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**THE MIXING BOWL**  
By Ann Allan  
HYDRO-HOME ECONOMY

**Hello Homemakers!** One story holds that Sir John Hawkins introduced the potato into Ireland and another that Sir Walter Raleigh first grew it there in 1585. In any case it seems that the white man took the potato home to Ireland from South America. Our modern varieties are evidently much more productive and far superior to this less cultured potato. It was not until after a blight epidemic in 1847 that much thought was given to improving the "potatoes" as they were called. Today the best varieties grown in Ontario are Katahdin, Setago and Irish Cobbler, renowned for production as well as ideal for cooking.

Potatoes are one of the most economical nutritious foods. Recently an economist stated that an average hour's work in urban centres, one can buy 41 lbs. of potatoes. Back in 1918 the hourly wages of the working man in Canada would buy only 18 lbs. of potatoes. Like all vegetables, potatoes should be peeled thin, or just scrubbed with a ring-peeled around them for boiling. Baked potatoes should be on the menu at least three times every week if you realize the value of the nutrients stored under the skin. Cook only until tender if they are boiled scalloped, or baked. As a guide you may check the quantities you cook according to this table:

Baked Potatoes—25 to 30 minutes  
Scalloped Potatoes—1 hour at 350 degrees  
Baked Potatoes—1 1/2 hours at 350 degrees

**TAKE A TIP**

1. Do not peel potatoes in the morning and leave them in water because the starch containing nutrients soaks out.
2. Do not cook potatoes too long prior to meal hour as they will lose the vitamin value.
3. Do not home-fry leftover potatoes unless in an emergency. Heat leftovers in cream sauce, beef gravy, can of soup or brown in oven with dripping.
4. Potatoes, our most favoured vegetable, may be served in such a variety of ways to encourage eating this valuable food: food that it is wise to review the serving of a boiled potato: Diced, Whole Ringed, Riced, Cubed with vegetable cutter, Mashed, Whipped (with milk added), Creamed or Steamed.

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**PADDO POTATOES**  
2 cups mashed potatoes  
1/2 tsp salt  
1/2 tsp pepper  
1 tsp Worcestershire sauce  
1/2 tsp caraway seed  
1/2 cup cream  
4 thin slices cheese  
1 egg, slightly beaten

Season mashed potatoes, mix in cheese and cream. When well mixed, drop on greased baking sheet. Brush tops with beaten egg. Bake for 10 to 15 minutes in 450 degree electric oven.

**GREEN APPLE HONEY SALAD**  
4 Greening apples  
4 cooked potatoes  
1 grated carrot  
1/2 tsp salt

Honey salad dressing  
Core apples and dice (with skin on). Dice potatoes. Put apple, potatoes, carrot in bowl and toss with honey dressing and salt.

**HONEY SALAD DRESSING**  
Heat 2 cups cereal cream in double boiler. When hot, add 1 cup honey, then 1 cup vinegar. Meanwhile beat 2 eggs and mix in 1 tsp flour and 1/2 tsp salt, then stir in the hot liquid thoroughly. Return mix to double boiler and cook until clear. Cool before using. It thickens as it cools.

**THE QUESTION BOX**  
Mr. T. P. asks for following recipe:

**IRISH STEW WITH DUMPLINGS**  
3 lbs. lamb, cut in pieces  
1/2 cup carrots, in 1/2-inch slices  
1/2 cup turnip, in 1/2-inch slices  
1 onion, sliced  
4 cups potatoes, in 1 inch cubes  
1 cup flour  
Salt and pepper

**DUMPLINGS**  
Put meat in kettle, cover with boiling water, and cook slowly 2 hours or until tender. After cooking 1 hour add carrot, turnip, and onion. Half an hour before serving, add potatoes. Thicken with flour, mixed with 1/2 cup cold water. Season with salt and pepper. Serve with dumplings. Serves 8 generously.

**SCALLOPED POTATOES SUPREME**  
1 can mushroom soup  
1/2 cup milk  
6 peeled, sliced potatoes  
1 peeled, chopped onion  
1/2 cup minced parsley or green pepper

Put layer of potato in bottom of greased casserole, and add one-third of onion and parsley and dash of salt and pepper. Repeat two more layers. Mix soup and milk and pour into casserole. Dot the top with butter and bake in electric oven at 350 degrees for 1 1/2 hrs.

**MILTON**

Jack Scott, 28, of Milton, Saturday crawled uninjured from the cab of his truck loaded with 4,000 bricks after a C.N.R. Toronto-bound passenger train from Midland crashed into the truck and sent the cab, with Scott in it, flying 55 feet along the railroad right of way. The accident happened at the Wilson Ave. level crossing, North York, police reported.

Friends and business associates will be pleased to learn that Miss (Pat) Ellis the popular manager of the local Dominion Store was honored at the annual meeting of Dominion Stores at a banquet in the Royal York Hotel. Miss Ellis, in common with some others had completed twenty-five years of service with Dominion Stores—a record that was marked appreciatively by the presentation of a lovely corsage of flowers and a Gruen wrist watch. Congratulations!

The Women's Canadian Club members who braved the cold weather of Friday evening last to hear a gifted speaker, enjoyed a very special treat. Miss Elsie Pomeroy well known Toronto writer and a personal friend of Mrs. Nixon, the president, had consented to address the local Canadian Club, to speak concerning writings which had laid the foundation of Canadian literature—Canadian Champion.

**COMMUTING IN FUTURE**

"Imagination sees the day when oil company magnates will live in Victoria or Vancouver and commute by air to their duties in Calgary or Edmonton," says Prof. E. H. Morrow, of the University of British Columbia.

