

Home Makers' Column

By "LYNETTE."

Remember: Health of body helps toward health of mind.

LEGUMES

New Zealand is particularly well suited to the cultivation of legumes, quantities of peas and beans being exported for use as seed in other countries and for drying. The "pulses" are an excellent group of foods which are frequently overlooked. Many gardeners do not realise that we can grow our own haricot beans. Besides the many varieties of peas and beans, we also have in this group lentils and peanuts. Yes, the peanut does belong to this botanical family, though in composition and food value it is more closely allied to the nuts.

Containing less starch than do cereals, legumes are classed in the diet as proteins, having a food value comparable to lean meat, fish, eggs and cheese. The quality of proteins is, however, lower in vegetable than animal foods. Legumen, the protein in pulses, is similar to the casein in milk, with the great difference that it is an "incomplete" protein which cannot build tissue or support life unassisted. That is why legumes, on the whole, must be supplemented by animal protein, such as cheese or milk, to complete the body-building which is the function of proteins.

With the exception of peanuts, legumes are deficient in fat and in a savoury dish the addition of bacon fat, dripping or butter is an improvement. Vitamin B is found in good supply, and vitamins A and C in varying amounts, but as a source of vitamins

legumes are less important than as a source of minerals, particularly iron and phosphorus, which go toward the formation of healthy blood and bone.

This explains why Daniel, Shadrach, Meshach and Abednego were found fairer of countenance, sturdier of build than King Nebuchadnezzar's other captives, who took the meat and wine which these others refused.

The two main principles in the cooking of legumes are to restore the moisture lost in drying, and to soften the cellulose. Though lentils require no soaking, peas and beans (dried) should be soaked for ten or twelve hours. Soft water is better than hard for the cooking of legumes and baking soda helps to soften them. Allow half a teaspoonful to one quart of water, and pour this off after 10 minutes boiling; thereafter boiling in plain water, not adding salt, which hardens foods, till the end of the cooking period.

Pea Souffle

1 cup cooked split peas, or 1 cup tinned peas
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
4 tablespoons milk
4 egg whites

Rub peas through a sieve, add salt, pepper and milk. Fold in stiffly beaten egg whites. Put into a greased dish and bake twenty minutes in a moderate oven.

Baked Beans

Soak two cups small white beans overnight. Drain and bring to the boil in fresh water with $\frac{1}{2}$ teaspoon baking soda. Change water after ten

minutes' boiling. When cooked, put into a colander and run cold water over them. Put into fire-proof dish with salt, pepper, one-third lb. of cut bacon, 1 tablespoon golden syrup, tomatoes if desired, and cook for several hours in a very slow oven or hay-box. Add water occasionally if cooked in the oven. Just before serving, add quarter cup grated cheese.

TEMPERANCE FACTS

Given at Dargaville, September 10th: "When drink goes in, sense goes out."

Given at Kohi-St. Heliers: "Alcohol is of very little use as a medicine."

Given at Palmerston North by Mrs. Boniface: "5 to 6% alcohol in beer; 35% alcohol in Australian sweet wine; 35 to 40% alcohol in N.Z. wine."

Given at Takapuna by Mrs. Winstone: "Bill Tilden, the great tennis player, says: 'It is certain injury to touch alcoholic drink in any form during play. Alcohol is a poison that affects the mind, the eye, the wind; three essentials in tennis.'"

HIGHLIGHTS FROM ADDRESSES AND TALKS

Rev. S. Webber, at Kohi-St. Heliers, spoke of the dangerous and difficult present time, giving a call to return to God; to train children early in self-control and unselfishness. The liquor traffic and its dangers were shown to be likely to increase if certain proposals were adopted.

Mr. C. Lopdell, at Onehunga, spoke on Trust Control at Invercargill in a clear and fair manner. He also described the different effects of intoxication in various stages on those in charge of vehicles, and showing from the medical standpoint how the brain is affected. Experiences in Wellington during the war years were also related.

Miss Kirk, Dominion President, speaking at Taumarunui, gave a very full and interesting address on the work and achievements of the W.C.T.U.

