

What Is A Bean?

ULL of vitamins and vim is our old friend the bean. In fact it has so much energy that it's many things besides a savory vegetable. A bean may be a dollar if you say "he hasn't a bean." Or it may be absolutely nothing if you say "it doesn't amount to a hill of beans." A bean may be a man or it may be his head. If you say "Hello, old bean" of course you mean "Hello, old boy." If you say "John has a good bean," you mean that John has a keen mind and a lot of common sense. 6

"Full of Beans"

People used to say of a spirited horse that he was "full of beans." But today, the expression means anyone young or old who is "rarin' We all know that what we eat determines what we can do physically. And in these hard working days, we fortify our bodies especially so that they may enable us to think clearly and act quickly. So "beans" mean many things in conversation. And in our diets, "beans" mean many things, all nourishing and healthy. Here is a recipe featuring beans at their best. Remember that a good bean at home means a good bean in the office!

Hurry-Up New England Bean Pot: Dice one green pepper and sauté it in two tablespoons of fat for three minutes. Add one No. 2 can of tomatoes, and cook for three minutes more. Add one cup of cooked diced carrots, fresh or the contents of one 8-ounce can, one can of New England oven baked beans and one 12-ounce can of corned beef. Season to taste, and heat thoroughly. Serves eight.

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Store

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CENTRE HALL, PA.

Chocolate Works Wonders With Simple Desserts



A S a help in planning daily desserts, chocolate has long been a boon to housewives. To such simple desserts as steamed or cottage pudding, taploca or custard, chocolate brings a new appeal. And for good measure chocolate open or custard, chocolate brings a new appeal. And, for good measure, chocolate also adds considerable food value to these desserts—an important consideration when winter winds blow.

Steamed Chocolate Pudding 2 cups sifted cake flour 2 teaspoons double-action baking powder

14 teaspoon soda
14 teaspoon salt
15 cup butter or other shortening

2 cup sugar
1 egg, well beaten
3 squares unswestened chocolate,
melted

melted
1½ cups milk
Sift flour once, measure, add baking
powder, soda, and salt, and sift together three times. Cream butter, add
sugar gradually, and cream together
thoroughly. Add egg and chocolate,
beating until smooth. Add flour, alternately with milk, a small amount at a
time. Beat well after each addition.
Turn into greased mold, cover, and
steam 2 hours. Serve hot with hard
sauce. Garnish with whipped cream, if
desired. Serves 10.

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Baked Chocolate Custard 2 squares unsweetened chocolate 4 cups milk

4 eggs, slightly beaten 1/2 cup sugar 1/4 teaspoon salt 1 teaspoon vanilla

Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine eggs, sugar, and salt; add chocolate mixture gradually, stirring until sugar is dissolved. Add vanilla and pour into custard cups. Place in pan of hot water and bake in slow oven (325° F.) 1 hour, or until knife inserted comes out clean. (Water in pan should not reach boiling temperature.) Chill. Unmold and serve with cream, if desired. Serves S.

Chocolate Rice Pudding 1 square unsweetened chocolate, cut

3 cups milk 4 tablespoons rice % cup sugar % teaspoon salt % teaspoon vanilla

Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Add rice gradually, then add sugar and salt, and cook 1½ to 1½ hours longer, or until rice is soft, attring oceasionally. Cool; add vanilla. Chill. Serve garnished with fruit, or with plain or whipped cream. Serves 4.

PENNY-A-WORD COLUMN

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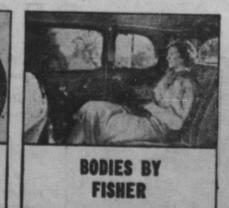


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