

I N T H E K I T C H E N

Potato Recipes

THE potato measures up well with wheat bread and even has the advantage over it in supplying certain salts which the body needs to counteract the acidity resulting from the use of such foods as cereals, meat and eggs.

Good food material is lost if potatoes are pared before they are cooked. Besides a loss with the paring itself, even when carefully done, food substance is dissolved out of potatoes when they are pared and then soaked or cooked in water, especially if they are put on to cook in cold water. Steaming and baking cause the least loss of food value. If cooked in water (1) they should not be pared until after they are cooked; (2) they should be put on to cook in boiling salted water.

Potato Soup

INGREDIENTS.—Two cupfuls of hot riced or mashed potatoes, one quart of milk, two slices of onion, three tablespoonfuls of butter, two tablespoonfuls of flour, one and a half teaspoonfuls of salt, celery salt, pepper, cayenne, one teaspoonful of chopped parsley.

Scald the milk with the onion; remove the onion; add the milk slowly to the potatoes. Melt the butter; add to it the dry ingredients; stir the mixture until it is well blended. Add this to the liquid mixture, stirring it constantly, and boil the soup for one minute. Strain it, if necessary, add the parsley and serve it.

Potato Salad

INGREDIENTS.—Six cold boiled potatoes, four tablespoonfuls of salad oil or melted butter, two tablespoonfuls of vinegar, half tablespoonful of salt, cayenne pepper, two tablespoonfuls of chopped parsley, few drops of onion juice.

Cut the potatoes into half-inch cubes. Make a dressing by mixing thoroughly the other ingredients. Pour this dressing over the potatoes, and allow them to stand for fifteen minutes. Drain off any dressing that may not have been absorbed by the potatoes. Garnish the salad with sprigs of parsley, and serve it with boiled dressing. One cupful of chopped celery or two hard-cooked eggs, chopped or sliced, may be added.

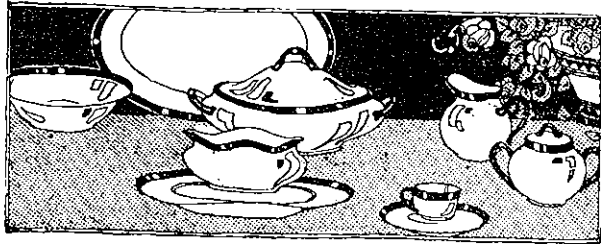


Potato Cookies

INGREDIENTS.—Two cupfuls of mashed potatoes, two cupfuls of corn syrup, three-quarter cupful of fat, two cupfuls of flour, four tea-

spoonfuls of baking powder, one teaspoonful of cinnamon, one teaspoonful of cloves, one teaspoonful of nutmeg, half cupful of raisins, two teaspoonfuls of salt.

Mix the ingredients in the order given, and drop the mixture by spoonfuls on a slightly greased tin. Bake in a moderate oven.



Potato Pancakes

INGREDIENTS.—One egg, half cupful of milk, one cupful of mashed potatoes, half cupful of corn meal, three teaspoonfuls of baking powder, one teaspoonful of salt, two teaspoonfuls of corn syrup.

Beat the egg; add the milk, the potatoes, the syrup, and the sifted dry ingredients. Bake the cakes on a hot greased griddle.

Potato Dumplings

INGREDIENTS.—One cupful of mashed potatoes, half cupful of flour, one and a-half teaspoonfuls of baking powder, one egg, half tablespoonful of chopped parsley, water to moisten if needed, half teaspoonful of salt.

Sift the flour with the baking powder and salt. Add to the mashed potatoes, and moisten with the egg slightly beaten. If the mixture is too dry—that is, if it will not hold together—add a few drops of water. Add chopped parsley, and drop by spoonfuls into the stew.

Breakfast Dishes Without Meat

TO poach an egg round (no cup or ring needed).—First salt the water, then stir vigorously until it moves about the pan in the form of a "whirlpool." Then quickly drop the egg carefully into the very centre of the "whirlpool" and when the egg is cooked it will be quite round and even.

Wholemeal Bread

WHOLEMEAL bread is necessary for the physical well-being of the race, writes a London specialist in *The Spectator*. Ordinary "brown" bread as sold by some bakers is not germ bread at all, but white bread made with devitalised flour, to which has been added a certain amount of "offal" or bran, almost worthless as food, and withal indigestible.

