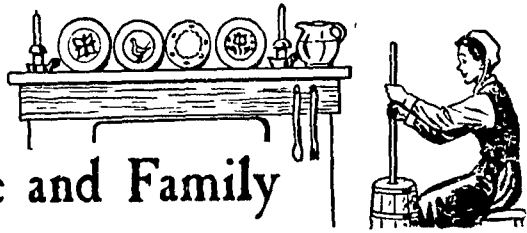


For the Farm Wife and Family



Potatoes Are Low in Calories, High in Food Value; A Good Buy

Here's a calorie comparison that may surprise you. A medium-sized potato — boiled, pressure-cooked, or baked — provides only about 100 calories, approximately the same as a large apple or orange, or half of a large grapefruit. It's the added fat or gravy that can greatly increase the calories in the potatoes served. Of course, fried potatoes may be two to four times as high in calories as the same weight of boiled, baked, or pressure-cooked potatoes.

It's worth remembering too, that potatoes offer more than calories. In fact, potatoes give a high return in food value for the money spent on them. One medium-sized potato can furnish as much as one-fifth of the vitamin C recommended for the daily diet, and worth-while amounts of two important B-vitamins — thiamine and niacin. That medium-sized potato also offers worth-while amounts of minerals — iron, phosphorus and potassium. Of all the vegetables our food markets offer, the potato has long been and still is the most popular. Consumption of fresh potatoes in households averages about five to six potatoes per person per week, according to the latest USDA survey.

HOT POTATO SALAD

Some like it hot, some like it cold — potato salad, that is. But the hot is made differently from the familiar cold salad and may be a new and appetizing way to serve potatoes in cold weather. Here's a recipe that offers five or six servings of 1/2 cup each.

HOT POTATO SALAD

- 3 cups diced raw potatoes
- 4 slices bacon
- 1/4 cup finely chopped onion
- 1 tablespoon flour
- 1 teaspoon powdered dry mustard
- 1 teaspoon salt
- 1 tablespoon sugar
- 1/2 cup water
- 1 egg, beaten
- 1/4 cup vinegar

Cook potatoes in a small amount of boiling salted water until tender. Drain. Cook bacon in fry pan until crisp. Remove from pan and chop. Using two tablespoons of the bacon fat, cook onions until golden brown.

Blend flour, mustard, salt and sugar into the fat. Stir in the water and boil for two minutes. Add about two tablespoons of the hot mixture to the beaten eggs, then stir this into the rest of the mixture. Add vinegar and reheat.

Pour the hot dressing over the hot diced potatoes. Mix in the chopped bacon. Serve hot.

Try these cold potato salads —

POTATO — CHEESE SALAD

- 2 cup diced cooked potatoes
 - 2 hard-cooked eggs, coarsely chopped
 - 1 teaspoon salt
 - 1/2 cup celery, coarsely chopped
 - 2 tablespoons chopped onion
 - 1 1/2 cups diced cheese
 - 1/2 cup mayonnaise
 - 1/4 cup sweet pickle juice
- Thin mayonnaise with pickle juice. Combine with remaining ingredients. Chill salad thoroughly to blend flavor. Serve on crisp

salad greens. If desired, garnish with sliced pickle. Four servings.

POTATO SALAD-SALMON PLATE

- 3 cups potato salad
- One-pound can chilled salmon
- Lettuce
- 2 tomatoes, sliced
- 1/2 cucumber, sliced
- 4 lemon wedges
- Parsley

Mold potato salad into four mounds. Place each on a lettuce leaf in center of platter. Drain salmon and break into large chunks. Surround potato salad with salmon and with tomato and cucumber slices. Decorate with lemon wedges and parsley. Four servings.

Soups made with potatoes are both nourishing and filling. Here are some recipes you might like to try these cold winter days.

QUICK POTATO SOUP

- 2 cups thinly sliced raw potatoes
- 1/4 cup finely chopped onion
- 1 1/4 cups boiling water
- 1 1/2 cups milk
- 1 tablespoon butter or margarine
- 1/4 teaspoon worcestershire sauce
- 1 teaspoon salt
- Pepper

Add potatoes and onion to the boiling water. Cover, and cook for 15 to 20 minutes, or until potatoes are tender. Mash the potatoes slightly with a fork to thicken the soup a little if desired. Add milk, butter or margarine, and seasonings. Heat.

For a touch of color, garnish each serving with chopped parsley, grated cheese, croutons, diced crisp bacon, or finely cut watercress or chives. Four servings, one cup each.

Variation. Cut two frankfurters into 1/4-inch slices and add them to the soup with the milk.

POTATO-AND-FISH CHOWDER

- 1/2 pound fillets of cod, had-dock, or other white fish, cut in small pieces

- 1 cup diced raw potato
- 3/4 cup diced raw carrots
- 2 cups water
- 2 ounces salt pork, diced
- 1/4 cup chopped onion
- 1 1/2 tablespoons flour
- 1 cup milk
- 1 1/4 teaspoons salt
- 1/4 teaspoon worcestershire sauce
- Pepper

Cook fish, potatoes, and carrots in the water for about 15 minutes. Do not drain. Cook the salt pork in a fry pan until crisp; remove from pan. Add the onion to the fat and cook for a few minutes. Blend in the flour and add the milk. Combine with the fish and vegetables and add seasonings. Simmer for 10 minutes, stirring frequently.

