

No special directions are needed for the ordinary boiling of these grains. The following is a good recipe for baked beans (a famous New England dish):—

Boil the beans, with some salt, fat pork, until they begin to crack; then put them into a covered baking pan or crock and place some of the pork in the mass. Most people prefer to add a little sugar or molasses at this stage. Bake at a moderate heat for two hours or more, taking care that the beans do not become too dry.

SOUP.

Any coarsely ground grain makes a useful article to add to soup. Peas and beans are perhaps best adapted to this purpose, especially because, when they are of good cooking quality, they do not even need to be ground but can be put whole into the soup. Boiling for an hour or two causes them to disintegrate. Of course, other grains can also be used whole in the same way, but they are generally more satisfactory if added in coarsely ground condition.

PORRIDGE.

For this purpose the grain should be ground to a rather coarse meal, unless a very smooth porridge is preferred. The meal should be cooked for from one to two hours. A good plan is to boil it for a while the evening before it is wanted, then place the pot in a fireless cooker and finish the boiling in the morning. Ground hullless oats make perhaps the best porridge but hullless barley, Indian corn and other grains are also very good for this purpose.

OAT CAKE.

This is a special kind of flat cake made entirely from ground oats and quite unlike anything prepared from any other kind of grain. As a rule, oat cake is made by adding salt, a little butter or other fat, and some water to the fine meal. The dough is rolled out very thin before being put into the baking pan.

COOKIES.

When using most kinds of meal, it will be found necessary or advantageous to add a certain quantity of ordinary flour to the dough for cookies. The following formula gives good results with almost any kind of fine meal:—

- 1½ cups of meal.
- ½ cup of white flour.
- ¼ " butter and lard or other fat.
- ¾ " sugar (brown, white or maple).
- 1 egg.

Add a little salt unless the butter contains a good deal. Mix the beaten egg with the sugar and fat. Mix the flour and meal. Lastly mix all ingredients together.

The dough is usually rather difficult to handle but can be rolled out and cut into shapes on a board well covered with fine meal or flour. Bake from 10 to 30 minutes, according to the heat of the oven.

Whole wheat cookies of good quality can be made from the following recipe, without the use of any flour at all:—

- 2 cups of fine wheat meal.
- ½ cup butter and lard mixed.
- ¾ cup sugar.
- 1 egg.

The dough should be stiff but it may perhaps require the addition of a very small amount of water in some cases.