

## OLD-FASHIONED BAKED BEANS

*These are the baked beans our great-grandmothers so prudently prepared for hours in the coal stove for a really satisfying Saturday supper.*

Bake at 300° for 4½ hours.

Makes 8 servings; 11 grams protein per serving (17 percent U.S. Recommended Daily Allowance).

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2 cups dried navy beans (1 pound)

6 cups water

1 medium-size onion

2 whole cloves

¾ cup dark molasses

¼ cup firmly packed brown sugar.

2 teaspoons dry mustard

¼ pound salt pork

1. Pick over beans and rinse under running water. Cover beans with 6 cups cold water; refrigerate, covered, overnight.
2. Drain beans. Turn into a large kettle; cover with 6 cups cold water; bring to boiling; cover; simmer 1½ hours or until beans are almost completely tender, but before skins burst. Drain beans, reserving liquid.
3. Stud onion with the cloves. Place in bottom of a 10-cup earthenware bean pot. Add beans.
4. Combine molasses, brown sugar, dry mustard and 1 cup hot bean liquid. Pour over beans; mix well.
5. Cut salt pork almost through at ½-inch intervals. Place, cut side down, in center of beans. Add enough hot bean liquid to just cover beans (about 1 cup); cover.
6. Bake in a slow oven (300°) 4 hours. Remove cover. Bake 30 minutes longer for top of beans to brown. Serve with brown bread, if you wish.


Though significantly safer than large urban centers, new cities are not crime-free. Reston has a drug problem, though it's less severe than it was several years ago.

Shoplifters are active, and there have been burglaries and rapes. Still, crime statistics are lower than in neighboring Baltimore and Washington.

How does it add up for the Le Gallos? On balance, they feel the choice was good, but they are realistic. One takes chances with anything new, they feel. If it doesn't work out in Reston, they will look elsewhere.

But all signs point to a good life. "We're not looking for riches and a lot of possessions," Joan says. "All we really want is to be happy and raise a family, with good people around us whom we care about—and who care about us. I think we've found it." ■

*For information on other new towns, call your local office of the U.S. Department of Housing and Urban Development, New Communities Administration, or write to League of New Community Developers, Suite 728, 910 17th St. NW, Washington, D.C. 20006.*



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