripe pea is much less used than it should be in most parts of Canada. On account of their susceptibility to frost, beans cannot be grown over quite as large an area as peas, yet there are early maturing varieties such as "Yellow Six Weeks" and "Norwegian Ottawa 710" which will ripen in most of the well-settled areas of our country. In districts here early frosts are not feared, the white varieties such as Navy and White Pea are probably the best to cultivate. For the home garden, the bean is particularly desirable as, by a suitable choice of varieties, it can be utilized both when green and when ripe. Beans can be used in any way in which peas are employed and furnish, like peas, food very high in protein. At the same time, it must be noted that beans cannot be eaten very freely by every one nor can they be regarded as a complete substitute for meat, though undoubtedly many people by adding beans to their regular diet could reduce the quantity of meat consumed.

Probably the best ways to use beans are either boiled and served like potatoes, with a meat course, or else baked as a supper dish. They are also excellent when added to soup. Bean meal cookies or tea biscuits are not very desirable.

Beans, especially those grown in tropical countries, sometimes contain, in the raw state, a poisonous substance, which, however, is decomposed and driven off by cooking. While there is no danger from the use of Canadian beans when well cooked, it is a good plan to reject any water in which raw beans have been soaked.

RECIPES.

The following paragraphs are intended to show some of the ways in which the various grains can be utilized for human food. Porridge is one of the best forms in which ground oats, barley, Indian corn and rye can be served. An interesting, varied and very economical breakfast diet can be provided in that way. Whole peas and beans are particularly appropriate as a dinner dish or in soup. Baked beans with pork (and molasses if desired) make a good supper dish. Almost any grain, finely ground, can be made into cookies or tea biscuits, though the addition of a certain proportion of wheat flour is almost essential.

GRAINS COOKED WHOLE.

Peas, beans and pot or pearl barley are very good when boiled whole and served with a meat course. Pearl barley is also excellent for puddings. Hulless barley is less satisfactory. Oats, rye, etc., can also be cooked whole, but they should usually be ground before cooking.