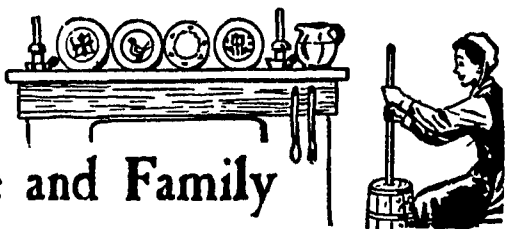


For the Farm Wife and Family



The Perennial Potato

by Mrs. Richard C. Spence

Of all the vegetables our food markets offer, the potato has long been and still is the favorite. Food shoppers buy enough potatoes to supply 5 to 6 medium potatoes each week to every man, woman, and child in this country.

For the money spent on them, potatoes give a high return in food value. One medium-size potato can supply as much as one-fifth of the ascorbic acid (vitamin C) recommended for inclusion in diets every day; and worthwhile amounts of thiamine and niacin (two important B-vitamins) and of the minerals iron, phosphorus, and potassium.

Persons who are reducing in weight sometimes shun potatoes because they believe them to be high in calories. Actually, potatoes are no higher in calories than many foods, but added fat or gravy can greatly increase the calories in the potatoes as served. For example, a potato of medium size — boiled, pressure cooked, or baked — provide only about 100 calories, approximately the same number as a large apple or orange or half of a large

grapefruit. Fried potatoes may be two to four times as high in calories as the same weight of boiled, baked, or pressure-cooked potatoes.

GOLDEN POTATOES

4 medium sized potatoes
3 tablespoons melted butter or margarine
½ cup crushed dry breakfast cereal
½ teaspoon salt
Boil potatoes in jackets 20 to 30 minutes or until almost done. Peel. Coat each potato with melted fat and roll in cereal mixed with salt. Place on greased baking sheet and bake at 500 degrees (extremely hot oven) about 30 minutes. 4 servings

EGG-CHEESE-POTATO CASSEROLE

1 cup thin white sauce
1 tablespoon minced

parsley
2 cups sliced cooked potatoes
1 cup shredded cheese
4 hard-cooked eggs, sliced
Soft breadcrumbs
Salt and pepper

Combine white sauce and parsley. Place alternate layers of potatoes, cheese, and eggs in a greased baking dish; sprinkle with salt and pepper. Pour the white sauce over the top. Sprinkle with breadcrumbs. Bake in a moderate oven (375 degrees) 15 to 20 minutes. 4 servings.

POTATO AND MEAT SCALLOP

¾ pound ground beef
1 teaspoon finely chopped onion
1½ teaspoons salt
1 tablespoon butter or margarine
1 tablespoon flour
1½ cups milk
2 cups thinly sliced raw potatoes

Brown the beef and onion. Add salt. Melt the fat and blend in flour. Add the milk and cook until thickened stirring constantly. Place alternate layers of sliced potatoes, beef, and sauce in a greased baking dish. Cover and bake in a moderate oven (350 degrees) for 50 to 60 minutes. If desired, remove cover and brown under broiler about 5 minutes. 4 servings

Variation: Use 2 cups raw ham in place of the beef. Reduce salt to ½ teaspoon. It

is not necessary to brown the ham.

POTATO PANCAKES

2 eggs, beaten
¼ cup milk
2 cups grated, ground, or shredded raw potato
1 tablespoon grated onion
3 tablespoons flour
1 teaspoon salt
Pepper

Combine beaten eggs and milk in mixing bowl. Grate, grind, or shred potatoes and add to egg-milk mixture as soon as each cupfull is prepared. Use only pulp of potato, not liquid. Add onion, flour, salt and pepper. Mix well. Drop the mixture by tablespoonfuls onto a hot lightly greased griddle or fry pan. Stir the mixture before dropping each pancake. Cook the cakes slowly until they are well browned and crisp on the bottom. Turn and brown the other side. If cooked too fast the pancakes will scorch before they are cooked through. Serve immediately as a meat accompani-

ment or with applesauce or apple butter. Makes 1½ dozen pancakes, about 3 inches in diameter.

POTATO GRIDDLE SCONES

1½ cups sifted flour
1 teaspoon salt
2 teaspoons baking powder
2 tablespoons shortening
½ cup cold seasoned mashed potatoes

1 egg, beaten
1 to 4 tablespoons milk
Sift together the flour, salt, and baking powder. Cut in the shortening until the mixture is granular. Blend in the potatoes. Combine egg and 2 tablespoons milk, and add to the flour-and-potato mixture. Mix slightly. Add more milk if needed to make the dough hold together. Turn onto a lightly floured board and roll out to about ⅜ inch in thickness. Cut in 2-inch squares. Place on a griddle or fry pan and cook slowly, 7 or 8 minutes on each side. Turn only once.

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