

Potatoes Feed the World

Different Ages and Sizes of Tubers Demand Special Preparation and Aid in Keeping Body Tissues Alkaline

The general use of potatoes in the average family and the better customs prevailing in many homes in preparing the tubers for food are based on sound economic and dietetic reasons, according to specialists of the office of home economics of the United States department of agriculture.

Potatoes are easy to cook in a variety of ways. From the point of view of dietetics, they furnish starch in one readily digestible form, contain mineral substances of importance to the body, and—a fact less generally known—tend to make the tissues and fluids of the body alkaline, so counteracting the tendency of meats, eggs, fish and like foods to create acid conditions. Since the body does its work best when its condition is either neutral or slightly alkaline, potatoes, like most vegetables, perform an important function in the diet besides furnishing energy-producing material. This scientific fact justifies the custom that is prevalent in many families of serving a goodly supply of potatoes or other vegetables with each helping of meat.

Potatoes, however, while a valuable addition to a mixed diet, alone are not suited to meet the needs of the body because of their poverty in proteins and fat. Of these latter important elements protein is furnished in meats, eggs, fish, milk, beans and similar foods, and fat in butter, bacon, table oils and the fats and oils used in cookery.

Greater care than commonly is exercised should be taken in peeling potatoes. Very often 20 per cent of the potato is pared away. This results not only in the waste of considerable potato but also in the loss of one of the most valuable portions of the tuber, since the soluble mineral salts are present in the material near the skin, which should be removed and thrown away. These salts can be preserved by a more careful removal of the skin, as by shallow paring or rubbing, and also by boiling or baking the potatoes in their jackets.

Paring before boiling, however, may be the most desirable method of cooking potatoes, which through an undue exposure to light may have acquired a bitter taste, or those which have been kept until late in the spring, since in this way more of the disagreeable flavor is eliminated. Such potatoes may also be soaked before cooking.

While these methods may be desirable with potatoes which have been exposed to light, they result in the loss of considerable food value without compensating advantages when applied to new or well-matured potatoes. If such potatoes are boiled after paring, they should be dropped into boiling water instead of being placed on the stove in cold water. By the latter method there is twice the loss of protein, or tissue-building elements, resulting from the former. The loss of mineral matter is about the same by each method. There is no loss of starchy material in boiling unless portions of the tuber break off.

Practically the only loss when potatoes are baked in their skins is of the water which escapes as steam. The more or less common custom of pricking holes in the skin of baked potatoes or breaking them is explained by the fact that unless the steam which is formed inside the skin is allowed to escape it will change back into water and produce sogginess.

Potatoes which have turned green and sprouting tubers have present a considerable quantity of solanin, an acrid poisonous substance which, though not dangerous in the quantities ordinarily met with, gives a disagreeable flavor. It is best, therefore, to avoid such potatoes or to cut out green or sprouting portions.

Musical Notes.

Some musicians have sharp eyes and flat feet.

Of course the sharp eyes are the more essential. Unless a fellow can C natural he may play off key.

Most any musician can pass a double bar without stopping if he is pressed for time.

Bill Shakespeare must have been at least a dub musician or he couldn't have written "Measure for Measure."

Man is like a violin. Somebody is always stringing him. And he is also like the string—soon broke.

Balloons and Pigeons Were Used to Carry Mail During Siege of Paris in 1870-71

Although airplanes were unknown in 1870, balloons played an important part in the siege of Paris, relates a writer in New York Evening World. So closely were the Prussian lines drawn about the city that communication with the outside world was cut off. The military authorities called upon the aeronaut Durout to make a balloon flight from Paris. Carrying 250 pounds of letters, he made the attempt, and after a flight of three hours landed at Evreux, far beyond the zone of Prussian control. A regular mail service was then established, and though many flights ended in disaster, it continued until the surrender of the city. It was in this way that Gambetta, the statesman, made his escape from Paris to Tours, where he recruited a new army, which offered a desperate but vain resistance to the invaders.

The balloon service was maintained throughout the investment, from September 23, 1870, to January 28, 1871. Letters to be sent "par ballonnet" were written on very thin paper, and among the most interesting relics of the siege are the letter journals, invented by Le Petit Journal. The news of the besieged city was printed in very small type on one side of a thin letter sheet and the other side of the sheet was left blank for personal communications. About a score of Paris papers issued these novel sheets, and practically all letters were written on them.

Getting letters into the beleaguered city presented a more difficult problem, but this was partially solved by sending carrier pigeons out with the balloons. Letters and dispatches were photographed and so reduced that a single pigeon homing its way to Paris often carried thousands of dispatches

in a quill attached to its tail. One pigeon carried to Paris dispatches representing 300,000 francs in postage.

