

of Japanese towns than shops of any other kind, it proves that this vegetable is the most common and popular single article of food after rice. It is also much cheaper, and besides being recognized as a strong or nourishing food, it is considered a good luck food. If eaten at the first meal of the day, and on the first day of the year, the lucky beans will ensure strength and good luck for the day and the year. From the beginning of the modern era the people have been exhorted to grow and eat more beans and less rice. It was the Japanese who first appreciated the value and the trade possibilities of the more prolific soya bean of Manchuria and developed the great export trade in that article.

Eighteen kinds of mame are sold in the large wholesale shops, many of them varieties and qualities of the same bean. Dried peas are classed with beans and sold in the same shops, and are also cooked with sugar and sold as sweets. Besides cooking them with sugar and sweet shoyu, the boiled beans are made into neru, or sweet paste, and yokan or jelly, which are the base of three-fourths of all the sweets sold by confectioners.

The small red adzuki bean (S. P. I. No. 34643) is the one most used for these pastes and jellies, the white adzuki (S. P. I. No. 34644) only affording a color contrast and serving as a medium for other color devices. The plebian word mame is never applied to the adzuki. One asks for and refers to adzuki only. Three qualities are sold, the largest and reddest selling at about .15 U. S. cents for a measure equalling our quart. The medium quality, selling for about .10 cents a quart, is mostly used by confectioners. A meal or flour of ground and sifted adzuki is made but it is not used by the confectioners. The adzuki meal is most often used for making a soup or hasty pudding which is considered a valuable morning food for invalids, the aged, and delicate children. Much color and flavor is said to lie in the husks or thin shells, and this is lost by the use of the bolted meal. The "red rice" of festival occasions, the New Year, marriage feasts and other ceremonial events, is made by adding the rice to the water in which adzuki are already boiling and cooking them together.

For neru, or bean paste, adzuki are washed and boiled in large copper pans, the water twice changed in the half hour and each time as deeply dyed. When the adzuki are soft enough to press away between the fingers, the mass is thrown in a hopper and ground to break the skins which are removed by rubbing through a sieve. The pulp is pressed in a bag to expel all the water and cooked again with sugar, beaten and stirred all the time with a big paddle. This dark, red sweet paste which tastes something between maple sugar and candied chestnuts is most commonly met as balls or dumplings encased in a thin tough shell of soft rice paste. Glutinous rice flour is