

# Beans, Peas and Lentils have Great Food Values

### And These Values may be Said to Correspond to Meat and Potatoes Together. In View of Their Low Cost They are Particularly Interesting Dishes.



(By Edith M. Barber)

Beans, peas and lentils are almost in a class by themselves as far as vegetables are concerned. Unlike other vegetables, they have concentrated food value and roughly may be said to correspond with meat and potatoes together. On a low-cost diet they are invaluable and because such interesting dishes may be made with their help they have a place in every menu, expensive or inexpensive.

Like all other food, they need and deserve to be treated properly as far as preparations are concerned. First of all, they must be carefully cleaned and when soaked in fresh, cold water for a number of hours. You may hasten this process of returning the natural water to them by scalding them with boiling water and letting them soak until they have absorbed enough to bring them back to their natural size.

In this country we use what are known as soup beans more than anything else, especially for one of our national dishes, baked beans. Dried limas are used to some extent. Dried black beans, lentils and peas are especially preferred for soups, although they lend themselves to the preparation of luncheon dishes when combined with salt pork or sausages.

The other day a reader asked whether I advised the use of soda in cooking

these dried vegetables. She wrote that there is "a tradition in our family that beans are more digestible when soda is used in their cooking. What do you think?" I do not think that soda is needed for any purpose for cooking beans or any other dried vegetables. Years ago when we could not be sure of the quality of our dried vegetables and they were very tough soda was used to hasten the cooking process. The water in which beans are soaked is usually thrown away because it is slightly strong in flavor, but the water in which peas or lentils are soaked may be used in the cooking. I like baked beans so well that I use this method of cooking them almost invariably.

After the beans have been served once or twice, if you have made a large potful, you may make a delicious soup from the remainder by cooking it a little longer and pressing it through a sieve. You may then add meat stock, strained tomatoes or milk, and of course, some grated onion, unless you have already cooked some with your beans. I do make one exception in this treatment of beans, as I cook black beans, just as I do lentils, without baking before I press them through the sieve. Both black bean soup and lentil soup need the addition of vinegar, sliced lemon or horseradish, all of which may be used if you like.

Boiled lima beans are good dressed with cream and minced parsley, and are also a favorite in some households when they are served with a mock Hollandaise sauce. From the strained puree of peas we may make very good timbales or patties. Lentils cooked with browned cubes of salt pork are delicious served with game or fowl. They are the prized accompaniment for partridge in Austria, being preferred to the sauerkraut which Germany and Belgium choose. I wonder if you know that very good Swedish lentil soup which is half stew and half soup because sliced or whole frankfurters are added?

As you see, all of these dried vegetables are favored dainties in other countries, and although they are not put to as good and many uses as they might be in this country, you will find them an economical choice.

#### Lentil Soup

2 cups dried lentils.

2 1-2 cups water.  
2 onions, sliced.  
1 sprig parsley.  
1 1-2 teaspoons salt.  
1-2 teaspoon pepper.  
1-2 teaspoon celery salt.  
1 bay leaf.  
2 teaspoons bacon fat.  
4 frankfurters.  
Horseradish.

Soak lentils overnight, drain, add water, onions and seasonings and simmer slowly for two hours. Press through a coarse sieve return to stove, add bacon fat and frankfurters, cut into one-inch pieces. Cook ten minutes longer and serve with horseradish.

#### Split Pea Soup

1-2 pound split peas.  
2 cups beef stock.  
Salt, pepper.  
1 sprig parsley.  
1 bay leaf.  
1 tablespoon flour.  
1 tablespoon butter.  
1 large onion, grated.  
Chopped parsley.

Soak the peas overnight, drain, add stock and seasonings and simmer about two hours. Press through a sieve, return to saucepan. Rub flour and butter together and stir into the soup, stirring constantly. Cook for five minutes and serve with a sprinkling of grated onion and minced parsley on top.

#### Lima Bean Loaf

2 cups cooked lima beans.  
1 cup soft bread crumbs.  
1-2 cup chopped green peppers.  
1 egg beaten.  
2 tablespoons minced onion.  
2 tablespoons tomato catsup.  
1-2 cup cooked carrots or peas.

Mix together all ingredients, seasoning well with salt and pepper. Turn into a small buttered bread pan. Bake in a moderate oven (375 degrees F.) about half an hour. Serve with horseradish, tomato sauce or mock Hollandaise.

