

## WAR EXCHANGE

Wheatless days are Monday and Wednesday.  
Meatless day is Tuesday.  
Porkless day is Saturday.  
One meatless and one wheatless meal each day.

At all times save as much sugar, wheat, meat and fat as possible.

The Bulletin still has some of the vegetable seeds sent it for distribution by Congressman Sinnott. If you want some send in your name or call.

You may know it already but it will bear repetition now when it is important that everybody eat liberally of the big potato crop; that potatoes are an excellent food for your body; that they are good fuel; that one medium-sized potato gives you as much starch as two slices of bread; that, like other vegetables, they give you salts which you need to build and renew all the parts of your body and keep it in order.

Potatoes furnish starch which burns in your muscles to let you work, much as the gasoline burns in an automobile engine to make the car go. When you have potatoes for a meal you need less bread. Potatoes can save wheat.

An old king is said to have tested each cook before hiring him by asking him to boil a potato. Even the best potato can be spoiled by a poor cook.

To boil them so that they will be "fit for a king," drop the unpeeled potatoes into boiling salted water and cook 20 or 30 minutes. Drain the water off at once. If they are cooked too long or allowed to stand in the water they get soggy.

If you peel the potatoes before cooking them you will waste time and potatoes both. You may throw away a sixth or even a quarter of the good part of the potato with the skins. Also, if the potatoes aren't covered up by the skins while cooking, some of the valuable material will soak out into the water. Even very small potatoes can be economically used, if they are boiled in their skins.

For best mashed potatoes: Peel the boiled potatoes, mash and beat until very light, adding salt, butter or oleomargarine and hot milk, a half cup of milk to six potatoes. If dinner is not ready to serve, pile lightly in a pan and set in the oven to brown.

Potatoes, left over or fresh, may be combined with cheese or nuts or meat or other material, often to make the main dish of a meal.

**Potato Sausages.**  
1 cup mashed potatoes.  
1 cup ground nuts, fish, or meat.  
1 egg, well beaten.  
1 1/2 teaspoons salt.  
1/2 teaspoon pepper.  
Salt pork, bacon, or other fat.

Mix the mashed potatoes and seasoning with the ground nuts, fish or meat. Add beaten egg. Form into little cakes or sausages, roll in flour and place in greased pan with a small piece of fat or salt pork on each sausage. Bake with a fairly hot oven until brown.

**Scalloped Potatoes and Cheese.**  
Arrange a layer of sliced raw or boiled potatoes in greased baking dish and sprinkle with grated cheese and a little flour. Repeat until dish is nearly full. Pour milk over the whole, about one-half cup to every three potatoes. Skim milk good. Bake in a moderate oven until done. The length of time required depends upon whether the potatoes are raw or boiled and whether the baking dish used is deep or shallow. Boiled potatoes baked in a shallow dish will take only 20 minutes. Raw potatoes in a deep dish may take as much as 1 1/2 hours.

**Potato Puffs.**  
1 cup hot mashed potatoes, well seasoned.  
1 egg.  
1/2 teaspoon salt and a dash of paprika.  
1/4 teaspoon parsley, chopped fine.

Beat yolk into the mashed potatoes and add seasonings. Beat the white of egg very stiff and fold into the potatoes. Drop by spoonfuls on a greased pan and bake until a golden brown.

**Shepherd's Pie.**  
Grease a baking dish; cover the bottom with mashed potatoes. Add minced meat or fish seasoned well and mixed with the thickened meat stock or with white sauce. Pile the mashed potatoes lightly over the top to cover. Bake in oven 20 to 30 minutes until a delicate brown on top.

**Save a Little Sugar Today.**  
Use Sweet Fruits: Sugar consumption in many households can be easily lowered not only by giving preference to dishes which contain little sugar or with which sugar is not usually served, but also by the use of sweet fruits. For instance, fresh fruits or baked apples may serve instead of sweet puddings, or a salad in place of dessert. Sweet dried fruits, such as dates, raisins or figs, served with breakfast cereals will reduce the sugar needs.

## POTATODINNER DISHES

Some Suggestions for Utilizing a Food That Is Now Both Cheap and Plentiful.

"Are you eating your share of the country's bumper potato crop?" asks the United States Department of Agriculture in a recent statement. "Now that the tubers are once more plentiful and cheap they may well be given a prominent place on the dinner table," continues the statement.

