

be used for dry vegetables, such as split peas, lentils, and beans, and hard water for green ones. Water is made soft by using a half teaspoonful of bi-carbonate of soda to a gallon of water, and hard, by using one teaspoonful of salt to a gallon of water." As soon as the water boils, before it parts with its gases, put in the vegetables. Use open vessels except for spinach. The quicker they boil the better. As soon as tender, take them out of the water, drain, and dress for the table. Never let them remain in the water after they are once done. Fresh vegetables boil in about one-third of the time of old ones. A little bi-carbonate of soda added to the boiling water before greens are put in will serve to keep their color. A pinch of pearl-ash put into boiling peas will render old yellow ones quite tender and green. A little sugar improves beets, turnips, peas, corn, squash, tomatoes and pumpkins, especially if they are not in prime condition. A little lime boiled in water improves very watery potatoes. A piece of red pepper the size of a finger-nail, a small piece of charcoal, or even a small piece of bread-crust, dropped in with boiling vegetables will modify unpleasant odors. Vegetables served with salt meats must be boiled in the liquor of the meat after it has been boiled and removed. Egg-plant and old potatoes are often put on to cook in cold salt water. It is claimed that onions, carrots, and turnips cook quicker if cut in rings across the fibre. Clean all vegetables thoroughly to remove all dirt and insects. To free leaves from insects, throw vegetables, stalk ends uppermost, into a strong brine made by putting one and one-half pounds of salt into a gallon of water. Leave them in the brine for two or three hours, and the insects will fall off and sink to the bottom.



Iron Age, Double Wheel Hoe