



READY IN MINUTES—Scalloped ham, turkey or chicken and potato casserole is ready in minutes when you use packaged sliced potatoes; one of many amazing new products in the potato parade of progress. Recipes are included in today's food columns.

Feeding the Family

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Food Editor

Potatoes Pay Off as Powerhouse of Good Eating

Potatoes have come a long way since Sir Francis Drake took them with him from Chile to England on his round-the-world voyage of discovery. For centuries, potatoes have been peeled for peasants and for plutocrats alike; have provided good eating in ways beyond numbering. Packed with good nutrition, potatoes are a powerhouse of energy. They offer, penny for penny, more energy value than any other vegetable. Now potatoes are well forward in the parade of processed convenience foods designed to please the good cook and her family. They've been carefully selected for the purpose, washed, peeled and otherwise prepared for packaging, canning, freezing, ready for final warm-up and serving in a matter of minutes.

Potato Chips have been enjoyed for more than a century; need no encomiums from us. It has been estimated by "chippers" that 8 per cent of the nation's potato crop goes into packages of potato chips, crinkle-slices and shoe-strings.

Canned potatoes have been available for a long time but quality has vastly improved in recent years. They come mostly whole small and French-fried but great quantities of them have long been going into canned soups, stews, hashes and a galaxy of other canned specialties.

Frozen Potato Boom
Frozen potatoes now are packed and sold in such volume that they get a separate listing among the frozen food products as distinguished from other vegetables.

The consumer chooses from baked stuffed (stuffed baked), Delmonico, diced, French fried, crinkle cut, hash brown, mashed, pancakes, patties, puffs, rissole, shredded, whipped. You can also buy frozen potato soup, potato dumpling, potato gems, potatoes au gratin and escalloped. There are frozen potatoes and peas in cream sauce, potatoes in all of those frozen dinners, in combinations of meat or poultry as well as in a variety of frozen stews, hashes and other specialties that appear almost daily, it seems.

French Fries Tops
Notable among the news of frozen foods is the fact that frozen French fries have recently topped sales of frozen peas which were, from the beginning, the best seller among frozen vegetables. This popularity, just possible, stems from the fact that French fries have long been the boon companion to steak, and homemakers find it mighty handy to have them ready to shove into the oven when the steak goes under the broiler.

Potatoes for Mashing
Washed or whipped potatoes have long been far and away the most popular way with potatoes so it was only natural that top manufacturers would perfect the processing and packaging of this desirable product.

Make no mistake about it, today's instant mashed potatoes, minute mashed and fluffy mashed potatoes are not to be compared in any way with those you tried last year. Today's packaged potatoes have the texture and the taste of freshly mashed potatoes and turn out better than many home-produced potatoes. Reasons are simple. Potatoes best for the purpose are used. Package directions leave nothing to chance; no guessing as to how much milk and butter.

Multi-Use Potatoes
Packaged hash browned potatoes enjoy tremendous popularity; are the pride of many a master chef. Packages suggest quick ways for converting these into many dishes.

Minute Sliced Potatoes

Newest packaged potato product to come to our attention, readily available in local markets, is sliced potatoes that are especially processed so that the slices hold their shape when cooked; packages to make 10 servings but ready for use whenever you like. Size of the slice lends great versatility for frying, salads, casseroles, creamed dishes, soups, stews and other dishes like this one.

Scalloped Ham and Potato Casserole

We hasten to say that leftover cubed cooked or canned ham, chicken or turkey, are equally good when quickly prepared with a package of sliced potatoes. We tried them all when we were making today's picture. A tossed salad seems an ideal accompaniment. Recipe makes five servings.

- 2 cups packaged sliced potatoes
- 1 teaspoon salt
- 4 cups water
- 3 tablespoons chopped onion
- 3 tablespoons butter
- 3 tablespoons flour
- 1/2 teaspoon salt
- Dash of pepper
- 2 cups milk
- 2 cups cubed cooked ham
- 1/4 cup buttered bread crumbs
- 2 tablespoons grated Cheddar cheese, optional

Add packaged sliced potatoes and one teaspoon salt to the water in a saucepan. Cover and bring to a boil. Then boil 15 to 20 minutes or until tender; drain.

Meanwhile, saute onion in butter until transparent. Add flour, remaining salt, and the pepper, mixing until smooth. Gradually stir in milk. Cook and stir over medium heat until sauce comes to a boil and is thickened. Add ham or poultry and potatoes.

