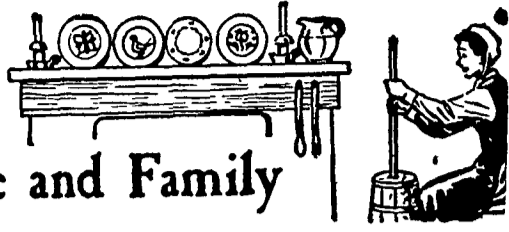


For the Farm Wife and Family



What's In A Potato?

By Mrs. Richard C. Spence

Plenty of vitamin C can be found in potatoes! Research home economists have been studying the vitamin C content as related to raw potatoes, fresh mashed potatoes and reconstituted dehydrated potatoes.

And here are some of their findings — 1) Storage, cooking-mashing, and processing decrease the vitamin C content; 2) Raw potatoes have the highest vitamin C content. And new potatoes have more than old, 3) Fresh mashed potatoes made from raw potatoes contained only about half as much vitamin C as the raw potatoes; 4) Reconstituted granules have but one-fourth as much vitamin C as do raw potatoes.

Although potatoes do not have as much vitamin C as some fruits and vegetables, they can make a good contribution to a person's daily quota. This is especially true of people who are big potato eaters.

GOLD DIGGERS' POTATOES WITH BACON

- 1 pound bacon, cooked
- 3 medium potatoes, cooked
- 2 tablespoons butter or margarine

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PORK SAUSAGE AND POTATO CASSEROLE

- 1 pound skinless pure pork sausage links
- ¼ cup chopped onion
- 2 tablespoons chopped green pepper
- 2 tablespoons flour
- 1½ cups milk
- ½ teaspoon salt
- 5 to 6 medium potatoes, sliced thin (cooked)
- 4 slices pasteurized process cheese

Pan-fry sausage in skillet until just brown. Remove sausage links. Drain off fat leaving 3 tablespoons of drippings in skillet. Add onion and green pepper and cook until tender. Remove from heat. Blend in flour. Add milk gradually, stirring constantly. Add salt and cook over low heat, stirring until thickened. Stir the potatoes into the thickened gravy. Pour half the potatoes into a buttered 2-quart casserole dish. Place slices of cheese over potatoes. Add remaining potatoes and gravy. Top with browned sausage. Bake uncovered in moderate oven (350 degrees) 25 to 30 minutes.

SAUSAGE BAKED POTATOES

- 5 potatoes, baked
- 1½ cups milk, heated
- 3 tablespoons butter or margarine
- ½ cup shredded sharp cheddar cheese

3 tablespoons chopped onion
1 teaspoon salt
½ teaspoon pepper
Cut baked potatoes in half lengthwise. Scoop out cooked potato into a bowl. Mash with milk and butter or margarine. Blend in cheese, onion, salt and pepper. Spoon into potato shells. Top each shell with a brown 'n serve sausage link. Place in a shallow pan in a very hot oven (450 degrees) 10 minutes, or until sausage is brown.

½ cup evaporated milk
Combine ham, potatoes and parsley. Shape mixture into 10 patties. If using corn flakes, crush into fine crumbs. Combine corn flake crumbs and salt. Dip patties in evaporated milk, then roll in seasoned corn flake crumbs. Place patties in shallow baking pan lined with aluminum foil. Bake in moderate oven (375 degrees) about 15 minutes. Serve with hot mustard or horseradish sauce.

CORN CRISPED HAM AND POTATO PATTIES

- 3 cups ground cooked ham
- 1 cup seasoned mashed potatoes
- 1 tablespoon finely cut parsley
- 4 cups corn flakes OR 1 cup packaged corn flake crumbs
- ½ teaspoon seasoned salt

COTTAGE FRIED CHEESE POTATOES

- ¼ cup (½ stick) butter
 - 4 cups (about 3 medium) thinly sliced potatoes
 - ¾ cup (3 ounces) crumbled Blue cheese
 - Freshly ground pepper
- In a skillet or ovenware fry-pan, melt butter. Fry potatoes until golden brown and most

(Continued on Page 9)

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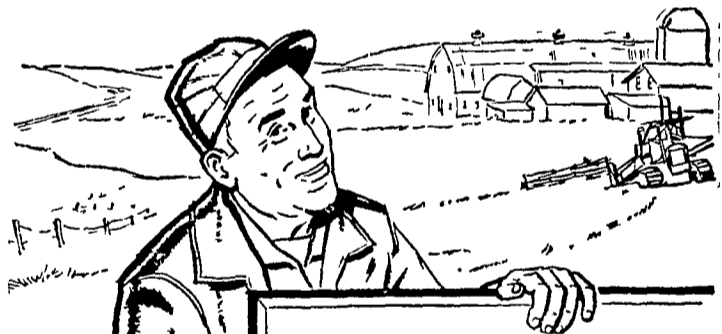
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