

## Whole Wheat Chowder.

- 2 cups sliced carrots.
- 1 pint boiling water.
- $\frac{1}{2}$  cup diced salt pork.
- 4 tablespoons chopped onion.
- 1 tablespoon flour.
- 1 pint milk.
- 2 cups cooked whole wheat.
- 1 teaspoon salt.
- Pepper.
- 1 tablespoon chopped parsley.

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.