

# THE DRIED BEAN OF COMMERCE

Bulletin No. 210, Cornell agricultural experiment station, states that in 1932 Stephen Coe brought from the eastern part of New York into the town of Yates, Orleans county, a single pint of beans. He planted them, and from the successive products of three years his son, T. H. Coe, in 1932 raised a small crop of beans and sold a load of 33 bushels to H. V. Prentiss of Albion, the only man in the county who could be induced to buy so many. This is supposed to be the first load of beans sold in western New York, and it is probable that up to that time there had not existed anywhere in the world an organized industry for producing and distributing commercial dried beans.

From this humble beginning sprang an industry that has produced in the state of New York alone for the last 30 years about a million and a quarter bushels of beans a year.

For many years the production of commercial beans was confined to Orleans county, but it gradually spread to other counties, and later was taken up in other states. The industry made little growth down to 1914. At this time the government began to buy beans for use in the army, and during the years of the civil war production increased very rapidly. At the close of the war the government demand ceased, but the soldiers had learned to eat beans, and they carried the habit back with them into homes, and introduced others to eat beans also. Thus arose the consumptive demand for beans that has made possible the great development of the industry. Other causes have influenced the extension of the consumptive demand, but none so widespread as the influence of the civil war. At the present time the practical raising of beans has become an attractive form of doing much to extend their use.

Beans seem to be as generally raised as almost any article of food, but formerly they were not so much used by the rich or well to do as by the laboring classes. Now an appreciation of their value and a relish for them, but more especially the custom of using them, are extending to all classes of the population, their extension of their use is an object worthy effort, for when properly prepared they are not only nutritious, but the most healthful, the most nutritious and the most economical of the common articles of human food.

## BEAN GROWING

Beans will grow in a variety of soils, and it has been found that the most unproductive soils may "do" poor to grow white beans. The most profitable bean growing requires a well adapted soil, and in a good, or even high, state of fertility. Leguminous plants seem to be the most successful, and beans are no exception to this rule, the crop reaching its highest development on the medium heavy soils. If well drained, or gravelly loams, if there is considerable silt and humus among the gravel and they are made rich, will grow profitable crops of beans. Heavy clay and sandy soils are less suitable. Soils possessing a superabundance of organic matter are undesirable. A fungus or rank growth of vine, which is quite subject to disease, and the seeds often rot in the soil. Land that produces both good corn and wheat will produce beans, though the beans will not thrive on as heavy soils as will wheat, nor on as light soils as will corn.

As to the climatic limitation of commercial bean growing, it is uncertain. As a matter of fact, the industry is at the present time confined to the northern border of the United States, the portion of California and to southern Canada. While no doubt the crop would grow satisfactorily in more southern and warmer localities, these seem to be more destructive in the warmer localities, would render results unsatisfactory. Even within the limits of New York there is a great difference in the destructiveness of the weevil. Beans grown in the northern counties are rarely affected by weevil, while those grown in the southern counties are rarely escape, unless preventive measures are adopted.

## CO-OPERATIVE EXPERIMENTS

Observing that one or another of these varieties, almost to the exclusion of others, are grown in certain localities, the question arises whether this is due to the peculiar adaptation of that variety to the soil and climate of the locality or to other causes. To gain information along this line, as well as to learn more of the comparative adaptability of the various varieties, co-operative experiments have been established among the farmers. Seed of seven to ten varieties of beans have been furnished to each experimenter. These are planted side by side under field conditions, given the same treatment and equal areas harvested and weighed separately so as to ascertain comparative yields.

There is a great difference in the productivity of the different varieties when grown on the same soil and under the same conditions, so far as soil and conditions can be made uniform. There is scarcely an experiment in the whole list in which some one variety does not yield nearly twice as much as some other variety. There is not a variety in the list that does not in some experiment stand at or near the head of the list regarding productivity, and also at or near the foot of the list in other experiments. Some varieties head the list much more frequently than others, while some produce the smallest yield more frequently. The names are divided between Marrow pea, Day's leafless medium and Bluepod medium, with Boston small pea not far behind. Marrow pea was the best in all the tests, and headed the list the largest number of times in any variety (16). It stood at the foot of the list three times, and in the final average of all tests taken second place. Day's leafless medium heads the list the second largest number of times (10), but it stood at the foot of the list

## THEY ALL SAY SO.

Not Only in Salt Lake City, But in Every City and Town in the Union.