Garnish with the salt pork crumbled very fine. Four servings, one cup each.

HAM CHOWDER

- 1/4 cup finely chopped onion
- 1 tablespoon butter or margarine
- 1 cup diced raw potato
- 1/2 cup coarsely chopped cooked smoked ham
- 1 teaspoon salt
- 1 teaspoon worcestershire sauce
- Few grains paprika
- Thyme
- 1/8 teaspoon celery salt

- 1 1/2 cups boiling water
 - 2 cups hot milk
 - 1 tablespoon flour
 - 2 tablespoons water
 - 1 cup cooked peas
- Cook onion in butter or margarine until it is golden brown. Combine onion, potato, ham, seasonings, and boiling water and cook 15 minutes. Add hot milk. Blend water with flour, stirring until smooth. Stir into the vegetable-and-meat mixture. Cook gently until slightly thickened. Add peas, and heat.

If desired, sprinkle with chopped parsley. Four servings, one cup each.

Here is a recipe for a one dish meal —

NEW ENGLAND BOILED DINNER

- 2 pounds corned beef
- 2 carrots
- 4 small whole potatoes
- 2 small turnips
- 4 small whole onions
- 1 small cabbage
- 3 small beets

Wash beef in cold water to remove outside brine. Cover with cold water, bring slowly to a boil and cook about five minutes. Remove scum cover, and simmer about three hours or until meat

(Continued on page 9)

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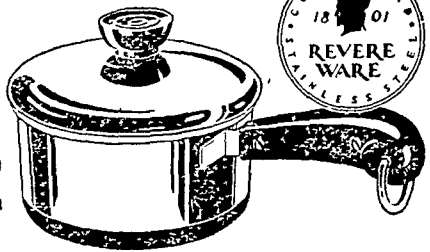
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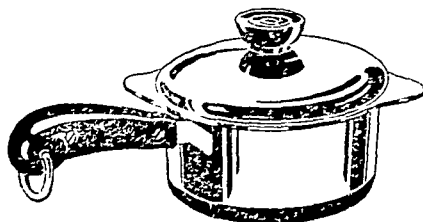


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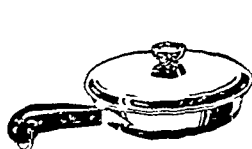
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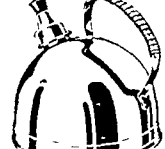
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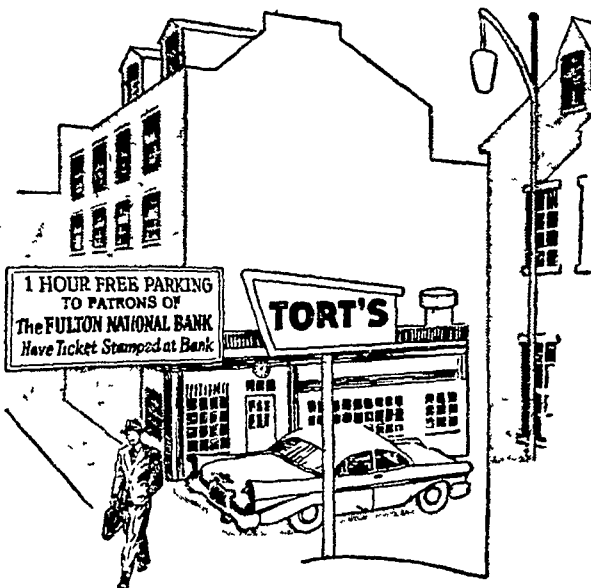
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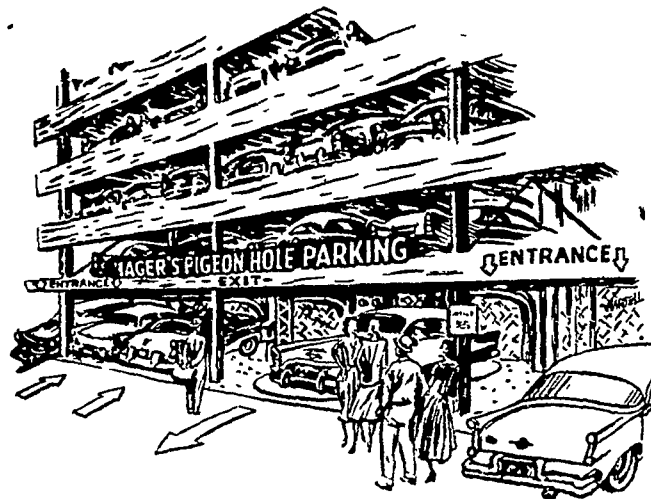
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