

sweet potato yields seventy-five per cent. water, fifteen per cent. starch, and about two per cent. sugar, with one per cent. mineral matter; these may always be substituted for white potatoes; they are more difficult to cook on account of the sugar.

In China and Japan the soy bean forms the most important article of food; in fact, it is the richest of all vegetables in nitrogenous constituents. It has more than meat value. It is also grown to a considerable extent in India and takes the place of meat; served with rice and a flavouring of onion it makes a most delightful dish. This bean also ranks high in fats. The Chinese make from soy beans a cheese, much resembling our own. The Japanese make them into a sauce for rice and fish. In fact, this sauce, known as *soy* or *soy*, is the base of most of our bottled meat sauces. Well-selected soy beans yield thirty-five per cent. of muscle-making or protein foods, eighteen per cent. fat, and nearly five per cent. mineral matter; they do, however, in the quantity of starch to twelve per cent.; with an added twelve per cent. of sugar. With rice they form a typical food.

MUSHROOMS ARE DIFFICULT OF DIGESTION.

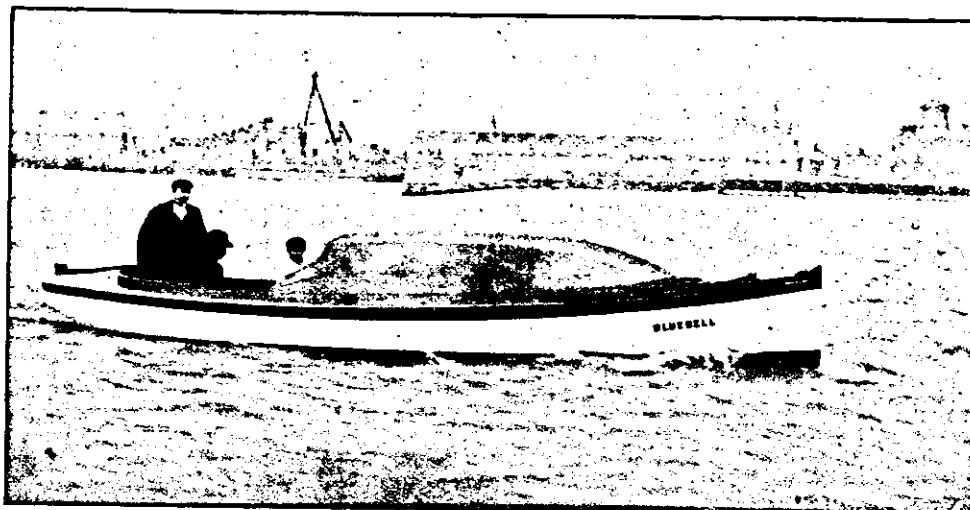
We have another group of nitrogenous vegetables, mushrooms, but they scarcely rank as nutrients. To obtain the proper amount of nitrogen from these foods one would be obliged to eat large quantities, and as they are difficult of digestion it would be both impracticable and dangerous. They must be looked upon as food auxiliaries, appetisers and flavourings.

New peas, young beans and green corn contain sugar. Sugar is very prone to fermentation. People subject to flatulency should not eat these vegetables. It is the sugar that they contain that makes them difficult to eat; they ferment more easily than string beans or asparagus. The sweetness of both corn and peas depends entirely upon careful cooking. Throw them into boiling water. Salt the peas, but not the corn. Boil slowly in an uncovered vessel, the peas for twenty minutes, the corn for five. Both should be served quickly and not allowed to stand in the water.

All pickled vegetables, such as cucumbers and beets, are indigestible. Salads should be used in their place.

The green vegetables, as well as corn and peas, lend themselves easily to combinations of milk, or milk and stock, for the making of cream soups. The milk adds the necessary nitrogenous food. The butter and flour give the heat any energy food, and the green vegetable the necessary waste.

The water in which spinach, cabbage, or onions have been boiled should be saved and used for soups.



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IN CASE CERTAIN VEGETABLES CANNOT BE HAD.

In summing up, we find that one starchy vegetable may be substituted for another, and that one succulent vegetable may be substituted for another. In reading bills-of-fare, if we have a meat, sweet potatoes and spinach, and neither sweet potatoes nor spinach are accessible in your market, substitute white potatoes for the sweet potatoes, and cabbage or onions for the spinach. Spinach contains a small amount of nitre; onions are more stimulating, but nevertheless one will easily take the place of the other. They both keep the lower bowel in good condition.

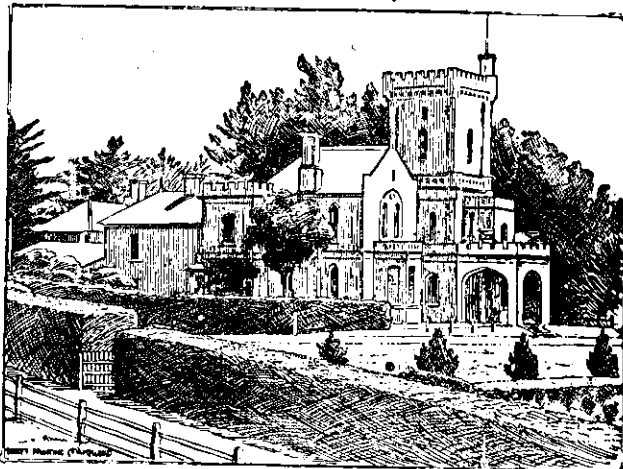
Vegetables and fruits containing acids are summer foods; they have a tendency to cool the blood, while the roots that can easily be preserved take their place in the winter.

With a little forethought and study one may have a very dainty table, and only use such vegetables and meats as are accessible in the locality and are in season.

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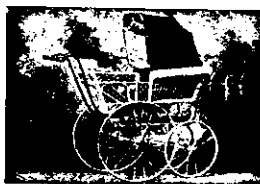
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