

Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist



SWEET TREATS

The nutritional value of sweet potatoes has been known and heralded over many, many years of good eating. Their versatility has been enhanced yearly as new and interesting ways to prepare and serve sweet potatoes has appeared in recipes that range from breakfast dishes to flaming desserts.

Traditionally, sweet potatoes have been a companion food to poultry, but they are also a natural go-together with pork, ham, sausage, and many other entrees. They can be baked, boiled, fried, or mashed, and they combine well with other foods. For example - a sweet potato casserole topped with marshmallows, pineapple, or orange slices. Nutmeg and cinnamon are the most appropriate spices to enhance the flavor of these rich, orange-fleshed potatoes.

Sweet potatoes are popular in one-dish and buffet specialties with pork, veal, corned beef, luncheon meats, and other meats. Their color, taste and texture make them a good choice for a variety of quick breads.

For the same reasons - taste, texture and color - new dessert recipes include sweet potatoes in puddings, souffles, for pies, tarts, whips, and sherbets, and sweet potatoes are also combined with muncce-meat, apples, prunes, apricots, coconut, raisins, and a variety of nuts.

A few specific suggestions follow:

ORANGE STUFFED SWEET POTATOES

6 medium (2 lbs.) baked fresh sweet potatoes

- 3 tablespoons butter or margarine
- ¼ teaspoon salt
- 2 tablespoons sugar
- ½ cup diced fresh orange
- ¼ cup shredded coconut
- ½ teaspoon grated fresh lemon rind
- 6 teaspoons butter or margarine

Cut off tops from baked sweet potatoes. Scoop out the shell intact, keeping the shell intact. Mash sweet potatoes with butter or margarine. Add salt, sugar, diced orange, coconut and lemon rind. Mix well. Spoon into sweet potato shells. Dot each with 1 teaspoon butter or margarine. Bake in a preheated oven (450 degrees F.) 20 minutes or until lightly browned.

SWEET POTATO PANCAKES

- 1 cup sifted all-purpose flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 1 egg, separated
- 1 cup buttermilk
- 1 tablespoon melted butter or margarine
- ¾ cup shredded, pared raw sweet potato
- 2 teaspoons grated fresh orange rind

Sift together flour, salt and baking soda. In a medium mixing bowl heat egg yolk and buttermilk until well blended. Stir in flour mixture, melted butter, sweet potato and orange rind. In a small mixing bowl beat egg white until stiff; fold into batter. Using 2 tablespoons batter for each pancake, drop batter onto a hot greased griddle. Cook until cakes are puffy, full of bubbles and edges are cooked. Turn and cook other side. Serve with maple syrup. Yield: 24 medium pancakes.

INCREASE INDOOR STORAGE SPACE

There's more storage space in your home than you think, but it might not be as obvious as a closet or a bookcase.

Consider the space between the top of a doorway and the ceiling. Shelves placed in this area are called "high on the wall shelving" and can be installed near the ceiling of any room by fastening inverted shelf brackets to one of the 2 x 4 wood plates at the top of the stud wall.

Spaces below the lavatory and above the toilet tank in the bathroom can also be used for storage.

Another good place for storing items is below the

bed. Most beds have space below the bed frame which can accommodate a storage box as simple as a cardboard box with a cover or a wooden platform on casters.

The back of doors that are rarely closed, as well as the insides of closet doors, can handle adjustable door shelving for small household items such as canned goods.

Built-in seating below a window, along a wall or alongside a raised hearth can be used as storage bins - but not for fireplace wood. Store wood outside to avoid insect infestation.

If you are fortunate enough to have a laundry area, use wall cabinets or

shelves to hold laundry supplies as well as many other items.

Shelf assemblies are becoming a very popular means of providing more storage space and can also be used to divide spaces into rooms or deflect drafts from open doors, if placed near an entry.

In addition, space below a staircase can be used for storage. To protect against dirt, however, the stairs should have risers and be covered on the underside. This area could be a good storage space for out-of-season clothing such as heavy garments, which can be placed in garment bags

and hung from steel pipe storage racks.

An attic is a good storage area only if it is protected against pests, rain and snow and the floor is well supported by the area below it. Make sure items stored in the attic can withstand a variation in temperature from well below freezing to as hot as 140 degrees F.

Finally, the joist spaces in a basement ceiling provide a good space for storing long objects. But avoid spaces containing electrical wiring.

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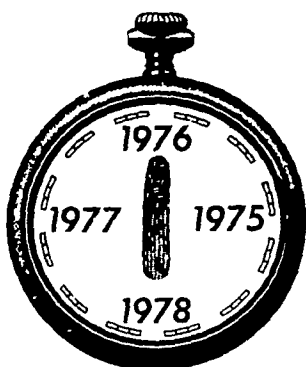
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