

Apple Salad.—Apple salad looks very elaborate but is not really difficult and is also very cheap. Cut off top, then remove fruit carefully without breaking skin. Chop it with nuts and a very few raisins, season, mix with French Dressing, fill apple skins, replace tops, pick out same size nice looking apples, with the stems on if possible.

BEANS.

Beans are of great importance as a food. All varieties must be soaked at the very least twelve hours and boiled about four till tender. Soy beans must be both soaked and boiled longer.

Butter Beans.—Butter Beans do not require nearly so much time. Boil until tender, season, serve with a little butter and a very little milk. Good for adding to soups and corn.

Haricot Beans.—Haricots are better baked, or used as soup, than served alone. Boil several hours until they are very done, rub through a cullender, season, and a little onion and you have peas porridge.

Bean Soup.—Boil until perfectly soft. Rub through a cullender, add a lot of fried onion and vegetable, and the water the vegetables were boiled in, or enough of it to thin the beans. Let boil a little, thicken with a little flour. The vegetables can be strained with the soup if preferred. No stock is required. Tomato sauce can be added. The soup must be hot, well seasoned, and thick, and served with fried toast or bread. All ham and bacon rinds and ham bones should be saved and boiled with bean or any other soup stock, as they add flavour.

Baked Beans.—Soak and boil until thoroughly tender, put into a large bucket or bean pot (it is much better to buy one if you have not one already). Season well, stir a tablespoonful or more of dark, but not black molasses. Add some dripping or salt pork. Cover with the water they were boiled in, bake several hours in a slow oven.