#### Baked Beans—New England Style

1 quart beans.  
1-4 pound salt pork or  
1-4 pound corned beef.  
1-2 cup molasses.  
B-liling water.  
1 1-2 teaspoon salt.  
1 teaspoon mustard.

Soak the beans in cold water overnight. Drain, cover with fresh water and cook until soft. Drain and place in an earthen bean pot. Bury the meat in the beans. Mix salt, mustard and molasses and add one-quarter cup of boiling water. Pour over the beans and add enough boiling water to cover. Cover and bake in a moderate oven (325 degrees F.) eight hours or place in a fireless cooker twelve hours.

Beans may be "baked" in a pressure cooker in half an hour, after which

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### Boys and Girls Win Prizes in Contest for Slogan

This contest closed on February 15th and His Worship Mayor Richardson, along with other competent judges, decided who were successful in sending in the best 4 word slogan advertising Country Club Tomatoes. The judges had a very difficult task as there were so many good slogans sent in. The following are the boys and girls who were successful and who will receive the valuable prizes:

Boys' first—1 pair boots and skates or 1 pair skis, won by Terry Poulin, South Porcupine.

Boys' second—1 pair boxing gloves, won by Lawrence Feltmate, 152 Mountjoy, Timmins.

Boys' third—Air rifle, won by H. Desarmeux, 8 Way avenue, Timmins.

Girls' first—1 pair boots and skates or 1 pair skis, won by Laura Wardley, Box 653, Schumacher.

Girls' second—Leather ski jacket, won by Isobel Rapsey, South Porcupine.

Girls' third—Dressing gown, won by Lucy Shulist, 73 Kirby avenue, Timmins.

Barris Examiner—A cow wandered into an Arkansas public library recently and it is suggested that it may have been in search of "Green Pastures," says the Perth Courier. Or perhaps the bovine was looking for some Ian Hay.

Mail and Empire—Piccolo Pete, wanted in the Labatt kidnaping case, will resist extradition offering the same alibi that failed to save Meisner. His friends will hope he has better witnesses than those Covington detectives.

They should be browned in the broiling oven.

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### Germ Murder Not the Perfect Crime

By "Shakes"

In the conviction or acquittal of persons charged with criminal offences, engineers, doctors and specialists in almost every branch of science are coming to the aid of justice in more instances every day.

Here in Timmins there is scarcely a "high-grading" case that comes before Magistrate Atkinson in which there is not expert testimony of some sort presented by one side or the other. Sometimes the origin of the gold ore may be proven, or in the case that it is refined gold, the very small variation in the silver content may be sufficient to prove from which refinery of the North it came.

One of the most interesting of recent trials in which expert evidence played a prominent part was that of four men, three of them doctors, charged in Allipore, India, of conspiring to murder a wealthy landowner. The manner of the man's death was one of the Crown's strongest points. He died of a rare kind of plague, though no epidemic was then reported.

It was proven that Amarendra Nath Pandey died as the result of the dread plague germs being injected into his body while he was walking along the road.

These "germ murders" as they are called, have long been the subject of conjecture on the part of detective story writers. It was to have been the way to the perfect crime, the murder that defied detection. It is possible that such has been the case, for the perfect murder will never be solved. It may never be known to be murder, so subtle was the manner of causing death.

The Indians who planned this crime thought they had found a way to kill their victim with no trace left. The stepbrother, who was convicted of the murder in the "strangest case in the legal history of India," took the sick man under his care. Septic pneumonia was the eventual cause of death. The doctor who will die for complicity in the crime is one who supplied the needed plague bacilli from a hospital in Bombay.

The trial itself was a long-drawn-out affair, beginning with the arrest of four men last May. There were 35 witnesses introduced and more than 300 exhibits of one kind and another. The Crown termed the case "unparalleled in the annals of crime in India in its enormity and well-planned scientific design." The jury was out only four hours when they reached their verdict convicting two men and acquitting the other two.

In India the custom of cremating bodies, though it may be a most necessary one from sanitary standpoints, made possible the complete destruction of the body. This action was further covered up by the issuing of a false death certificate in which the cause of the man's death was wrongly given. For this deed alone, a third man nearly lost his life.

So ended India's first known "germ murder," and with the convictions, many old theories in connection with the possibility of evading detection go by the board. The "germ murder," even in this case where all the evidence was so carefully concealed or falsified, is not the way to the perfect crime.