If the reader took the time and trouble to ask his fellow residents of Salt Lake City the simple question, "Do you know where to get the best kidney pills?" he would obtain the one answer. If he would read the statements now being published in Salt Lake City, which refer to this answer, he would be surprised to note that they number so many. As many more could be, and may be, published, but in the meantime ask the first person you meet what cures backache? The answer will be Doan's Kidney Pills. Here is a citizen who endorses our claims.

Robert C. Kirkwood, engineer on the Oregon Short Line R.R., residence 434 West Fourth South, says: "Like most men who follow the occupation I do the jarring and jolting of the engine causes a constant strain on the small of the back and lameness, soreness and aching is the result. I suffered severely at times with my back and on more than one occasion I have been relieved by the use of Doan's Kidney Pills, procured at the F. J. Hill Drug Co.'s store. Not only can I speak positively about the preparation myself, but Mrs. Kirkwood derived so much benefit from the use of the remedy that we both took upon it as of great value. I will be pleased to tell others about the merits of Doan's Kidney Pills."

For sale by all druggists. Price, 50 cents per box. Porter-Milburn Co., Buffalo, N. Y., sole agents for the United States. Remember the name—Doan's—and take no substitute.

# WHAT TO EAT.

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## Menus for Next Four Days.

WEDNESDAY.  
BREAKFAST.  
Stuffed Potatoes, Lemon Syrup.  
Panned Ham, Cream Gravy.  
German Fried Potatoes.  
LUNCHEON.  
Asparagus on Toast, Poached Eggs.  
Fruit, Cocoa, Cake.  
DINNER.  
Vegetable Soup, Green Peas.  
Stuffed Potatoes, Egg Salad.  
Caramel Puddings, Coffee.

THURSDAY.  
BREAKFAST.  
Fruit, Cream.  
Creamed Dried Beef, Cream.  
Muffins, Hashed Brown Potatoes.  
LUNCHEON.  
Stewed Crabs, a la Creole.  
Combination Salad, Coffee.  
DINNER.  
Tomato Bouillon, Cream Sauce.  
Veal Cutlets, Scalloped Potatoes.  
Asparagus, Lettuce, Coffee.  
Almond Custard, Coffee.

FRIDAY.  
BREAKFAST.  
Fruit, Cream.  
Creamed Dried Beef, Cream.  
Muffins, Hashed Brown Potatoes.  
LUNCHEON.  
Stewed Crabs, a la Creole.  
Combination Salad, Coffee.  
DINNER.  
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Asparagus, Lettuce, Coffee.  
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DINNER.  
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Almond Custard, Coffee.

SUNDAY.  
BREAKFAST.  
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LUNCHEON.  
Stewed Crabs, a la Creole.  
Combination Salad, Coffee.  
DINNER.  
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Veal Cutlets, Scalloped Potatoes.  
Asparagus, Lettuce, Coffee.  
Almond Custard, Coffee.

Hot Potato Salad.  
Now that hot potatoes are in market one can make a hot potato salad which is quite the opposite of the one that is so common. It is not soft and mealy when done, but is crisp and light. It is made by boiling the potatoes in salt water, then draining them and cutting them into small cubes. A French dressing, made of oil, vinegar, salt, cayenne pepper and lemon juice or vinegar, is then poured over the potatoes and they are mixed together. The salad is then served on a bed of lettuce or other greens.

Vegetables au Gratin.  
Boil in separate vessel a head of Savoy cabbage, cut in pieces, some green peas or string beans and young lima beans. Drain when done and sprinkle lightly with sugar. Put some bits of butter in a baking dish, then a layer of cabbage, sprinkle with a little grated cheese, then a little butter, then peas or beans, again and so on, until all are used or dish is full. Cover closely and bake in a moderate oven for half an hour. When done remove the cover and cover the top with bread crumbs browned in butter.

Pilgrim Potatoes.  
Boil eight or 10 medium sized potatoes until just done. Then slice, heat in a frying pan and add a cup of milk. Sprinkle with salt and pepper and mix thoroughly. Add a little butter and a little grated cheese. Bake in a moderate oven for half an hour. When done remove the cover and cover the top with bread crumbs browned in butter.

