

THE COOKING OF VEGETABLES

The French say that Americans have the finest vegetables in the world in the greatest variety—but the worst on earth as commonly served. More often than not the difference between a palatable dish and a failure lies in the cooking, and on this page we give you a secret that will make your guests ask "How do you do it?" and your family rejoice in your skill.

Corn excepted, practically every vegetable, green and dry, is greatly improved by using **Cow Brand Baking Soda** in the boiling water. Add it with the salt, in the case of dried vegetables, after cooking has been going on for some time: the fiber will quickly soften and considerably shorten the period of boiling.

For a delicious dish which you will hardly recognize as common beans, try the following:

Beans.—Remove the ends from a quart of beans, butter, lima or string, and cut into quarter-inch lengths. Wash and put still wet into a covered sauce pan with one even teaspoonful salt and a scant half teaspoonful **Cow Brand Baking Soda** over a moderate fire. Stir occasionally; if the fire is too hot add a very little water, but remember that the beans are to be steamed, not boiled. Young, fresh beans will be done in 20 minutes; the older or longer picked require more time. When tender add a large tablespoonful butter and half a cup of cream or milk. Let them come to a boil again and serve at once.

Dried beans are a valuable food with meat constituents; their objectionable flatulence may be overcome by the addition of **Cow Brand Baking Soda**.

BAKED BEANS (an old Maine recipe).—Soak a pint of dried beans over night. Put to boil in an open kettle for half an hour, or until the skin cracks when blown upon. Remove from the fire, add a tablespoonful of **Cow Brand Baking Soda**; when the foaming has ceased, drain and rinse in a colander. Place the beans in a pan or bean-pot with one teaspoonful salt, one-quarter teaspoonful pepper, three tablespoonfuls molasses (vary this to taste), one cup fresh hot water and one-quarter pound salt pork scored in squares. Bake four hours in a slow oven, adding water if necessary.

BEAN SOUP.—Soak and boil as for Baked Beans; add one tablespoonful **Cow Brand Baking Soda** drain and put to boil again in fresh water. Add one teaspoonful mixed herbs, a few celery leaves, a slice of onion, one cup or more of meat stock and one tablespoonful butter. Salt and pepper to taste. Mash through a puree sieve; reheat before serving.

DRIED BEANS.—Soak one pint beans in two quarts cold water for two hours, having dissolved one teaspoonful **Cow Brand Baking Soda** in the water. Then pop the beans out of the skins, as one blanches almond nuts. Boil twenty to twenty-five minutes, when the beans may be served at once with butter, salt and pepper, or prepared as above and baked.

Corned beef and CABBAGE or SPINACH always require from one-quarter to one-half spoonful **Cow Brand Baking Soda** to make them palatable. Judgment must be used in putting in more or less Soda according to the amount to be cooked.

EGG-PLANT laid over night in water is far whiter and more tender if a little of **Cow Brand Baking Soda** is dissolved in the water.

ONIONS boiled taste much better, and are not so apt to prove disagreeable after eating, when about half a teaspoonful of **Cow Brand Baking Soda** is added to the water in which they are boiled.

INSIST UPON HAVING COW BRAND BAKING SODA