

The Housewife's Old Friend

Some like them new and some like them old, Some like them hot and some like them cold, Some like them mashed and some like them whole, But uses for potatoes are still untold.

As colder weather approaches and appetites expand, a satisfying touch to breakfast, lunch or dinner may be found in the Canadian homemaker's old friend, the potato. This member of the vegetable family is a joy to cook. It can be served in many ways, by itself or in combination with almost anything edible. It is easy on the budget and as a left over it has many uses.

Since potatoes are more frequently served with dinner than at any other time, serve them a different way each day of the week and surprise the family. Baked potatoes cut in half, sprinkled with grated cheese and placed under the broiler until cheese is melted and golden brown, are a change from baked potatoes with just a lump of butter inserted in the top. Another idea is to remove a lengthwise piece from the centre of a raw potato, with the aid of an apple corer. Stuff the hole with cooked meat, a sausage or cheese. Plug ends with some of the potato that was cored out and then bake.

Variations for boiled potatoes, with or without jackets, mashed or creamed, may include Duchesse potatoes, consisting of mashed, seasoned potato with butter and beaten egg yolk added. The mixture is whipped until fluffy, placed by spoonfuls on a pan, or for fancy shapes pressed through pastry tube then brushed with slightly beaten egg white and browned in the oven. For that special occasion, Chantilly potatoes may be served. They are mashed potatoes, seasoned and placed in a casserole, topped with whipped cream, sprinkled with grated cheese and placed in the oven until light brown.

Left over boiled potatoes may be served as hash browned, when they are chopped finely, seasoned with salt and pepper and browned in a frying pan; Lyonnais potatoes, when they are cut in cubes, seasoned with salt and pepper, onion and parsley and pan fried until brown; Delmonico potatoes when they are mixed with a cream sauce, seasoned and put in a casserole, topped with bread crumbs and browned in the oven; or as croquettes, when rice potatoes are shaped into cylinders, dipped in slightly beaten egg, rolled in bread crumbs and deep fat fried.

But don't restrict the use of potatoes to dinner menus. For breakfast the family may enjoy fried potato slices with their bacon and egg or potato pancakes instead of toast. For the pancakes, cooked mashed or grated raw potatoes may be used. For lunch, a hot or cold potato salad is always enjoyable. The home economists of the Consumer Section, Canada Department of Agriculture has provided a recipe for a tasty potato loaf.

Potato Loaf
2 tablespoons milk
1/4 cup butter
1/2 cup mayonnaise
1 teaspoon salt
4 tablespoons finely grated onion
2 teaspoons paprika
4 cups hot mashed potatoes (8 medium potatoes)
10 thin slices process cheese.
Add milk, butter, mayonnaise.

WAKE UP MORNINGS LIKE A CAVE MAN

Get relief from constipation—indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.

Alice Brooks Designs

Advertisement for Alice Brooks Designs featuring a crocheted piece and a pattern for a jumper. Includes text: 'EASIEST EVER! Crochet ONE straight piece for jacket, ONE straight piece for cap—this is finished! (If Baby's a girl, add lace edge.)'

That Body Of Yours

By James W. Barton, M.D.

LIVING LONG AFTER HEART STROKES

Not long ago, when an individual had an attack of coronary thrombosis, a heart stroke, it was thought that the sword of Damocles hung over him and the next stroke, or at most the third stroke, would carry him off. Then, it was found that the majority of these cases, by going to bed for four or five weeks, then taking more rest, avoiding excitement and avoiding or cutting down on tobacco, were able to live several years, some having further strokes and some having no further strokes.

Some encouraging information on heart strokes comes from headquarters, the American Heart Journal, St. Louis, that should be known by all victims of heart strokes and by their families.

Dr. E. P. Boas reports studies of 115 men and nine women who had been under observation for coronary artery disease for at least ten years. The average time since first attack occurred was 13.6 years.

The age of the patient when first attack occurred had no apparent effect upon how long he would remain alive or on the course of the disease. Patients whose illness began with a simple angina pectoris (breast pain or breast pang) had a better prognosis (chance of remaining alive) than those whose heart symptoms began with a heart stroke. In 15 patients who had not had high blood pressure, enlargement of the heart had developed. Eighty-one patients (65 per cent) were without heart symptoms for one or more years and 89 (72 per cent) followed their usual occupations during most of their illness.

Dr. Boas states that this study of 115 cases of coronary artery disease emphasizes the fact that the unpredictable, variegated course of coronary artery disease and the frequent modifications or mildness of the symptoms means that one or several attacks of coronary thrombosis makes it impossible for the physician to tell the patient just what his chances are of living many years and of the years he does live, how free he will be of heart symptoms.