The department makes the following suggestions in regard to the use of potatoes at dinner:

**Potatoes at Dinner.**  
Potatoes may be freely used at dinner, the variety which we all like being secured by varying the ways in which the potatoes are served. Then, too, one should not overlook the fact that, since both of them are foods which are very palatable sources of starch, by eating more potatoes one can diminish the bread eaten and thus help to save wheat, which is such an important matter at the present time.

Many think that potatoes are at their best when prepared in the simplest ways—that is, baked or boiled—but even so some variety is possible, for they may be baked in their jackets, or with the skins rubbed or scraped off, or pared and baked in the pan with meat, the juice they absorb improving their flavor. The skins may be easily rubbed off new potatoes, and almost as easily from old potatoes, provided they are first dropped for 10 minutes in boiling water.

Potatoes may be boiled or steamed in the jackets, peeled entirely, or with only a ring peeled around the center. The boiled potatoes may be served as they are, or mashed, or riced. Such simple changes as these help to give variety.

**Minted Potatoes.**  
Boiled potatoes are at their best when mealy, so, after boiling, the water should be poured off, a little salt sprinkled over the potatoes, and the kettle not quite covered, and placed on the back of the stove, so that they may "dry out." If you wish a novelty, in boiling new potatoes add a few mint leaves to the water in which they are cooked. In baking potatoes one should always remember that, to be at their best, they should be served as soon as they are done. If one can not serve them at once, the skin on one side should be slashed in order to allow the steam to escape, and the potatoes kept hot.

Fried potatoes are also favorites and the ways in which they can be either fried in deep fat or pan fried are numerous and are well known. Fried potatoes seasoned with onion are a common dinner dish, and one should remember that green peppers can be used with the onions or in place of them.

**Potatoes With Sauce or Cheese.**  
Potatoes baked with white sauce and cheese, scalloped potatoes, and similar dishes can be used in place of macaroni and spaghetti, and potato dumplings can be used in place of wheat dumplings. Cooked in combination with other foods, in a meat pie, for instance, potatoes may be depended upon as the principal dinner dish. There are also a number of dishes, such as potato pudding, which can be used at dinner in place of sweets made of wheat flour.

**Tested Potato Recipes.**  
Of the many possible recipes, the following are suggested as more or less typical:

**Potato Soup—**  
3 potatoes, medium size.  
4 cups skim milk.  
1 small onion.  
4 tablespoons butter or other fat.  
2 tablespoons flour.  
1 1/2 teaspoons salt.  
1/4 teaspoon celery salt, or  
1 stalk of celery cut in inch pieces.  
1/2 teaspoon chopped parsley. A little cayenne pepper or paprika.

Boil the potatoes and when soft rub them through a sieve. Slice the onion and scald this and the celery with the milk. Take out the onion and celery and add the milk slowly to the potatoes. Melt 2 tablespoons butter or fat, into which mix the dry ingredients, and stir into the boiling soup. Boil one minute; strain, add the remainder of the butter, or fat, and sprinkle with the parsley when ready to serve. The parsley improves the looks and adds a little to the flavor, but may be omitted if this is more convenient.

**Stuffed Potatoes.**  
A nice way to secure variety is to cut a slice from the top of each baked potato and scrape out the inside. Mash, season with salt, pepper, chopped parsley or chopped celery leaf, or onion juice (if liked), and butter, or savory fat, and heat in a little hot milk; add 2 well beaten whites of eggs. Refill the skins, sprinkle with grated cheese or bread crumbs, and bake in a hot oven about 6 minutes.

**Creamed Potatoes.**  
There are several different ways in which creamed potatoes may be prepared. (1) Freshly boiled or cold boiled potatoes may be cut into small

cubes and served heated in cream sauce. (2) Wash, pare, and cut potatoes into small cubes. Put into frying pan with a few slices of onion cut up very fine, and parboil 10 minutes. Pour off water. Add one tablespoon butter, drippings, or other fat, seasoning of salt and pepper, and milk enough to cover. Cook for 15 or 20 minutes or until the potatoes are well done and the sauce thick and creamy. It is necessary to stir the potatoes frequently to prevent sticking. The starch in the potatoes thickens the sauce. Creamed potatoes are particularly good to serve with fish or chicken.