Place in a greased 1 1/2 quart casserole. Sprinkle with bread crumbs and cheese. Bake in a hot oven, 425 degrees, until

browned and bubbling—about 10 minutes.

Quick Tricks With Frozen French Fries

Casseroles. Take a can of chicken a la King, tuna a la King, mushroom sauce, chicken or beef gravy, chili con carne or beef stew. Heat three or four tablespoons cooking oil or shortening in a 10-inch frying pan. Add package of frozen French fries to fat and cook over moderate heat until potatoes are defrosted, heated and browned. Turn as necessary to brown evenly. Line serving dish with potato strips arranged like wheel spokes. Pour heated specialty over center portion.

Potato Salads. Frozen French fries lend themselves ideally to the making of old fashioned potato salad made with vegetables and salad dressing or mayonnaise; are good when combined with sour cream or added to chicken, tuna or salmon salad. Bring 1 quart water to a boil in a covered saucepan. Empty two nine-ounce or one 16-ounce package frozen French fries into water. Cover and remove from heating unit immediately. Let potatoes stand in water three to four minutes. Drain potatoes at once and spread out on tray covered with double thickness of paper toweling to dry and cool. Combine potatoes in any favored ways with other salad ingredients.

Dilled Potatoes

For a distinctive quick potato specialty rating raves, simply take a package of quick hash brown potatoes; follow directions on package and minutes before serving, pour over a combination of 1 cup dairy cream with one-half teaspoon dill seed and sprinkle of salt added.

Strawberry Whip

For each four servings, combine one tall can chilled evaporated milk and 1 1/2 cups ice water. Combine 1 cup mashed strawberries (fresh or thawed frozen), one-fourth cup sugar and two tablespoons lemon juice; add to milk and stir until well blended. Pour into glasses. Superb with gingerbread or gingersnap cookies.

Nixon Expected to Be Main Target of Demos This Year

(Last of three articles)
Washington—Vice President Richard M. Nixon will be Target No. 1 for the Democrats this year.

They will claim that there are two Nixons, the "old" and the "new." The "new" Nixon, they will say, hides the "old," an unfair campaigner, a ruthless politician who has used foul methods to fight his Democratic opponents in past years.

Nixon's defenders will claim that, if there is indeed a "new" Nixon, it is the statesman who has emerged from eight years of the finest training available for the Presidency—second man on the firing line of the Administration's dealings with world and domestic affairs.

Congressional Quarterly's review of Nixon's public record shows that his public image has changed over the years. The record holds much on this subject in the vice president's own words.

Only One Formula

"What about tactics?" Nixon asked on July 3, 1951. "I believe there is only one sure-fire formula for victory. We have to work, we have to fight, and we have to stand for something." The following year, Nixon fell under great criticism for the way in which he did this.

Nixon has a philosophy in this area: "... we start with the basic cliché, that an individual must be a statesman before he can be a politician... as my critics are very much aware, I believe in vigorous sharp debate during a political campaign," he said in 1958.

As to the 1960 campaign, Nixon said last month, "it certainly will not be a (muddling campaign) as far as I'm concerned... As for personal attacks, I can only say that there will not be any as far as I am concerned..."

Past Criticism

Democrats point to these incidents in past Nixon campaigning: In 1950, he distributed a "pink sheet" linking his California opponent for a Senate seat, former Rep. Helen Gahagan Douglas, with the leftist former Rep. Vito Marcantonio to the Senate? Communism was a campaign theme throughout the country in 1950 and Mrs. Douglas' oppo-

moderation. While he referred to the "radical wing of the Democratic party," he also said: "I do not question their sincerity or patriotism... There is no war party in the United States... There is no party of surrender... There is only one party of treason... the Communist party..."

The 'Nixon' Fund

Undoubtedly the 1952 "Nixon Fund" will crop up in the forthcoming campaign, as well as Nixon's dramatic television defense of it. Early in the 1952 campaign, charges were made that Nixon had accepted about \$18,000 from California backers as a supplement to his Senate salary. Here is an excerpt from his television speech:

"... I say that it was morally wrong if any of that \$18,000 went to Senator Nixon for my personal use. I say it was morally wrong if it was secretly given and secretly handed. And I say it was morally wrong if any of the contributors got any special favors for the contributions which they have made."

"And now to answer... Not one cent of the \$18,000 or any other money of that type ever went to me for my personal use. Every penny of it was used to pay for political expenses..."

It was in this speech that he referred to his wife's "respectable Republican cloth-

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