

Cover and let cook for half hour where they will not burn. If beans are liked moist add cup of meat broth, milk, or water before putting them to cook for last half hour.

This dish may be made more savory by frying tablespoon of minced chives, shallot, or onion in butter or fat before adding beans. Tablespoon of fine herbs may also be added to beans to make them more savory.

#### CABBAGE WITH SAUSAGE

Six sausages, 1 quart minced cabbage,  $\frac{1}{2}$  teaspoon pepper. Salt, if necessary.

Fry sausages crisp and brown. Take from frying pan and pour off all but three tablespoons of fat. Put minced cabbage in frying pan and cook six minutes. Arrange in hot dish and garnish with sausages. Serve mashed potatoes with this dish.

#### CELERIAC

This vegetable is also known as "knot celery" and "turnip-rooted celery." The roots are about the size of a white turnip, and the stalks are eaten.

Pare celeriac, cut in thin, narrow slices, and put into cold water. Drain from this water and drop into boiling water and boil 30 minutes. Drain and rinse with cold water. Celeriac is now ready to be prepared and served same as celery.

#### PUREE OF CELERIAC

One quart celeriac cut in dice, 2 tablespoons butter, 1 tablespoon flour, 1 teaspoon salt, 1 gill stock or cream.

Cook celeriac 30 minutes in boiling water, rinse in cold water, then press through puree sieve. Put butter in saucepan and on fire. When hot add flour and stir until smooth and frothy, then add strained celeriac and cook five minutes, stirring frequently. Add salt and stock of cream and cook five minutes longer. If puree seems dry, add more stock or cream. The vegetables varies as to amount of moisture it requires. It should be eaten very hot. If used as

garnish, it is generally put in center of dish and poultry or meat placed on it or around it. Otherwise it may be served on toast or fried bread as a dish by itself.

#### MIXED VEGETABLE SOUP

Three quarts water, 1 quart shredded cabbage, 1 pint sliced potato,  $\frac{1}{2}$  pint minced carrot,  $\frac{1}{2}$  pine minced turnip,  $\frac{1}{2}$  pint minced onion, 1 leek, 2 tomatoes, 2 tablespoons minced celery, 2 tablespoons green pepper, 2 tablespoons butter or drippings, 2 teaspoons salt,  $\frac{1}{2}$  teaspoon pepper.

Have water boiling hard in stewpan and add all vegetables except potatoes and tomatoes. Boil rapidly ten minutes, then draw back where it will boil gently one hour. At end of this time add other ingredients and cook hour longer. Have cover partially off stewpan during entire cooking. This soup may be varied by using different kinds of vegetables.

#### ONION CHOWDER

Three quarts boiling water, 1 pint minced onion, 1 quart potatoes cut in dice, 2 tablespoons salt,  $\frac{1}{2}$  teaspoon pepper, 3 tablespoons butter or savory drippings, 1 tablespoon fine herbs.

Cook onion and butter together for half hour, but slowly, so onion will not brown. At end of this time add boiling water, potatoes, salt and pepper and cook one hour longer, then add fine herbs and serve.

#### OKRA

Though okra will grow in most parts of the United States, it is much more commonly eaten in southern states than elsewhere. Young pods should be boiled in salted water until tender (about 20 minutes), drained, and heated for 5 minutes with cream (scant cup to quart of okra), tablespoon of butter, and salt and pepper.

Oil in onions dissipates germs, announces a bacteriologist, but you don't see us loading up on onions to furnish drunkenness for any blamed germ on earth.