Perhaps he is right. Some day Canadians may use a wide variety of speedy craft. The imaginative will foresee letters to the editor about the crowded condition of the 7.30 a.m. commuters' jet special from Bracebridge to Toronto.

Who knows? Perhaps in 1970 the mayors of Sarnia, Perth, Stratford and Toronto may be arguing over whether their cities should be incorporated into a new metropolitan area so everyone pays a fair share of the aero transit costs!

**Chronicles of . . . Ginger Farm**

Written Specially for The Acton Free Press  
GWENDOLINE P. CLARKE

For the last month we have been expecting daughter home for the week-end and every time it is the same story "I guess I won't be home this week after all. I just got word that Gladys (or Betty, or Joy, or Margaret, as the case may be) is coming for the week-end!" So that ends that—our daughter is a very popular girl now she has a house in which to entertain! And of course she loves it! One day pretty soon I shall be sampling her hospitality myself—I have not been to the city since New Year's Day.

Niece Betty, from La Crosse, phoned us from Toronto yesterday wanted to know how we had put in the winter. I told her I had been making quilts, blankets and rugs, and Partner had been helping by washing dishes.

"Yes," said Betty "and you set up a quilt in the bedroom and my poor uncle had to crawl under it to get his socks!"

"And how do you know that?" I asked in surprise.

"Oh, one of the girls at the house here gets the paper that has your column in it, so of course I have been reading it!"

Soon there will be no secrets around here at all but at least the fact that my friends and relations read this column should save me writing a few letters.

My latest venture in handicraft has been knitting a rug. I wonder how many of you know what I mean? You use carpet warp to knit with in every other row, and in every other stitch, you knit in a little piece of material, an inch wide and 1 1/2 inches long. My material was old socks and sweaters, the machine knit variety. So far I have done one small mat just big enough to fit in the doorway, and in a bit-and-miss pattern. It is useable the way it is but I can make it bigger at any time so long as I don't add the border. It is quite possible to knit in some kind of pattern but that way you would have to decide on the size and colour of your mat before you began, otherwise you might find yourself without enough of the right colour material to finish the job. Since this was my first attempt I settled for something easy. Now I have run out of socks so I must, perforce, forget my rug knitting for awhile. Which maybe is just as well because there are a few other jobs around here that are possibly more urgent. As for instance, housecleaning.

Yes, I am afraid housecleaning time is fast approaching for when the sun shines and the days lengthen one gets "the urge" without any trouble at all I have heard rumour already of some housewives going into action with paper and paint. So far the extent of my activities has been "redding up" one cupboard and I kept the furnace going nearly all one day with what I cleaned out papers, magazines and other junk. I also have nearly a hundred books ready to pass on to a place where they will probably do more good than they are likely to collect dust on our bookshelves. How I hate to destroy reading material! The only way I can do it is by not looking at the stuff at all. Leafing through magazines to see if there is anything I want is fatal. There always is—so when I really want to make a thorough job of things I steel my heart and don't look at them at all. "What the eye doesn't see the heart doesn't grieve for."

Well, housecleaning is one sign of approaching spring but there have also been others around here. The other day I saw several crows, and Partner heard a robin chirp. And I notice many of the younger generation seem to be getting the wander-lust. Strange, isn't it, that when one is young distant fields are always green. But as we get older we realize that if, and when, we could reach those distant fields—and look back then the fields we left behind would also take on a brighter hue.

Well, globe-trotting is all right for those who have the opportunity but I guess Partner and I must content ourselves with globe-trotting by books and by radio. Right now Partner is busy with Winston Churchill's memoirs, and last week I was reading "The Rains Came" which, as you probably know, is a story of India in the monsoon season, followed by an earthquake and graphically written by Louis Bromfield. He is certainly a wonderful writer and, as H. H. Hanford pointed out over Farm Radio Forum, the revenue from his books has doubtless helped the author to also become a wonderful farmer.

And speaking again of spring could that be the answer to the re-appearance of "Flying Saucers"?—Maybe our friends from Mars get spring-fever, plus!

**Fashion Hint**



"Smart Outlook" For now— for summer! A sheer wisp of a pleated white shirt dress beneath a crisply tailored white jacket—that makes it perfection for wear from dawn to dawn!

**WOODLOTS CAN BE PROFITABLE**

Many farms in Canada have something approaching a long-term asset in the woodlot a fairly well paying addition to the farm which does not require a great deal of care. Most of the care it does need, can be given when cutting fuel or logs.

Most farm woodlots need what is called an improvement cutting in which comparatively useless species or malformed and dying trees are removed to make way for the growth of better species and more thrifty trees. The wood from this improvement cutting is usually neither large nor merchantable as logs, but on the local market it can generally be sold to advantage, if it is not all required for fuel.

The woodlot should be made to produce both high quality and low value products. Yellow birch, maple, pine and spruce, when grown to maturity, will yield high quality logs for which there is a ready market. If the farmer needs lumber, he can have the sawing done at a low cost.


The tops of both mature hardwood and softwood trees will yield a large amount of fuelwood which should be harvested when the logs are cut. At this time, any young or small trees broken or injured in felling the mature timber, should also be cut.

Stand improvement of the farm woodlot at the time of harvesting is a logical step in woodlot management. This need not be done all at once. When felling each mature tree, the stand for a good distance around should be culled to remove useless members of the stand. In time the whole woodlot will be in proper condition to encourage the greatest growth.

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