

**Soya Beans.**—Soya Beans are the most valuable of the bean tribe. They can be cooked like the other beans. A very nice way to serve them is to prepare one pound as for baking, then add two large onions, one slice green pepper with seeds removed, simmer until tender, adding the water necessary. Put in a tablespoonful Worcestershire sauce, simmer again until beans are absolutely tender. Then heat two tablespoonfuls of butter or olive oil, add six tablespoons of beans and juice, mash well, let boil five minutes, then mash the rest of the beans and stir in well. Serve with rice. If the flavour is too strong it is well to boil the beans in several waters. Always add a pinch of soda when boiling any beans.

### **OAT, BUCKWHEAT, AND WHOLE WHEAT FLOURS.**

All these can be substituted for white flour in any kind of way that is found to be most palatable. Any white flour recipe can be used. An economical way to use flour for afternoon teas, or when appearance and not appetite is considered, is to make a little piecrust (not rich), take bits about as large as a pigeon egg, and roll on a well floured board, until as thin as paper. Bake in quick oven a very light brown. Cut out about two or four inches across. A sheet of iron which just fits the stove is very convenient for baking a lot of small cakes of any kind.

**Oatmeal Maccaroons.**—Oatmeal maccaroons are another dainty little cake or biscuit. Add  $\frac{1}{2}$  pound castor sugar to about 2 cups of rolled oats, and whip lightly in the stiff beaten whites of 2 eggs. Drop on buttered paper and brown lightly in a slow oven.

**Graham or Rye Biscuits.**—One quart of flour, large tablespoon of lard, 2 teaspoons baking powder, milk and water, or half teaspoon soda if sour milk is used. Cream lard well, sift in flour, salt and baking powder, mix in very lightly, but well. Add enough milk and water to make a fairly soft dough. The secret of making good light biscuits is to stir as little as possible when mixing, and not use the hands. Also when turned