Curried Potatoes.  
Cut into slices a pound of cold, boiled potatoes, put a spoonful of butter in a frying pan and slice in a good sized onion and fry until it begins to brown; then place in this pan a spoonful of curried powder, season with salt and pepper and the juice of a lemon. Moisten with a little clear soup stock, toss over the potatoes and mix thoroughly and then turn into a hot dish and serve.

Asparagus Pudding.  
Take the tops of 50 asparagus stalks and cut in inch lengths and boil 15 minutes, then drain and mix with a half ounce of butter to a cream, add the beaten yolks of four or five eggs, one cup of flour that has been sifted several times, and a teaspoonful of baking powder, alternate with milk enough to make a soft dough. Then stir in three tablespoonfuls of minced, cold boiled ham and salt and pepper to taste. Stir until smooth, then add the asparagus and the whites of the eggs beaten to stiff froth. Put into a pudding mold and steam about two hours. Turn out in a hot dish, pour browned butter over it and serve.

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Fruit, Cocoa, Cake.  
DINNER.  
Vegetable Soup, Green Peas.  
Stuffed Potatoes, Egg Salad.  
Caramel Puddings, Coffee.

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BREAKFAST.  
Fruit, Cream.  
Creamed Dried Beef, Cream.  
Muffins, Hashed Brown Potatoes.  
LUNCHEON.  
Stewed Crabs, a la Creole.  
Combination Salad, Coffee.  
DINNER.  
Tomato Bouillon, Cream Sauce.  
Veal Cutlets, Scalloped Potatoes.  
Asparagus, Lettuce, Coffee.  
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Cut into slices a pound of cold, boiled potatoes, put a spoonful of butter in a frying pan and slice in a good sized onion and fry until it begins to brown; then place in this pan a spoonful of curried powder, season with salt and pepper and the juice of a lemon. Moisten with a little clear soup stock, toss over the potatoes and mix thoroughly and then turn into a hot dish and serve.

Asparagus Pudding.  
Take the tops of 50 asparagus stalks and cut in inch lengths and boil 15 minutes, then drain and mix with a half ounce of butter to a cream, add the beaten yolks of four or five eggs, one cup of flour that has been sifted several times, and a teaspoonful of baking powder, alternate with milk enough to make a soft dough. Then stir in three tablespoonfuls of minced, cold boiled ham and salt and pepper to taste. Stir until smooth, then add the asparagus and the whites of the eggs beaten to stiff froth. Put into a pudding mold and steam about two hours. Turn out in a hot dish, pour browned butter over it and serve.

# WHAT TO EAT.

This matter will be found to be entirely different from and superior to the usual run of food articles, in that every item is a nugget of culinary wisdom and eminently practical. Conducted by Katherine Kurtz, Marquette Building, Chicago, to whom all inquiries should be addressed. All rights reserved by Banning Co., Chicago.

## Menus for Next Four Days.

WEDNESDAY.  
BREAKFAST.  
Stuffed Potatoes, Lemon Syrup.  
Panned Ham, Cream Gravy.  
German Fried Potatoes.  
LUNCHEON.  
Asparagus on Toast, Poached Eggs.  
Fruit, Cocoa, Cake.  
DINNER.  
Vegetable Soup, Green Peas.  
Stuffed Potatoes, Egg Salad.  
Caramel Puddings, Coffee.

THURSDAY.  
BREAKFAST.  
Fruit, Cream.  
Creamed Dried Beef, Cream.  
Muffins, Hashed Brown Potatoes.  
LUNCHEON.  
Stewed Crabs, a la Creole.  
Combination Salad, Coffee.  
DINNER.  
Tomato Bouillon, Cream Sauce.  
Veal Cutlets, Scalloped Potatoes.  
Asparagus, Lettuce, Coffee.  
Almond Custard, Coffee.

FRIDAY.  
BREAKFAST.  
Fruit, Cream.  
Creamed Dried Beef, Cream.  
Muffins, Hashed Brown Potatoes.  
LUNCHEON.  
Stewed Crabs, a la Creole.  
Combination Salad, Coffee.  
DINNER.  
Tomato Bouillon, Cream Sauce.  
Veal Cutlets, Scalloped Potatoes.  
Asparagus, Lettuce, Coffee.  
Almond Custard, Coffee.

