

corn. The beans split only enough to show the white heart. They are quite solid and hard but if held in the mouth for a few minutes become soft. The sora mame have a sweetish taste and when cooked as a vegetable are further sweetened with sugar. Many of these beans seem naturally more sugary than the sugar beet.

When the sora mame is fully grown it becomes the big flat Ota Fuku (S. P. I. No. 34647), a huge bean with a tough olive skin that has to be removed by scalding with wood ashes before it can be cooked at all. Sugar or sweet shoyu are usually boiled with it when served as a vegetable. They are also popped and they are so very hard that it requires several minutes steaming in the mouth before the teeth can make an impression. In view of this hardness and the great food value of these large beans, it would be interesting to know if toasted ota fuku beans would not be as useful to the pedestrian and mountain climber as the traditional raisin held in the mouth, or the compact piece of chocolate.

Shiroi Endo (S. P. I. No. 34648), Aoi Endo (S. P. I. No. 34649), and Aka Endo, (S. P. I. No. 34650) are classed as beans, used as such and sold at bean shops, but are peas named for their distinguishing colors - white, blue and red. All three are sold toasted, and they are boiled and coated with sugar in several colors and become the favorite sweet of the children, who get a half pint of go-shiki-mame (five-colored-beans) for a penny. The aka endo, as brightly red as adzuki, are often boiled in sugar and used to decorate and encrust balls and cakes of bean paste or rice dough.

To Roku mame (S. P. I. No. 34651), which is a white bean the size of a small lima bean, gets its name To (10) Roku (6), because ten such beans laid in a row equal six sūn or Japanese inches. It is boiled and rolled in sugar and is a very satisfactory sweet for the tea tray.

Shiroi daidze (S. P. I. No. 34654), the commonest and cheapest of all Japanese beans, is most used for the manufacture of tofu, or bean curd, and for shoyu, the pungent fermented sauce that we know as Worcester sauce when treated to capsicum and other hot spices. Shiroi daidze is used to make a cheaper white bean paste. This bean looks like a dried pea, but when soaked for even an hour in water it elongates to an oval bean. It is suspected that this bean is used in the manufacture of the many unsweetened brands of condensed milk, the taste of raw beans being unmistakable in all brands. Also, the milky fluid resulting from the first maceration of the beans for tofu was thrown away as useless until a few years ago, when a chemist discovered that it had the same chemical qualities as milk and all its nutritive value. Since then, the tofu factories have regularly made and sold "artificial milk", made by a process patented five years ago by Mr. Shugo Takano, a graduate of the Tokyo Bacteriological Laboratory.