The true wholemeal or germ bread, which was the staple food of England seventy or eighty years ago, can only be made from flour from which the vitamins have not been extracted. This flour, so vital to the stamina of our race, the elaborate roller mills of this country are un-

able to produce, he says. Only the old-fashioned stones of the old-fashioned mills, most of which have been dismantled, could produce it. The majority of us at some time or other have held a few grains of ripe wheat in the palms of our hands, and noticed that they are covered with a golden-coloured skin, with a hard and

somewhat shiny surface. If one of these grains could be cut in half with a sharp knife we see that the interior consists of a dead white substance, which bears much the same proportion in bulk to the skin that encloses it as does the contents of an egg to its shell. Now this dead white interior is little more than starch, and comparatively worthless as a food, whereas the skin contains almost all the blood and bone-producing vitamins of the wheat. As corn is at present milled in England this skin is entirely eliminated. Consequently, when eating white bread we are simply eating starch; and when eating "brown" bread, as at present supplied, starch plus a little meal or bran, fibrous, indigestible stuff which the bakers mix with white flour to discolour it, so that the public may be led to believe that they are eating the old-fashioned stone-milled vitalising germ bread of our fathers, the true staff of life. Such a condition of things in the production of the most vital item in the food of the nation must surely be of the utmost importance to all. It calls for immediate legislation. It is an Imperial matter. There is no exaggeration, no scaremongering.

Baked Rarebit

TWELVE ounces grated cheese, two and a half cups bread-crumbs mixed with one teaspoon salt and cayenne to taste; one and a half cups milk, three eggs. Butter a pie dish well (use a heaped tablespoonful of butter) and fill it with alternate layers of cheese and crumbs. Pour over the cheese and crumbs the milk and eggs mixed together and slightly beaten; bake in a moderate oven for twenty-five minutes. If this dish is used as dinner savory it is better cooked in small individual dishes, and then the time of cooking will be somewhat reduced.

Roly-Poly Pudding

MIX $\frac{1}{2}$ lb. flour with $\frac{1}{2}$ lb. chopped suet, half teaspoon baking powder, and a salt-spoon of salt into a paste with cold water. Roll out into a long roll about $\frac{1}{4}$ in. thick, and spread with jam. Moisten the sides and one end with water, then roll up lightly and press down the edges and end. Tie up securely in a hot pudding cloth and boil for one and

a-half to two hours. If preferred, bake in a good, quick oven for half that time.

Coffee Junket

INGREDIENTS: One pint of milk, two tablespoons of coffee essence, one tablespoon of sugar, rennet tablets according to directions on packet. Warm the milk just slightly as for making ordinary junket, add the coffee and sugar, stir well, then add rennet tablets dissolved in water according to directions on the packet. Put in a warm place for ten minutes, then in a cool place until needed. Be most careful not to shake the bowl or the junket will break into curds. Serve with whipped cream.

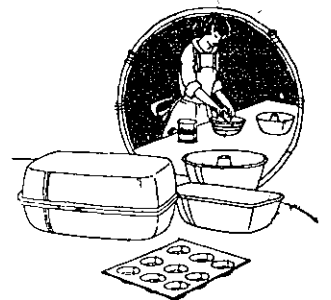
Force meat for Fish

INGREDIENTS: Two ozs. bread-crumbs, one oz. suet, six oysters, a pinch of powdered mace, a good sprinkling of salt and pepper, three tablespoonfuls of cream, one egg.

Shred the suet very finely, add the breadcrumbs, the liquor from the oysters, the oysters cut in small pieces, and the other ingredients. Stir over very slow heat for five minutes. Leave until cold, then use.

Tasty Nutties

THIS nice recipe improves with keeping. Take $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of sugar, one egg, three-quarter cup of chopped nuts and dates $\frac{1}{2}$ lb. of



plain flour, half teaspoon of baking powder, one teaspoon of cinnamon, half teaspoon of carbonate of soda dissolved in one teaspoon of boiling water. Cream butter and sugar, add egg and cinnamon, then a little of the flour, then soda in water, remainder of flour and lastly dates and nuts. Bake from ten to fifteen minutes in patty pans. When cool, ice with soft white icing and decorate with crystallised cherry or walnut and dust with browned desiccated cocoanut.

Apple and Orange Salad

INGREDIENTS: One apple, half orange, one dessertspoonful of lemon juice, one tablespoonful of mayonnaise, a sprinkling of salt and cayenne.

Core the apples and scoop out the centre, leaving a casing. Shred the fruit finely, and mix it with the orange (or grape-fruit may be used). Cut in small pieces and free from pips and pith. Add the other ingredients and fill the apple cases with the mixture. Serve on lettuce leaves.