

A. W. Hebb, Bridgewater, N. S. 2 bus. Mohowka.
College of Agriculture, Truro 100 bus. of several Early
Varieties.

Method of Selling College Beans.

The beans for sale at the Agricultural College are chiefly Early Yellow Eye, Early Yellow Six-weeks and a large white marrow bean, White Marrowfat and several kinds of early white pea beans the exact names of which have not yet been definitely determined. These are for sale at cost in bushel lots, or larger quantities, to the trade as well as to growers. Where bean growers wish only a few pounds they are recommended to club their orders, or to order through their local seed dealer in order to save the trouble and expense of shipping in small quantities. The dealer's profit will usually be less than the extra expense of shipping in small quantities. Town planting organizations are urged to club their orders.

COOKING DRIED BEANS.

By Miss Jennie A. Fraser.

Beans have been described as "the poor man's beef" and they do seem to possess almost all the necessary ingredients to build up the tissues of the body, supply the heat and energy necessary and to maintain life. The only principle they lack is fat, so for this reason it is better when serving them to use a fatty food with them, as bacon, pork or a sauce containing butter or butter substitute. Beans baked with pork, or as this dish is commonly known, "Boston Baked Beans," is a balanced ration and an excellent and nourishing meal in itself. Beans, as well as all the members of the pulse family (peas, lentils, etc.) require long and slow cooking and are the better for soaking before cooking and should be soaked in soft water. If that cannot be obtained and the water is very hard a pinch of bicarbonate of soda, common baking soda, should be added. It is claimed that this precaution will add to the digestibility of the beans. We append a few recipes and especially recommend the one for Boston Beans as being particularly excellent.

Level measurements are used in the following recipes.

Boston Baked Beans.

NOTE:—Almost any beans can be used for this recipe but the best for the purpose is probably the little yellow eyed bean.