The important point as shown by the fact that three of every four of above patients followed their usual occupation, is that they had observed and obeyed the warning signals but had not allowed themselves to become heart invalids. They tried to avoid emotional disturbances, heavy meals and strenuous exercise, hence their long life span despite coronary artery disease.

From an old friend the letter had come — out of the silence of the years, but again reaching a hand across time and distance to reclaim friendship's ties, strengthen the forgeries on weakened links to make the rush and turmoil of the present fade away to be replaced by the less bewildering days of the past. "I've been retired this year," he wrote "and I'm lost having time on my hands! Not that I'm allowed to have too much, for you know what strange creatures women are! Always dragging a fellow off to something, keeping him to heel as it were, or leaving him neglected at home! I ask you, James, there was a definite chuckle between the lines "what would you do in a circumstance like that?" "Yes," he offered this morning, turning at the door to look down upon us in the wide old bed "I think I could soon discourage that!"

Other ideas for using potatoes include soups, biscuits, scones, breads, cookies, cakes and poultry stuffings. Recipes will probably be found in your favourite cook book, but if there are none, then try a little experimenting, it's lots of fun!

Originating in Peru, the potato travelled to Europe and then to North America. In Canada, there are many varieties but one variety may be better known in one part of the country than in another. The most common varieties of early potatoes are Irish Cobblers and Warbas Katahdin, Green Mountain, Sebago, Chippewa and Nettee Gem are the later ones, which store well and are the ones seen in shops during the winter months. Care in buying and storage of potatoes is important. For quality and uniformity in size, buy them by grade.

Cook's Corner

DAISY SALAD
1 package lemon gelatin
1 cup hot water
1/2 cup pineapple juice
Juice of one lemon
1/2 cup seedless grapes
1 cup chopped watercress
Cottage cheese
Dissolve gelatin in water and add pineapple and lemon juice. Stir in grapes and set aside to cool. When cooled but not set, stir in the watercress. Pour into custard cups and chill. Unmold on lettuce leaves and serve surrounded with cottage cheese. Garnish with watercress.

TWISTED BREAD
Winner: Mrs. I. E. Stein
12 cups flour, 3 cups hot water, 3 tablespoons oil, 1 1/2 tablespoons salt, 2 tablespoons sugar, 2 cakes yeast, 1/2 cup warm water, 3 eggs.
Pour water over salt, sugar and fat in mixing bowl. When lukewarm, add yeast, dissolved in water. Add beaten eggs and flour gradually—mix and stir—knead until smooth—cover—set aside in warm place to double its bulk. Brush with beaten egg yolk. Bake 1 hour—400 F.; then 15 minutes—250 F.

Advertisement for Iantigen "C" spray, featuring a bottle and text: 'Get Prompt Relief with Cuticura. Itch. Contains scientific medicinal ingredients. Buy at drugstore today.'

ELLEN'S DIARY

By an Island Farmers Wife

"I think I could soon discourage that!" James said this morning of something that had entered our conversation in that usually short but exquisite period of wakefulness which precedes our rising. Then it is that in a more or less detached state of mind we chat of things past and items to come.

Dawn was being marked by a sliver of light at the window, not with any sharp brightness of promise, but it seemed with that dim listlessness which is the forerunner of an indifferent fall day, planning early through the bare vines about the eave was rising now, in a noisy bustling manner, we expected might make James rise to a spell of stove-pipe cleaning, an endeavour we would postpone to some fairer weather.

A gust rattled the small panes, spent itself about the roof and in its wake a nice silence settled. And now James was at the window over-looking the pond, searching intently there for such favorable signs as would assure him of progress at gathering our latest harvest of the fields: the turnips.

He had been in that field on a recent morning at midtime and it was there we had brought him the letter as with a pace which seemed never to lessen or weary, he topped these roots with a hoe in the place which lies between the lane and pond-side. "A good crop?" we overheard him reply to a visiting farmer's query this evening. "Oh, nothing remarkable at all — but they're fair—good."

"They went well, too much to tops this year — and then again we perhaps didn't thin them as widely as we might have, but we will have a nice few when we get them gathered." He paused, accepted the missive, surveyed the "foreign" stamp and wondered "Now, who is this from?" Then "since I haven't my glasses with me, you open and read it to me, Ellen." We sometimes wonder if each of us, occupied an angle in some "eternal triangle," a favorite subject of story or screen, instead of being as a somewhat unattractive bachelor admitted last summer "comfortably married" how James would manage to read his love-letters.

Would he keep his glasses in a pocket? And how would he reply to them with hands grown unaccustomed to penning? Hands more inclined now to the bent of shovel and hoe and fork... and gentling nervous helters, and teaching new calves and lambskins and piglets the ethics of nursing.

