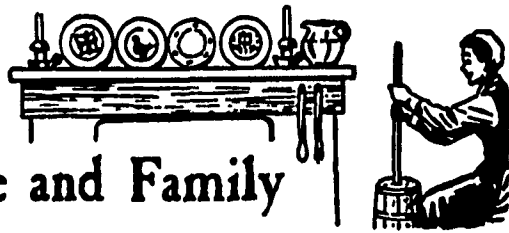


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

POTATOES



SPENCE

Cook potatoes with their skins on and you can save time and vitamins too. Just scrub the skins well and cook as usual.

For improved flavor, cook, peel and slice potatoes for escalloped dishes and fresh potato salad.

If your family likes crisp skins on baked potatoes, prick the potatoes with a fork and bake in a moderate oven after the usual scrubbing.

For soft skins on baked potatoes, rub with fat or wrap in foil before baking. Serve topped with sour cream and diced onion, shredded sharp cheddar cheese or Parmesan cheese; sprinkle with crisp bacon and minced parsley, diced green pepper and onion, or serve topped

with creamed chicken, turkey, available in many different seafood or hardcooked eggs. forms. Consumers can choose from frozen french fries, whole potatoes, stuffed bakers or casserole dishes. Canned whole and sliced potatoes have been on store shelves for several years, but instant dehydrated flakes or granules and the packaged potato bakers and casseroles such as potatoes au gratin are newer on the market.

Competition from canned, frozen and instant process potatoes isn't the only reason raw potatoes may someday disappear. Raw potatoes are bulky and storing them until they can be moved to market means special storage in a carefully

POTATOES

— RAW OR PROCESSED?
Potatoes are still an important staple food in this country, but fewer homemakers are peeling them. Whole, raw potatoes might be only a pleasant memory a few years from now

Prepared potatoes are now

controlled environment. Nonetheless, at present, raw potatoes are still less expensive than the various convenience forms.

According to studies made, home prepared potatoes cost much less; with the greatest saving in home-made scalloped, boiled, patties and hashed brown potatoes when compared to their dehydrated, canned, frozen and dehydrated forms respectively. In fact, these processed products were twice as expensive as the home prepared form.

Of course, for the woman working away from home, the time saved can be substantial if she uses already prepared potatoes. The time saved may justify the extra cost.

Some loss in food value does occur during processing; how much depends on the processing method. However, processed potatoes still serve as a good general vegetable supplying average amounts of several essential nutrients. In fact, if home prepared potatoes are improperly handled or cooked, processed potatoes may actually provide more food value.

SWEET POTATOES

Sweet potatoes are economical to serve often when they are in peak season. Sweet potatoes are one of the most all-around-nutritious foods of the world. One medium, boiled, peeled sweet potato provides more than twice the recommended daily allowance of vitamin A for an adult. It contains 36 percent of the vitamin C, a tenth of the iron, a tenth of the thiamine and provides other vitamins and minerals. Sweet potatoes supply 141 calories of food energy per one-half cup serving.

The soft-fleshed, orange-colored roots are called "yams." The firmer, lighter "yellow-Jersey" varieties are usually

referred to as "sweet potatoes."

Serve sweet potatoes often for a smart way to make food money go further. They are available all year. There are considerable supplies through April, tapering off in May toward the lowest supply in June and July. The new crop begins to come to market in volume in August.

Good sweet potatoes are smooth and well-shaped, with unbroken skin. They are firm and bright in appearance, with color and shape typical of the variety.

Sweet potatoes are frequently baked in a moderate oven and eaten mashed with butter. For variety, add broken walnut meats to candied yams. Orange-glazed sweet potatoes are a new treat, too, prepared similar to candied yams.

Another new flavor is to alternate layers of mashed, cooked sweet potato with drained, crushed pineapple in a deep casserole dish. Top with brown sugar, melted butter and coconut topping. Bake in a moderate oven one-half hour.

"SOMETHING DIFFERENT" YAM CASSEROLE

- 1 2½-lb. can sweet potatoes
- 2 large grapefruit
- 3 tablespoons brown sugar
- 2 tablespoons melted butter or margarine
- 1 egg, slightly beaten
- ¾ teaspoon salt
- ⅛ teaspoon ground allspice

Drain sweet potatoes. Place in mixing bowl and beat until smooth. Grate peel of one grapefruit to yield 2 teaspoons. Peel and section fruit over bowl reserving 2 tablespoons of

juice. Add peel, juice, 2 tablespoons brown sugar, melted butter, egg, salt and allspice to sweet potatoes. Beat until thoroughly blended. Place in shallow baking dish. Top with rows of grapefruit sections. Sprinkle remaining sugar over top. Bake at 350 degrees for 30 minutes. Makes 6 to 8 servings.

CRUNCHY POTATO PUFFS

- ⅔ cup milk
- 1 egg
- 2 cups mashed potatoes
- ¼ cup finely chopped green onions
- 1½ teaspoons salt
- Dash cayenne
- ½ cup corn flake crumbs
- ½ cup grated Parmesan cheese
- 3 tablespoons butter or margarine, melted

Combine milk and egg; add potatoes, onions, salt and cayenne. Mix well. Place potato mixture by spoonfuls in buttered 1½ quart baking dish, making 6 puffs. Combine corn-flake crumbs, cheese and butter; sprinkle over puffs. Bake in moderately hot oven (400 degrees) about 20 minutes. Makes 6 servings.

HAM AND POTATO CHOWDER

- ¼ cup (½ stick) butter, melted
- 1 medium onion, minced
- ¾ cup diced, baked or boiled ham
- ½ cup chopped celery
- 1½ cups finely diced raw potatoes
- 1½ teaspoons salt
- ¼ teaspoon pepper

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