Don't Turn Out Your Toes Or You'll Get Flat Feet; High Heels No Guarantee

Do you turn your toes out farther than necessary when you walk? A good many people do, asserts an expert, and there are two reasons why the practice is a bad one—for one thing, it gives an awkward and affected gait, which may even be a malingering gait if the habit is very pronounced; for another thing, it is apt to produce flatfoot, that unsightly and often painful disability.

One hears a good deal about flatfoot these days, and it is shocking how many otherwise able and efficient candidates for the army have to be turned down by physical examiners because of this disability—flatfoot. So much attention is being paid to the welfare of the foot now that flatfoot

is likely to be far less prevalent in the next generation, but those who have been fortunate enough to escape the trouble so far in this generation should be very careful not to let it come upon them.

The common causes of flatfoot are improper shoes and faulty ways of walking or standing. Flatfoot will not be prevented, as many women seem to fancy, by the continuous wearing of high heels. There are people who wear heelless tennis shoes all summer long without injury to the arch of the foot. It all depends on the way one steps. Barefoot people for the most part walk with the toes pointing straight forward—if anything a trifle inward. The Indian always walks in this way; so—if you will note—does the barefoot lad in the country. The toes in this method of walking get a firm grip on the ground and help to propel the body forward.

To avoid flatfoot wear supple, roomy shoes and take care not to toe out excessively. Make all the toes do their work in propelling the body forward.

Must Purchase Sugar Every 15 Days Instead of Weekly

Approximately 20,000,000 pounds of sugar will be saved per year by a new ruling of the food administration which will prevent anyone from obtaining more than two pounds of sugar per month. Many people were unconsciously breaking the regulations regarding the distribution of sugar by purchasing their sugar on the basis of one-half pound per capita per week. On this basis of four weeks to the month there would be only 48 weeks to the year, or 336 days. This would leave 29 days, or practically another month, during which sugar would be consumed on a basis of two pounds per capita. With a population of 100,000,000 people this would require about an additional 200,000,000 pounds of sugar. The new regulation requires the consumer to purchase his allotment of sugar every fifteen days, or semi-monthly, rather than every week.

May Find Priceless Tables With the Ancient Furniture

There is a tremendous demand today for old mahogany or oak tables. If there are any historic associations attached to these tables they bring fabulous prices. There are plenty of tables in the country possessing real historic interest, but none of them is in the least likely at the moment to come on the open market. The table on which Napoleon signed his abdication may be priceless. In England there is a mahogany table which, tradition says, was washed up on the coast of Clare after the wreck of the Spanish armada.

Gives \$1,432,374 for Belgians.

For relief work in Belgium during the ten months ending last June 30, the American Red Cross appropriated \$1,432,374 and it has set aside \$1,947,325 for the remainder of the present year.

Salt From Salt Lake.

The inhabitants of Palmyra get all their salt by dipping buckets into the neighboring salt lake and allowing the water to evaporate.

GOOD JOKES

Working Friend Wife.

Jinks was always complaining of his wife's memory. "She can never remember anything," said he. "It's awful."

"My wife was just as bad," said Brown. "till I found a capital recipe." "What was it?" asked Jinks eagerly. "Why," said Brown, "whenever there's anything particular I want the missus to remember I write it on a slip of paper and gum it on the looking glass."

Jinks is now a contented man.

Old Familiar Faces.

"Did you ever have the feeling that you have met a person before and perhaps had an unpleasant experience in the dim past?" "I often have that feeling in hiring a cook."

War Sharpened His Wits.

Tommy (just off train, with considerable luggage)—Cabby, how much is it for me to Litchford? Cabby—Two shillings, sir. Tommy—How much for my luggage? Cabby—Free, sir. Tommy—Take the luggage. I'll walk.

In the Making.

Boarder—This tea is very weak. Landlady—I buy only the best tea, sir.

Boarder—Doubtless! Its weakness is wholly structural, I believe.

In Right Class.

"So your friend the baker has enlisted. What part of the service has he joined?" "I don't know, but I guess he's gone with the doughboys."

Inconsistency.

Patience—Why do you look so disparagingly at that man? He stood up for you at the meeting the other night when you were being abused.

Patrice—Yes, I know he did. But I came up on the same trolley car with him tonight and he wouldn't stand up for me there.

A Sure Reminder.

"The ladies in the days of chivalry may have been flirts, but they were in no danger of getting their dates mixed."

"Why not?"

"Because when they gave their gloves as favors to knights it helped them to remember which fellows they had on hand."

NO NEW NOTE IN FALL MILLINERY

New York.—There is nothing in millinery today upon which one can put the finger and say that it is definitely new, asserts a leading authority. In looking over the collection, one feels that a strong struggle goes on between the fashion for trimmed hats and the fashion for untrimmed ones.