Not that I'm allowed to have too much, for you know what strange creatures women are! Always dragging a fellow off to something, keeping him to heel as it were, or leaving him neglected at home! I ask you, James, there was a definite chuckle between the lines "what would you do in a circumstance like that?" "Yes," he offered this morning, turning at the door to look down upon us in the wide old bed "I think I could soon discourage that!" he smiled confidently and nodded "I'd get her out to help at the turnip! Come evening she wouldn't feel so inclined to 'rove'!" But not today, when a keen-edged damp wind of fall blew over the fields and brooding clouds of gray rested on the hills! Until tomorrow — Diary — Good-night...

Better English

By G. C. Williams

1. What is wrong with this sentence? "He made less mistakes in the examination than his brother, but his over-all average was not as good as his brother's."
2. What is the correct pronunciation of "peony"?
3. Which one of these words is misspelled? Aerial, artificial, artful, antique.

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Advertisement for Palmolive soap, featuring a woman's face and text: 'For Smooth Youthful Skin NEW PALMOLIVE It's Mild! Smart Young Women say PALMOLIVE—It's Mild!'

Envy Of "Social Set"



Following the tradition of her grandmother, Princess Margaret Rose is seen sporting a unique felt hat, trimmed with twin birds, on occasion of visit to the District Nursing Exhibition in London. Lately the pretty Princess' smart and eye-catching chapeaus have been causing quite a sensation in England's "social set".

DOROTHY DIX SAYS—

Will Love Last?

Marriage Should Increase, Not Lessen, Affection

DEAR MISS DIX: I intend to be married within a short time, and there is one problem that has been bothering me on the subject. Why doesn't the love shown by couples before marriage last? It seems to me, watching older people, that their affection for each other dies out. Could you please suggest a way to keep the affection we now have?

P.A.

ANSWER: You are laboring under a fallacy; the love young people have for each other before marriage actually increases through later life in the vast majority of cases. What does lessen is the wild fervor of romantic bliss that keeps young Susie awake nights and takes poor Tommy's appetite away. Such condition couldn't last forever, or the lovers would fade away.

I have known countless couples who, after fifteen, twenty, twenty-five or more years of marriage, could honestly say they loved each other more than on the wedding day. This love is a deep emotion compounded of mutual respect, admiration, loyalty, and devotion with more than a dash of youth's thrilling passion. To the casual onlooker all these elements may not be apparent, but you will see them in the little attentions married people pay each other, the pleasure they have in each other's company, the pride in each other's accomplishments.

YOU'LL HAVE GOOD LIFE

Don't worry about losing your mutual affection. The fact that it worries you indicates a desire to make every effort to promote a good life together. Don't lose sight of the essential values of marriage. Matrimony is a partnership. Both partners must have full realization of their responsibilities, of the obstacles to be encountered, and an earnest desire to maintain a happy life together.

DEAR MISS DIX: I am a girl of 15 and my best friend is the same age. We have known each other for many years, during which we shared everything. Then the other night she struck me in anger because she was mad at someone else. She has never done anything like that before and she apologized. I didn't accept it then. What should I do? Should I pocket my pride and be friends again?

ANN

ANSWER: Your friend's action in striking you was wrong, but she did apologize and you can ask nothing more. You should have accepted her peace offering when she made it. Now you are in the wrong and must make the best advance, which I strongly urge you to do as soon as possible. Human nature being as frail as it is, no two people can live in close contact without offending each other at least occasionally. If we never forgave these transgressions, probably no one would have a friend in the world. The essence of friendship is to realize the faults of others and overlook them. None of us, after all, is perfect. Don't let a friendship of such long standing break up because of foolish pride.

DEAR MISS DIX: How can I convince my mother to let me arch my eyebrows and shave my legs? I'm 13 years old.

SANDY

ANSWER: Arched eyebrows on a 13-year-old girl would be ludicrous, to say the least. Let them follow their natural lines for a few more years anyway. As for your legs, shaving them will only make matters worse. If you have a superfluous hair problem, use a preparation made especially for the purpose. Your mother would probably consent to this.

DOROTHY DIX cannot reply personally to readers but will answer problems of general interest through her column.

Better English

By G. C. Williams

1. What does the word "neologism" mean?
2. What is a word beginning with ano that means "deviation from the common rule"?
ANSWERS
1. Say, "He made fewer mistakes," and, "was not so good as his brother's." 2. Pronounce pen-on-l, e as in pen, o as in obey, and three syllables, not peony. 3. Artful. 4. The use of a new word, words, or meaning, especially such as are not yet in good usage. 5. Anomaly.

