

## Liberal Potato Rations Can Be Varied Easily



Baked potatoes and bacon make economy meal.

Any liberal diet must include at least one serving of potatoes or sweet potatoes daily. Of all ways of preparing potatoes, baking is one of the best from a nutritional viewpoint—and also from the standpoint of taste.

Large, uniform-sized potatoes are best for baking. A wise housekeeper always bakes enough potatoes at a time for two meals. On the second day, the left-over baked potatoes can be creamed or hash browned.

**GENERAL DIRECTIONS**  
Scrub uniform-sized, large type baking potatoes; rinse thoroughly, dry. If a soft, tender skin rather than a crisp, craggy skin is desired, brush well with melted fat. Place the potatoes in a cold oven, bring the oven temperature up to 450 degrees F. and bake until the potatoes are tender when pinched. This will require about one hour for the large potatoes. However, they may be baked much more quickly by starting in a hot oven (450 degrees F.). This will require about 45 minutes, possibly less, and the potatoes will have the crisp skins.

**VARIATIONS**  
Cut baked potatoes in half lengthwise; scoop out inside and mash with butter, salt, pepper and hot milk. Refill shells and slip into a quick (450 degree) oven for 5 minutes. Or, before putting the potatoes back into the oven, make an indentation in

the stuffed potato and fill with cheese sauce, buttered vegetables, creamed vegetables, creamed fish, creamed meat or eggs.

**Southern Baked Potatoes**  
Scrub uniform-sized, baking potatoes, rinse thoroughly, dry. If a soft, tender skin rather than a crisp, craggy skin is desired, brush well with melted fat. Place the potatoes in a cold oven, bring the oven temperature up to 450 degrees F. and bake until the potatoes are tender when pinched. This will require about one hour for the large potatoes.

**TOMORROW'S MENU**  
**BREAKFAST:** Apple sauce, cracked wheat cereal, raisin toast, coffee, milk.  
**LUNCHEON:** Creamed codfish on toast, hard rolls, grapefruit and orange cup, cup cakes, tea, milk.  
**DINNER:** Southern baked potatoes, buttered carrots with minced parsley, mixed greens salad, baked chocolate bread pudding, hard sauce, coffee, milk.

Rural womenfolk of China cultivate silkworms in the home as a means of adding to the income of the family.

When considering both price and specific gravity, one ounce of palladium will replace two ounces of gold.

two, 2 cups milk, 1/2 cup flour, 2 teaspoons salt, 6 thin slices fresh pork.  
Mix together shredded potato, milk, flour and salt. Spread in greased baking pan or casserole large enough so that the mixture will be only about 1/2 inch thick. Place pork slices on top and bake for 1 1/2 hours uncovered in a moderate oven (350 degrees F.). This is the easy way to cook this old-fashioned potato dish.

### CHICKEN GIBLET OMELET

(Serves 4 to 6)  
Four to 6 eggs, 4 to 6 tablespoons water, 1 teaspoon salt, pepper, 1 tablespoon butter, chicken giblets, 1 cup chicken stock, 2 tablespoons flour.  
Separate yolks from whites. To yolks add salt, pepper and water, beat until thick. Beat whites until stiff, cut and fold into yolks until well mixed. Heat omelet pan and put in butter. Pour in mixture, cook slowly, occasionally turning pan to brown evenly. When delicately browned underneath place pan in moderate oven (325 degrees F.) to finish cooking top. The omelet is cooked when it is firm to the touch. Fold and fill with chicken giblet sauce, made by thickening 1 cup chicken stock with 2 tablespoons flour and adding the chopped cooked giblets. Turn onto hot platter. Serve at once.

### CORN SOUFFLE WITH SAUSAGES

(Serves 4 to 6)  
One pound pork sausages, 2 cups canned corn, 1/2 cup milk, 2 eggs (separated), 1 tablespoon flour, 1/2 teaspoon black pepper, 1/2 teaspoon salt.

Fry the sausages until brown. Drain off the fat and place in bottom of baking dish. Beat the egg yolks, add the corn and milk. Sift dry ingredients and blend smoothly with the liquid mixture. Beat the egg whites until stiff and fold into the corn mixture. Pour over the sausages and bake 30 minutes in a slow oven (300 degrees F.).

**MONDAY'S MENU**  
**BREAKFAST:** Sliced bananas in orange juice, oatmeal, bran muffins, marmalade, coffee, milk.  
**LUNCHEON:** Chicken gilet omelet, toast, green salad, chocolate brownies, tea, milk.  
**DINNER:** Tomato juice, pancake potatoes with salt pork, spinach, apricot tapioca, coffee, milk.

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## SENATORS ARGUE TO KEEP BASQUES

WASHINGTON, Feb. 21 (AP)—Members of the Idaho congressional delegation, after a conference with justice department officials Thursday expressed hope the department would not disapprove a bill (S-314) authorizing dismissal of Basque proceedings in Idaho, Nevada, California and Oregon.

Senator Clark (D-Ida.) and Representative Dvorshak (R-Ida.) talked to Alexander Holtzoff and L. B. Schofield, assistant to the attorney general. They said the department had no objection to the bill on its merits, believed the Basques deserved leniency, but feared it would set an undesired precedent.

Clark and Dvorshak said they had hopes the justice department report would leave an avenue which would permit passage of the measure. They were accompanied by William K. Hart, president of the Independent Order of Basque Speaking Peoples.

The cucumber is mentioned in the Old Testament and figures in ancient history as far back as 3000 years.

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## Leftovers Must Taste Good For Real Economy Attempt

There is no genuine food economy without enjoyment. Leftovers and low-cost ingredients must produce dishes every member of the family will eat, or your attempt to save money is wasted.

**PANCAKE POTATOES WITH SALT PORK** (Serves 6)  
Six cups shredded raw potatoes

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