There were many factors in favour of the accused persons. Plague is not uncommon in India, a land crowded almost beyond belief, where anything is likely to happen and where justice must be hampered at every turn. The investigators went beyond the three physicians who testified and found them all in questionable circumstances. Diligence and the application of much science solved the problem and brought two guilty men to their death.



### That Body of Ours

By James W. Barton, M.D., Toronto  
Keeping Up the Alkaline Reserve in the Body

As youngsters at home whether we had a stomach ache from eating too much, or didn't want to eat at all, or had a "cold in the head," the remedy was always the same—a dose of castor oil and a half teaspoonful of baking soda, two or three times a day. My mother gave us the baking soda to "sweeten the stomach and intestine."

It is therefore interesting to-day to see how physicians everywhere are recognizing the fact that when the blood and tissues are less alkaline than they should be, baking soda—sodium bicarbonate—and other alkalies should be the first thought in the treatment.

Notwithstanding the body's ability to withstand all sorts of carelessness on our part, there is no question but that even a slight shift away from the alkaline to the acid condition causes the body to be attacked by organisms which are always in the body but seem to do no harm as long as the blood and tissues are at the right alkaline point.

The commonest ailment for which baking soda or other alkali is now given is the common cold.

I have spoken before about the fight research workers everywhere are making to prevent the common cold as it causes more absence from employment than any other single ailment.

Further, it is now agreed that the common cold is often the first cause of more serious ailments—influenza, bronchitis, and pneumonia. And as you know, every attack of bronchitis or

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pneumonia renders the body more liable to future attacks.

To prevent an acid condition of the body enough of the alkaline foods should be eaten daily. These foods keep up the "alkaline reserve" and so help to some extent to ward off infection.

Most of us have to eat some acid foods daily—eggs, meat, bread, cereals—to maintain and repair the body structure. To maintain the alkaline reserve we must also eat some fruit and vegetables every day.

Thus by simply remembering to eat fruit and vegetables, there will be no need for baking soda or other alkali.

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them be owned by the Commission, and not by private individuals. Once a chain of small privately-owned stations becomes firmly established in the North it will take a lot of effort to get the situation remedied. The time to act is now, as the North Bay recently so well put it.

### Another Strike on the Line of Matachewan Road

There is another rush on to the Matachewan field and it has some familiar features according to the stories told. In last week's issue The Northern Miner made the following reference to this latest Matachewan rush: "According to Alex Fraser, Kirkland Lake old-timer, there is a strike, and a rush one, in the neighbourhood of an old cabin of his in Plavelle township on the line of the Matachewan road, now being surveyed.

"According to Fraser, three Finnish trappers who were using his cabin (and incidentally allegedly ate up all his grub and burned all his firewood without paying for it) made the gold discovery last fall, but kept quiet. They brought in a Finnish engineer from the States, who made a good report. They have sold their holdings and received first payment. A camp is already being built, and there is a staking boom right up to the Blanche River. Fraser's old trail crossed the strike for 15 years."

Stayer Sun:—The high-pressure salesman always brings to our memory that conversation on between the little girl and her grandfather. After having heard of his oft repeated war stories, she said: "Grandpa, didn't anybody at all help you win the war?"

