

Potato Merits Special Attention in Preparing

By the Bureau of Home Economics, U. S. Department of Agriculture.

Don't stop with baked, boiled or fried potatoes. Serve them in other ways, the bureau of home economics suggests to the homemakers of the country. Potatoes probably are served more frequently than any other vegetable, so instead of being treated with little consideration, they deserve special attention, the bureau's experts in food preparation say.

"The potato has every good reason for holding the enviable position it does," said Dr. Florence B. King, chief of the food utilization division of the bureau.

"It is a good and satisfying food with a flavor that is midway between delicate and strong. The flavor is pronounced enough to permit of serving the potato without the addition of any outside flavoring, aside from seasoning, and yet it is not so decided as to cause anyone to dislike this inexpensive vegetable, all of which makes potatoes valuable in the low cost dietary.

"From the standpoint of food value potatoes have much to offer—vitamins, mineral salts and energy-giving materials. Their mineral salts supply the necessary alkaline substances in the diet to balance the acid-forming substances of meat, cereals and eggs. And not the least of all, is the energy-giving value potatoes possess."

"Many persons designate the potato as the 'Irish potato,' which would seem to indicate its origin in the Emerald Isle. Quite to the contrary, the potato is native to the western plateau of South America. The invading Spaniards took the tuber back to Spain, where it gradually was introduced to the world, until now it is one of the vegetables most universally grown. Not until the last century and a half, however, has it been so important. Prejudice against a new food, together with the first ways of cooking it, retarded its adoption in the diet. Roast potatoes steeped in wine, baked with marrow and spices or sweet preserves limited its use for a long time.

One outstanding fact to the potato's credit, after it achieved its notable position in agriculture, is that with one exception it prevented the terrible periodic famines of former ages in Europe. In times of stress, particularly, the potato has come to lead in the diet. Since the land has used them so generously, the misnomer 'Irish potatoes' might easily be explained by the Irish preference for them in plenty and in need. It is an old Irish custom to give a bowl of boiled potatoes to all who stop and ask for food—much as a sandwich is offered here in the United States.

The name potato is also misapplied to other vegetables as in the case of the Canada potato, which is not a potato at all, but the Jerusalem artichoke, the tuber of a species of sunflower native to North America. Similarly, a Chinese potato is a yam.

Germany is a great potato growing country, in fact the greatest of all, but oddly enough, its foods are more readily associated with the German than are potatoes. This year the potato crop in the United States is estimated at 371,000,000 bushels, practically all of which will be used for food. Germany converts much of her crop into starch and alcohol.

One can not always tell a good potato by the outside appearance, Doctor King points out. One which shows a green skin will taste bitter when cooked, she says, for it has grown too close to the surface and has been sunburned. The wisest course for the homemaker is to choose medium-sized potatoes that feel firm when pressed in the hand. Dry, mealy potatoes are best for mashing and baking, and the more waxy varieties are most suitable for salad and freezing since they will hold their shape.

The bureau suggests many ways for serving potatoes in addition to the usual ones. Among these are soup; potatoes combined with meat or fish for one-dish meals; as one vegetable in combinations that include tomatoes, cheese, onions, peppers; and in salads. Left-over mashed potatoes are especially good in corn meal muffins, chocolate cake and doughnuts.

Many potato recipes are included in the bureau's cook book, "Aunt Sammy's Radio Recipes Revised," which is available free of charge, on request to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

MENU FOR ONE DAY
Breakfast.
Stewed Fruit.
Fried Cornmeal Muffin with Molasses Coffee (adults) Milk (children)

Dinner.
Potato and Salmon Puff
Peas
Cold Slaw
Supper.
Quick Turnip Soup.
Graham Toast
Chocolate Rice Pudding

RECIPES
Potato and Salmon Puff.
1 pound can salmon (2 cups)
2 tablespoons butter
2 tablespoons chopped celery
2 tablespoons chopped parsley
2 cups seasoned mashed potatoes
3 eggs
1 teaspoon salt
1 teaspoon minced onion
1 tablespoon lemon juice
Few drops tabasco sauce.
Drain the fish, flake it with a fork, and remove all bones. Melt the fat and cook the celery and parsley in it for a few minutes. Then combine with salmon, mashed potatoes, and seasonings, add the beaten egg yolks, and beat the mixture until very light. Fold in the well-beaten whites of eggs, pile lightly at once into a greased baking dish, and bake in a moderate oven (350 deg. F.) for one hour, or until set in the center and lightly browned. Serve in the dish.
If salmon and potato puff is baked in ramekins or custard cups, it will be especially light and fluffy and attractive for serving as a luncheon dish.