How Can I...?

By Anne Ashley

Q. How can I cure feathers?
A. Dissolve equal pounds of quick-lime to the same number of gallons of water. Let it settle well and pour off the liquid. Soak the feathers in this solution for four or five days, and then rinse in several changes of water, and dry.
Q. How can I sharpen a meat grinder?
A. If the meat grinder is working poorly, run a piece of sandpaper through it. This will sharpen the cutters and free them of grease. Rinse well with boiling water.
Q. How can I revive a house plant that seems to be dying?
A. Try pouring a tablespoonful of castor oil around the roots of the plant. This treatment is often effective, especially with ferns.
Q. How can I prevent black stockings from acquiring a greenish tinge?
A. Add a teaspoonful of strong vinegar to the last rinse water and they will not turn green.
Q. How can I make the meat of a fowl white juicy, and tender?
A. After the fowl has been cleaned rub the inside and outside

Modern Etiquette

By Roberta Lee

Q. What is the proper type of place card to use on the dinner table?
A. Plain, white cards, about an inch and a half high by two inches long, sometimes larger. Fancy cards, while suitable on special occasions, such as Christmas or a birthday, have gone out of fashion on a formal table.

Q. Is the bride's family expected to mail a wedding invitation to the bridegroom's parents?
A. Yes, and separate ones to each brother and sister of the bridegroom.

Q. How long should one wait before writing the bread-and-butter letter to one's hostess?
A. This letter is a "must" and should be written immediately upon one's return home.

Q. When eating in a strange place, and you do not know whether to pay the waiter or a cashier, what should you do?
A. Merely ask your waiter, "Where shall I pay my bill?"

Q. Is a man obligated to give up his seat in a bus to some women whom he knows?
A. While men no longer give up their seats in public conveyances indiscriminately to women, it is still considered the polite thing for them to extend this courtesy to women they know well.

Princess As Hostess



Princess Elizabeth and the Duke of Edinburgh with their family. The Princess gave a dinner in the Canadian Embassy in Washington, D.C., for President Truman and his family. The Princess and the Duke are shown at the head of the table.

Morning Smile

Easy

Everyone in the village had vainly searched for a lost cow. Finally the local nitwit went out and brought her in. "How did you find her so quickly?" the owner asked in surprise. "Why," the nitwit explained. "I just thought if I were a cow where I'd go, and I went there and there she were."

Humor

The professional humorist was having his shoes shined. "And is your father a bootblack, too?" he asked the boy. "No, sir," replied the bootblack "my father is a farmer." "Ah!" said the professional humorist, reaching for his notebook. "He believes in making hay while the sun shines."

The Stars Say --

By Genevieve Kemble

For Tomorrow

AN intriguing state of affairs exists in the handling of which a modicum of the practical and realistic could accent happiness and heighten prospects for attaining cherished ideals. While subtlety and shrewd insight may bring good dividends, possibly with dramatic denouements, at the same time it is advisable to keep the feet on earth.

For the Birthday

Those whose birthday it is are enjoined to fall back on practical and workaday tactics, the feet being kept firmly on the ground although the head may be in the clouds. The urge to soar into the ethers, with ideals, sentimentality and the unrealistic, should be wisely directed. It is probable that feelings and emotions, while inspiring and subtly thrilling, need cool manipulation. A child born on this day, while idealistic, poetic and emotional, his promise of solid forces and faculties for practical achievements in life.

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Household Scrapbook

By Roberta Lee

Ammonia-Salt Paste

A paste made out of ammonia and salt, keeping it soft and smooth, is excellent to use on the collars and sleeves of coats that have become shiny with age and wear. The paste will freshen them and give them new life.

Prevents Breaking

When standing a plate or dish

Improved Clothes Line

Soak the new clothes line in hot water, hang out to dry, and then rub a cake of wax over it. This will keep it pliable and waterproof.

KINGSBURY, England—(CP)—

A thief blamed for several burglaries in this Middlesex County town reached a new low when he stole a child's money box.

Cozy Slippers

Advertisement for Cozy Slippers, featuring a pair of slippers and text: 'Frosty days and snug warm slippers go hand in hand. Here's an easy-to-make pattern for home sewers from two shades of felt, a pair of lamb's wool socks, needles and thread...'

Anne Adams Patterns

Advertisement for Anne Adams Patterns, featuring a pattern for a jumper and text: 'SO PRACTICAL! ONE main pattern part for jumper. ONE main piece for the blouse! Mother, this is the most practical way to keep your darling clean and sweet for school and all activities. Jumper sews up in a jiffy, does up in a jiffy too—opens flat to iron. Quick, make it!'