At a meeting of all the milliners in America, which was held in New York last spring, there was a loud clamor for ornamentation in millinery. The mere mention of it brought forth the clapping of hands. Roses were desired, quills, feathers, fantasies, pieces of fur and jeweled bandings—in fact, anything and everything that would create something that has not existed for a half decade.

The desire of the French for severity and that of the Americans for ornamentation are shown, undoubtedly, in the conflicting hats of this autumn. Since there is no exclusive path of fashion in which all should walk if

Suppose she is concerned about the shape of her hat, and if she isn't she should at once take the lesson of first aid to the ignorant. If her face demands a wide brim, let her choose that shape, and she will find that each milliner has made at least three hats to suit her fancy.

There are irregular brims; there are brims that slope upward on one side and downward on the other, with the perilous side tip of an airplane when the observer wishes to see what is happening below.

The milliners take it for granted that every woman does not wish to conceal the upper part of her face, even though fashion has gone to the most extreme limit in that line, so there are hats that roll straight away from a tight headband and spread out to astonishing proportions when they take the air. They are draped, or they are made exactly like a nice thick



THE NEW HATS OBEY NO LAW, BUT SUIT ALL FACES.

(1) Adapted Anzac hat made of black satin and turned up at one side with a huge shell puff made of Nattier-blue ostrich strands. The collar is made from squares of seal and beaver, which is a new idea. (2) Shrapnel helmet of violet velvet, with sweeping willow effect in long ostrich flues of black and violet. (3) Cone-shaped Mexican hat of sapphire-blue velvet, with shirred crown and brim edged with a band of Russian squirrel. (4) Oblong walking hat in imitation of the new service caps. It is made of gray angora with a broad quill of jet beads. With this goes a neckpiece of angora heavily embroidered in jet.

they would be in the procession, there is the more genial, broad highway, in which all types are jostled and mingled and call themselves in the fashion. All the hats of the hour are on this broad highway, and that suits the majority.

No matter what a woman chooses, she has some master designer back of her choice. To begin with fabrics, she may keep loyal to velvet, or she may dip into the caprice of the moment as it is expressed by angora, braid or even serge.

She may insist upon satin from now until next April, and she may choose it in any color that harmonizes or corresponds with her gown. She may feel inclined to avoid felt, for it is so little in the picture.

As for ornamentation, she may adopt it if she likes the idea. If she prefers simplicity, she has three dozen or more French hats at her disposal.

SOME BAG AND HAT FASHIONS

Metal Brocade, Chiffon Velvet and Beads in Favor—Pheasant and Ostrich Feathers Used.

Very lovely in saddle-bag style are bags of metal brocade, and others are of chiffon velvet and the brocade combined.

Velvet bags, chiffon and brocaded velvet predominating, hung on metal frames, are a feature of fall fashion importance.

Pheasant feathers trim slightly brimmed turbans of velvet, the feathers wound about the crown with ends placed toward the front as well as toward the back.

The all-over beaded bags are an item of fashion not to be overlooked this autumn. These are in splendid color combinations, and modes for evening use as well as daytime use are shown.

Ostrich feathers in taupe trim a lovely velvet turban of the same color and ostrich feathers in rich shades of blue and purple are used respectively on matching turbans and on turbans of black.

cream puff, with a bunch of foolish or daring little feathers coming out of the top, as though the cream were oozing out.

Inspiration From the Anzacs.

We like to trace our present fashions to an immediate inspiration, to some fantastic or picturesque source that is a part and parcel of our present struggle for existence. It suits our mood better than going back to the dead and gone personages who probably figure more gloriously in literature than they did in fact.

We hate caps on women. There is something of undying coquetry in the rolling, dashing, spirited headgear as against the new street suit which is flecked with an insignia never before exploited by women—the stars of service, the insignia of rank, the colored departmental bands.

(Copyright, 1918, by McClure Newspaper Syndicate.)

For Chiffon Blouse.

It is more or less of a problem always how to finish the neck and sleeves of a chiffon or georgette blouse made at home. Just now the flat neck finish is more fashionable than any sort of collar on such a blouse and one may pick up a ready-made bit of neckwear to complete one's home creation. A very good looking French blouse of pale ecru georgette has a deep V neck opening and flowing bell sleeves that fall midway between elbow and wrist. Bands of the chiffon, shirred at both edges over a fine cord, edge neck and sleeves. The shirred bands are two inches wide and the shirring is done exquisitely with tiny, hand-set stitches.

For Business Wear.

Blocked felt hats, it is thought in some quarters, will come in for a big portion of popularity next winter, for the reason that so many women have gone into business and are dressing either in uniform or in very business-like clothes. Really the only hats that look well with these trig clothes are those which are blocked.