Quick Turnip Soup.
quart milk
1 onion, cut in half
2 tablespoons flour
2 tablespoons melted butter

Sport Wear



Jersey is fashionable for sports wear again this fall. This model of heather green ribbed jersey by Jane Regny has a tunic blouse belted in dull green leather.

LONDONERS MIXING GREENS AND REDS

LONDON (AP)—London has been having an epidemic of green suits for men. They vary in shade from pale to dark olive and usually are worn with a dark red tie.

NET GLOVES WIN FAVOR AT DEAUVILLE

DEAUVILLE (AP)—Net gloves are a smart new wrinkle for evening wear. One of the most fashionable women recently seen at the Casino wore pale blue net gloves reaching six inches above the wrist with her pale blue tulle evening gown. The frock was designed with a fitted bodice and old-fashioned ruffled skirt sweeping into a train.

Fall's Gift Of Fruit and Vegetables Makes Guest Luncheon Easy To Plan

By Mrs. Alexander George
Nature's contribution of delicious fruits and vegetables and beautiful flowers makes the fall season an ideal time to entertain a few intimate friends at luncheon.

The luncheon menu can easily be planned since there are so many foods in the markets and because the cooler weather calls for new and tempting recipes.

The vivid fall colorings demand somewhat colorful table arrangements. The colored table cloths make effective settings for the gaily flowered china, popular now, and the foods themselves lend much to the artistic display.

A bowl of fall fruits makes a suitable decoration for the center of the table and the fruit makes an appropriate dessert if the hostess so desires.

Small cakes or cookies should accompany the fruit and with coffee and salted nuts a most satisfactory and quickly prepared dessert is served.

A Fall Luncheon

Tomato Surprise Salads
Cheese Sticks
Chicken Stuffed Green Peppers

Buttered Lima Beans
Hot Biscuit
Currant Jelly
Cantaloupe Pickles
Peach Delight Desert
Whipped Cream
Coffee

Tomato Surprise Salads

(serving six)
6 firm tomatoes
1 cup diced cucumbers
1/4 cup diced celery
2 tablespoons finely chopped onions
1/2 cup cottage cheese
2 tablespoons pimento
Stuffed olives
1/2 teaspoon salt
2-3 cup stiff mayonnaise

Wash and peel tomatoes. Scoop out seeds. Mix rest of ingredients with two tablespoons of mayonnaise. Chill all ingredients. Stuff tomato cases with cucumber mixture. Arrange on lettuce and top with the remaining mayonnaise.

Stuffed Green Peppers

6 large green peppers
4 tablespoons butter
6 tablespoons flour
2 cups milk
1 teaspoon salt
1/2 teaspoon paprika
2 tablespoons finely chopped celery

The test will be conducted in the college of letters, arts and sciences. "This group," said Dr. Tooton, "will be closely observed and given guidance based on scientific studies with a view of developing, if possible, methods of study and work which will increase the probability of collegiate success."

"The 70 entrants will be divided into groups of 35 each for instructional purposes so that significant contrasts will be made possible."

2 tablespoons chopped parsley
1 cup diced chicken
1 cup mushrooms
Wash peppers. Cut off tops and with scissors cut out seeds and pulp. Rinse well in cold water. Melt the butter and add the flour. Blend and add the milk. Cook until thick sauce forms. Stir constantly. Add the seasonings, chicken and mushrooms. Stuff pepper cases. Arrange in small pan. Add 1/2 inch of water and bake 35 minutes in moderate oven. Bake frequently.