Mrs. Clark, in the Devotional session at Hamilton's last meeting, gave a very heart-searching message on the individual attitude as a Christian towards others in our thoughts, words and deeds. To walk with God was the true way of influencing others in the circle in which we moved.

SOLUTION TO CROSSWORD No. 6

Across: 1. Deleterious. 9. Ore. 10. Urn. 11. M.D. 13. Lapse. 15. Vi. 16. Out. 18. Roe. 19. Bin. 20. Nero. 22. Duet. 23. Elysium. 24. Tend. 26. Opal. 28. Rod. 29. One. 31. Sal. 32. An. 33. Lasts. 35. Ra. 36. Bit. 37. Oat. 39. Elephantine.

Down: 1. Demonstrate. 2. Lo. 3. Erl. 4. Tear. 5. Ruse. 6. Ire. 7. On. 8. Scintillate. 12. Due. 14. Poisons. 15. Vie. 17. Trend. 19. Bumps. 21. Old. 22. Duo. 25. Eon. 27. Aar. 29. Oath. 30. Eton. 33. Lip. 34. Sat. 36. Pe. 38. Ti.

CLUES.

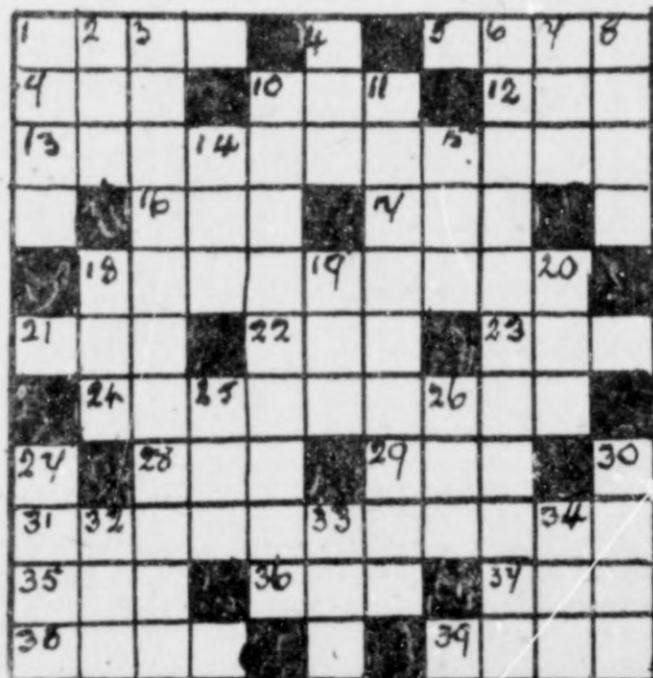
Across

- 1—Seethe.
- 5—Run easily.
- 9—Vessel.
- 10—Young animal.
- 12—Girl's name.
- 13—Injurious.
- 16—Lubricate.
- 17—Title.
- 18—Obtaining money by undue exercise of force.
- 21—Maori plaything.
- 22—Garland (Hawaiian).
- 23—Marshland.
- 24—Holy Writ.
- 28—Insect.
- 29—The personification of truth.
- 31—Narrow openings.
- 35—Bond.
- 36—Add to.
- 37—Viscous fluid.
- 38—Otherwise.
- 39—A famous dog.

Down

- 1—Early growths.
- 2—Rock.
- 3—Poisons with alcohol.
- 4—Reduce in intensity.
- 6—Forces backward.
- 7—Eggs.
- 8—Narrative.
- 10—French measure of capacity.
- 11—Without possessions.
- 14—Slower. (Musical abb.)
- 15—North Island Industries (abb.).
- 18—Goddess of morning.
- 19—Material.

"W.R. CROSSWORD" — 7



- 20—Born.
- 25—Royal Naval Engineers (abb.).
- 26—Prefix meaning "one."
- 27—May be worse than a bark.

- 30—One of a Mohammedan sect.
- 32—Nothing.
- 33—Alpine sport equipment.
- 34—Corrode.