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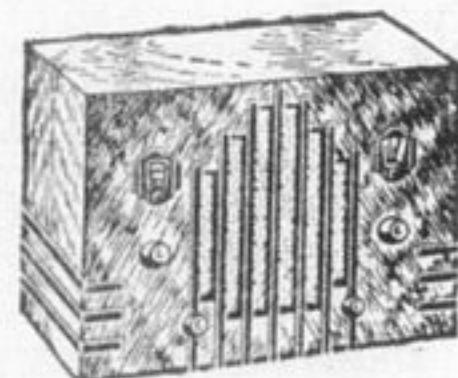
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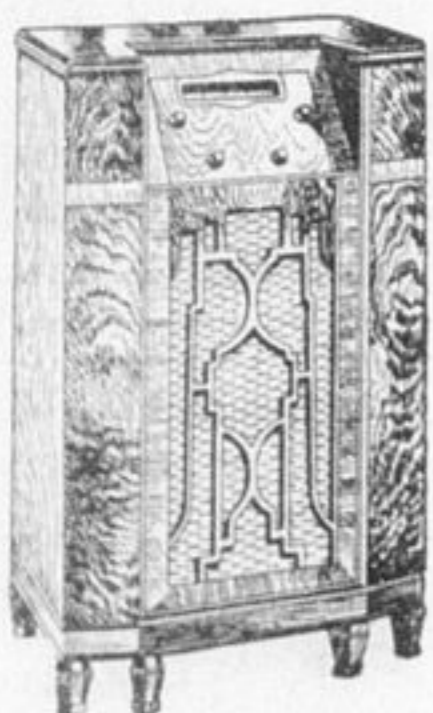
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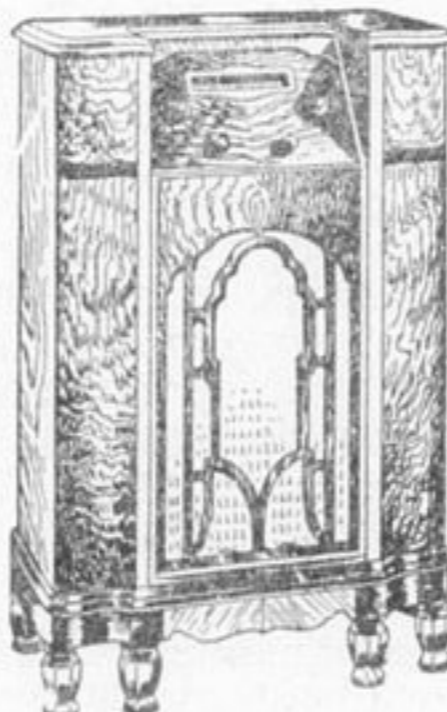
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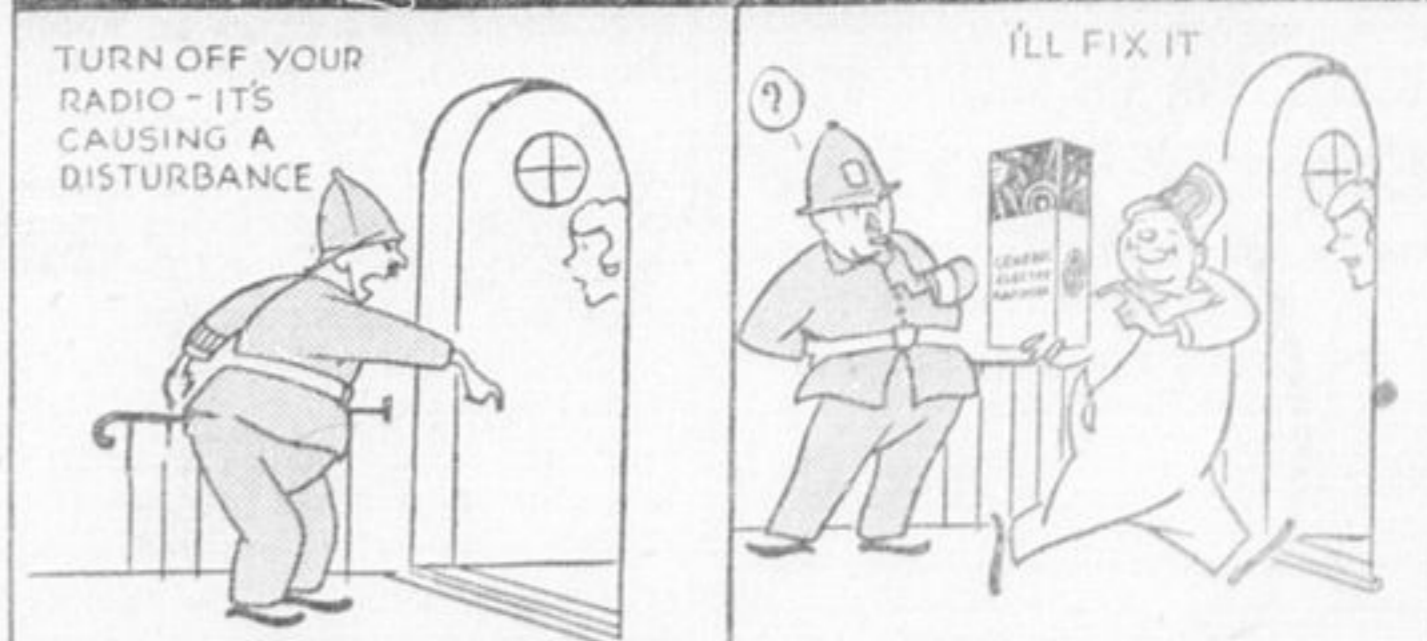
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