Cantaloupe Pickles

1 cups cantaloupe cubes
1/4 cup salt
6 cups water
With sharp knife, cut off rind and remove seeds and soft pulp. Cut rinds into pieces 2-3 inch by 2 inches or into small triangles. Sprinkle with the salt and add the water. Soak overnight in the morning drain and cover with water and boil 4 minutes. Drain and rinse in very cold water. Add to syrup mixture.

Syrup Mixture

8 cups sugar
4 cups vinegar
1/4 cup bark cinnamon
1-3 cup whole cloves
Loosely tie the spices in a white cheese cloth bag. Add to the sugar

COLLEGE SHIFTS HINTED IN TEST OF INELIGIBLES

LOS ANGELES (AP)—A three-year test which holds possibilities of bringing sweeping changes in student entrance requirements of institutions of higher education is announced by the University of Southern California.

Seventy graduates of secondary schools, who are not more than 21 years old and who do not meet the set entrance requirements of the university, will be selected for the test, which will begin this fall, Dr. Frank C. Tooton, vice president, said.

"Students in the experimental group will not be permitted at any time in their college careers to compete in intercollegiate athletics," he said.

"During the time they are members of this group they may not hold membership in campus clubs or societies or other campus groups, and may not be pledged to a fraternity or sorority.

Specifically the object of the experiment is "to measure validity of tests of scholastic aptitude and of high school grades as entrance criteria for admission to college."

The group will be selected by use of entrance test criteria which measure scholastic aptitude and by "personal judgments as to scholastic promise, one of which should be from a high school principal."

PEARLS RETURN AS EVENING FAVORITES

NEW YORK (AP)—Pearls are back in vogue. The classic jewels, which are expected to be much worn this winter, are generally strung in one or two strand necklaces finished with a diamond clasp.

ELKTON—Bridge over Elk Creek opened to travel.

Home and Tax Claim Millions Made by Marland

By William Voltz, Jr.
PONCA CITY, Okla.—(AP) A few years ago an oil millionaire—now a man facing comparative want.

Such is the case of E. W. Marland, founder of the Marland oil company only six years ago valued at more than \$85,000,000.

Encompassed by all the visible symbols of wealth and beholding from his windows a mighty industrial project which he fathered, Marland, according to published reports, has only his palatial home and an income tax refund claim left. The home he built three years ago at a cost of a million dollars.

The tax refund claim may bring him nothing. Should it be allowed it might return to him \$1,800,000 of the fortune he once possessed.

Across the prairie from his mansion, Marland can view the broad acres of the industrial holdings he once controlled. Down a carefully landscaped avenue he can see the heroic figure of the "Pioneer Woman," the statue which he gave to Oklahoma in March, 1930. It cost him \$100,000.

All that is left of Marland's once numerous millions has passed into the hands of William H. McFadden, formerly an employee of the oil man, in return for assuming obligations totaling \$250,000.

Marland, now 57, was a brilliant student in youth and obtained a law degree at 19. Two years of law in his native state of Pennsylvania were followed by 15 years as an oil man there.

He came to Oklahoma in 1912 and in 14 years had built from virtually the ground up one of the southwest's largest fortunes and controlled a vast business empire.

In 1920 by obtaining the mineral concession to a 3,000,000-acre tract in Sonora, Mexico, he turned one of the largest oil deals in the annals of the industry. His projects expanded and in 1926 he had holdings in Oklahoma, Texas, New Mexico, California, Louisiana, Kansas, Colorado, Canada, Mexico and England.

The next year saw the beginning of the decline. The Marland Oil financial report showed a deficit of more than \$7,890,000, and in October, 1928, Marland retired from active control of the company.

It was prior to this unexpected turn of events that Marland and Miss Lydie Miller Roberts, his first wife's niece and his ward, were married. The first Mrs. Marland, an invalid, had died in June, 1928.

Whether Marland will try to "beat back" to his former place in the world of commerce is uncertain. It is hinted he may attempt to dispose of the home and, eventually establishing his claim against the government, settle from active acquisition of wealth to live on the remains of "his once broad holdings."

ROSEBURG—W. M. Hiney opened real estate office on North Jackson street in Vellie building.



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