**Hashed Brown Potatoes.**  
Cut cold boiled potatoes into small pieces (2 cupfuls), season with salt and pepper, cook three minutes in one-third cup bacon drippings, stirring constantly. Let stand a few seconds to brown underneath; fold like an omelet, and serve on a hot platter.

**Meat and Potato Pie With Potato Crust.**

Boil meat, cut into small pieces. Mix with potatoes separately boiled and cut up, and put into a baking dish. Make a crust by mixing smoothly mashed potatoes to which a tablespoonful of shortening has been added, with enough flour and water to make them roll out easily. A pie made of a pound of meat will require five or six boiled potatoes, a cupful of mashed potatoes, and 8 or 10 tablespoonfuls of flour, and should be baked about 20 minutes in a hot oven. Salt, pepper, and other seasoning, as onion and carrot, may be added to taste. A teaspoonful of baking powder makes the crust lighter.

**Potato Pudding.**  
1/2 pound mashed potatoes (5 small potatoes).  
4 tablespoonfuls butter or good cooking fat.

2 eggs.  
1/2 cup milk.  
1/4 teaspoonful salt.  
1/2 lemon (juice and rind).  
1 tablespoonful sugar.  
1/2 cup raisins or raisins and nut meats.  
Boil potatoes, mash, and add butter, eggs, milk, lemon juice, grated peel, and sugar. Beat all the ingredients together and bake in a buttered dish for three-quarters of an hour or longer.

**Corn as Bread.**  
Corn bread is especially good made with sour milk and soda; but sweet milk and baking powder are satisfactory. Eggs improve the flavor and add to the food value, but may be omitted if too expensive.

**Corn Bread—**  
2 cups corn meal.  
2 cups sweet milk (whole or skim).  
4 teaspoons baking powder.  
1 tablespoon sugar.  
2 tablespoons fat.  
1 teaspoon salt.  
1 egg (may be omitted).  
No. 2—  
2 cups corn meal.  
2 cups sour milk.  
1 teaspoon soda.  
1 tablespoon salt.  
1 egg (may be omitted).

Mix dry ingredients. Add milk, well beaten egg, and melted fat. Beat well. Bake in shallow pan for about 30 minutes.

An old Southern recipe—  
Here is an old-fashioned soft spoon bread that Southerners like. With milk or sirup it makes a satisfying meal.

**Spoon Bread—**  
2 cups water.  
1 cup milk (whole or skim).  
1 cup corn meal.  
1 tablespoon fat.  
2 eggs.  
2 teaspoons salt.  
Mix with water and corn meal and bring to the boiling point and cook 5 minutes. Beat eggs well and add with other materials to the mush. Beat well and bake in a well-greased pan for 25 minutes in a hot oven. Serve from the same dish with a spoon. Enough for six.

**Corn Meal and Milk—**  
Do you use corn meal mush for a breakfast food?  
It is both cheap and good. Cooked in skim milk instead of water it is extra fine and the food value of the dish is nearly doubled.

Here is a delicious corn meal and milk dessert:

**Indian Pudding—**  
4 cups milk (whole or skim).  
1/2 cup corn meal.  
1/2 teaspoon salt.  
1 teaspoon ginger.  
1/2 cup molasses.  
Cook milk and meal in a double boiler 20 minutes, add molasses, salt, and ginger. Pour into buttered pudding dish and bake two hours in a slow oven, or use your fireless cooker. Serve with milk. This makes a good and nourishing dessert. Serves six.

**Corn Meal and Meat—**  
Corn meal is good combined with meats. Such a dish is a meal in itself. Try this one:

**Tamale Pie—**  
2 cups corn meal.  
2 cups water.  
1 tablespoon fat.

1 onion.  
2 cups tomatoes.  
1 pound hamburger steak.  
Make a mush by stirring the corn meal and 1 1/2 teaspoons salt into boiling water. Cook 45 minutes. Brown onion in fat, add hamburger and stir until red color disappears. Add salt, pepper, and tomato. A sweet pepper is an addition. Grease baking dish, put in layer of corn meal mush, add seasoned meat, and cover with mush. Bake one-half hour. Serves six.