SATURDAY.  
BREAKFAST.  
Fruit, Cream.  
Creamed Dried Beef, Cream.  
Muffins, Hashed Brown Potatoes.  
LUNCHEON.  
Stewed Crabs, a la Creole.  
Combination Salad, Coffee.  
DINNER.  
Tomato Bouillon, Cream Sauce.  
Veal Cutlets, Scalloped Potatoes.  
Asparagus, Lettuce, Coffee.  
Almond Custard, Coffee.

SUNDAY.  
BREAKFAST.  
Fruit, Cream.  
Creamed Dried Beef, Cream.  
Muffins, Hashed Brown Potatoes.  
LUNCHEON.  
Stewed Crabs, a la Creole.  
Combination Salad, Coffee.  
DINNER.  
Tomato Bouillon, Cream Sauce.  
Veal Cutlets, Scalloped Potatoes.  
Asparagus, Lettuce, Coffee.  
Almond Custard, Coffee.

Hot Potato Salad.  
Now that hot potatoes are in market one can make a hot potato salad which is quite the opposite of the one that is so common. It is not soft and mealy when done, but is crisp and light. It is made by boiling the potatoes in salt water, then draining them and cutting them into small cubes. A French dressing, made of oil, vinegar, salt, cayenne pepper and lemon juice or vinegar, is then poured over the potatoes and they are mixed together. The salad is then served on a bed of lettuce or other greens.

Vegetables au Gratin.  
Boil in separate vessel a head of Savoy cabbage, cut in pieces, some green peas or string beans and young lima beans. Drain when done and sprinkle lightly with sugar. Put some bits of butter in a baking dish, then a layer of cabbage, sprinkle with a little grated cheese, then a little butter, then peas or beans, again and so on, until all are used or dish is full. Cover closely and bake in a moderate oven for half an hour. When done remove the cover and cover the top with bread crumbs browned in butter.

Pilgrim Potatoes.  
Boil eight or 10 medium sized potatoes until just done. Then slice, heat in a frying pan and add a cup of milk. Sprinkle with salt and pepper and mix thoroughly. Add a little butter and a little grated cheese. Bake in a moderate oven for half an hour. When done remove the cover and cover the top with bread crumbs browned in butter.

Curried Potatoes.  
Cut into slices a pound of cold, boiled potatoes, put a spoonful of butter in a frying pan and slice in a good sized onion and fry until it begins to brown; then place in this pan a spoonful of curried powder, season with salt and pepper and the juice of a lemon. Moisten with a little clear soup stock, toss over the potatoes and mix thoroughly and then turn into a hot dish and serve.

Asparagus Pudding.  
Take the tops of 50 asparagus stalks and cut in inch lengths and boil 15 minutes, then drain and mix with a half ounce of butter to a cream, add the beaten yolks of four or five eggs, one cup of flour that has been sifted several times, and a teaspoonful of baking powder, alternate with milk enough to make a soft dough. Then stir in three tablespoonfuls of minced, cold boiled ham and salt and pepper to taste. Stir until smooth, then add the asparagus and the whites of the eggs beaten to stiff froth. Put into a pudding mold and steam about two hours. Turn out in a hot dish, pour browned butter over it and serve.

## Time Table

In Effect Feb. 1, 1903.

From Ogden, Portland, Butte, San Francisco and Omaha, 8:30 a.m. From Ogden and intermediate points, 8:40 a.m. From Ogden, Portland, Butte, San Francisco and Omaha, 9:30 a.m. From Ogden and intermediate points, 9:40 a.m. From Ogden, Portland, Butte, San Francisco and Omaha, 10:30 a.m. From Ogden and intermediate points, 10:40 a.m. From Ogden, Portland, Butte, San Francisco and Omaha, 11:30 a.m. From Ogden and intermediate points, 11:40 a.m. From Ogden, Portland, Butte, San Francisco and Omaha, 12:30 p.m. From Ogden and intermediate points, 12:40 p.m. From Ogden, Portland, Butte, San Francisco and Omaha, 1:30 p