

rise well. Chopped fresh mint is by many preferred to parsley with potatoes. It is good without either.

### POTATO SOUP

2 cups hot riced or mashed potatoes	2 tablespoons flour
1 quart milk	1½ teaspoons salt, celery salt,
2 slices onion	pepper
2 tablespoons fat	1 teaspoon chopped parsley

Mix flour with a little of the cold milk. Add the rest of the milk slowly to the mashed potato. Combine flour and milk with potato and milk. Add the remaining ingredients except parsley, and boil one minute, stirring constantly. Add finely-chopped parsley and serve.

## ASPARAGUS

Cut the firm ends of asparagus into inch cubes, and put on to boil. Boil ten minutes. Then add the tips of the asparagus and cook just until they are tender. Drain, season and serve. A white sauce can be added for creamed asparagus and it may then be served on toast.

Asparagus can be used for creamed soups or salads, either alone or in combination with other tender green vegetables.

## BEANS

**GREEN OR WAX BEANS**—Select young and tender beans. Cook whole, or cut either crosswise or lengthwise. Put on to cook in boiling water, and when nearly done add salt to the water. Drain when tender and serve with a little pepper and salt and butter substitute, or add a little cream sauce.

Cooked green beans may be used with salad dressing with or without other vegetables. They may be canned for winter use or they may be pickled whole.

### DRIED BEANS

Beans of all varieties are high in protein and can therefore be substituted for meat.

**BEAN SOUP**—Soak overnight two cups of dried beans in cold water with a little soda. Drain in the morning, put on to cook in cold water and when it comes to a boil, pour off this water and add fresh boiling water. Add to this a small bone of salt pork, or a ham bone, or some scraps of salt pork and continue boiling from two to three hours. Season well with salt and pepper and a little onion salt. This is a most nourishing soup, and will take the place of meat.

Dried pea soup can be made in exactly the same way.

### BEAN LOAF

½ lb. beans	2 cups dried bread crumbs
3 teaspoons salt	2 eggs well beaten
½ teaspoon pepper	1 small onion chopped finely
2 cups milk	

Cook beans with salt. When cooked, drain, mash and cool. Add all the other ingredients. Bake in a well-greased loaf pan for half-an-hour in a moderate oven. Serve with plenty of well-seasoned tomato sauce.

### BEAN ROAST

1 cup beans (white) stewed	1 teaspoon salt
1 cup ground peanuts	Sprinkle pepper
½ cup bread crumbs	½ cup milk

Put beans and peanuts through grinder. Add crumbs, seasoning, and milk. Shape in loaf. Bake thirty minutes. Serve hot with tomato sauce.