**Corn Helps Us Feed the World.**

The more corn we use the more food can be sent abroad. You need not tire of it, as there are at least 50 ways to use corn meal to make good dishes for dinner, supper, lunch, or breakfast. Here are some suggestions. Hot breads: Boston brown bread, hooecake, muffins, biscuits, griddle cakes, waffles. Desserts: Corn meal molasses cake, apple corn bread, dumplings, gingerbread, fruit gems. Hearty dishes: Corn meal croquettes, corn meal fish balls, meat and corn meal dumplings, Italian polenta tamales.

The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the Department of Agriculture.

## EXPECT TO CARRY OUT TUMALO WORK

SALEM, Or., Feb. 16.—(Special.)—Assistant State Engineer Percy Cupper, secretary of the Desert Land Board, stated today that it is expected work of carrying out some of the ideas of the consulting board on the Tumalo project will be started as soon as water conditions permit.

He stated a few hundred dollars will probably be expended during the coming summer flushing silt down into the reservoir for the purpose of filling up some of the holes as much as possible, in accordance with the plan suggested by the engineers in their report, and also he expressed the belief that some sand traps will be constructed for the purpose of protecting the steel flumes. It was found that some of the flumes were scouring badly and the construction of the sand traps or settling basins will protect them to a considerable extent.

## M'GIFFERT LOADER GETS AWAY ON GRADE

(From Friday's Daily.)  
Logging operations of the Brooks-Scanlon company will be somewhat impeded by the accident which occurred yesterday to the company's McGiffert loader. The loader was stationed on a grade and, being insufficiently held, got away and started down hill, finally leaving the track. No one was hurt. A crew is at work today replacing the machine on the track.

## H. W. KERBOW WINS IN REPLEVIN SUIT

(From Saturday's Daily.)  
As the result of a confused horse trade, suit was brought in the justice court by A. C. Barber against Henry W. Kerbow regarding the possession of an animal valued at \$15. The defendant, who was represented by Attorney H. H. De Armond, won the case. Kerbow claimed that he had procured the horse in Yakima county, Washington, while Barber maintained that because it was marked with his brand, it was one of his.

## FOWELL BUTTE

(From page 7)

ing entertained about 20 of their friends with a dancing party.

Miss Jessie Hartley and G. F. Hobbs attended the hard times dance at Alfalfa Saturday evening.

Mrs. E. N. Hall leads in the poultry business in this section, having 50 small chicks hatched by February 18, all doing nicely.

Mr. and Mrs. Frank McCaffery, Fred McCaffery and Miss Marie Auston, from Prineville, were visiting friends in this section on Monday of last week.

J. A. Riggs visited relatives in Bend on Friday.

Miss Jessie V. Hartley was a dinner guest at the J. M. Shearer home Friday evening.

Tom Cronin spent Friday and Saturday in Bend.

Mr. and Mrs. John Driscoll and sister, Mrs. Hurd, also Mrs. F. W. McCaffery, from Prineville, were in

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Bend last Saturday.  
Mrs. J. M. Shearer and daughter, Ruth, visited from Saturday until Monday with Mrs. Shearer's parents, Mr. and Mrs. Charles Oerweller, near Bend.  
E. R. Agee returned home from his Ochoco ranch on Thursday to remain during the stormy weather.  
Mr. and Mrs. Allen Willcox were in Bend Saturday afternoon.  
Mr. and Mrs. A. W. Bayn visited Mr. and Mrs. F. Bayn, in Deschutes, Saturday evening.  
The Prineville Red Cross Auxiliary met at the community hall on Wednesday and Friday of last week.  
Mr. and Mrs. Wm. Wilson, Mr. and Mrs. J. F. Rice, Mrs. L. W. Van Doren, Mrs. Mary Schiele and C. L. Worrell attended the K. P. ball in Redmond Friday evening.  
The directors of the Improvement league held a meeting at the community hall Saturday evening, the wool growers' meeting being held the same evening.  
Mrs. James Herd, who has been visiting her brother, John Driscoll, for the past 10 days, left Monday morning for her home in Montana.  
Carl Lioquist is building an addition onto his house and making other interior improvements.  
Mr. and Mrs. Wallace Smith made a trip to their Ochoco ranch Monday.  
Mr. and Mrs. Allen Willcox entertained Mr. and Mrs. A. W. Bayn and J. A. Riggs at dinner Sunday evening.  
G. C. Truesdale was in Prineville Monday.  
E. O. Roe was in this section buying beef cattle Friday.

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