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Why Not Have Potatoes On the Breakfast Menu?

Some People Seem to be Lamenting Their Disappearance from the Table for the First Daily Meal. Worth While to Stop and Study the Matter.



(By Edith M. Barber)

Not long ago a friend of mine was bewailing the disappearance of the potato from the American breakfast table. "The trouble is," he went on to say, "the potato has never had any advertising. I am not so sure about this latter fact, possibly it was the potato which got the first testimonial advertising when royalty wore the blossoms in order to make it fashionable for the French people to eat the potatoes, a

then novel food to them."

While few of us will go back to the meat and potato breakfast which was a daily occurrence a generation or so ago, most of us welcome potatoes warmly when they appear on Sunday at a late breakfast when the two-meal-a-day plan is followed. Beefsteak with potatoes hashed in cream! Of course, nothing could be better. They are just as good with sausage or grilled ham. The other day at a late breakfast party potatoes scalloped with ham were served. Another time there was a combination of sweet potatoes, sliced apples and bacon.

While I like potatoes in practically every form, perhaps baked are the best, that is to say, if they are properly baked. Perhaps you are thinking at this moment that any one can bake a potato. Of course, anyone can light the oven, scrub the potatoes and put them in to bake. There are a few tricks, however. The oven must be hot at first, about 500 degrees Fahr., for the first 15 minutes. Then the heat should be lowered to about 350 degrees. They will then be well cooked throughout and the skin will be tender. As soon as they are tender, which can be tested by pressing the baked potato with a towel, they must be taken out of the oven and—remember this—broken open. They may then be covered with a towel until you are ready to serve them.

They will be dry and sweet; they will not be soggy, as too often we find them. Plain mashed potatoes, although they sound so simple, are not always at their best. After they are tender they should be put through the ricer, seasoned with butter, salt and pepper and thinned with hot milk or cream. They must then be beaten thoroughly. Do not put them through the ricer again before you serve them. It really is done sometimes, as you probably have discovered. The above method may be used for boiled potatoes or for baked when the contents must be taken out of the shell and then returned. In this case you may like to add a little scraped onion and parsley or some grated cheese.

Potatoes may be either boiled or baked when they are to be used for creaming or frying. They should be cold before they are sliced or diced after they are cooked. Both French and German fried potatoes are prepared from the raw vegetable. For the French fried the fat must be very, very hot, only a few pieces of potato should be put into it at one time, and it should be reheated before a new lot is put into the fat. There are a number of different recipes for the German fried, but from my favourite German cook book comes the one which I am giving to you to-day.

And just one more note for the benefit of the dieters. Potatoes are three-fourths water.

Fried Potatoes, German Style
 Peel as many potatoes as are needed and cut into very thin slices. In a frying pan put plenty of butter or lard, or try out some fat salt pork. Add the potatoes, about an inch deep, sprinkle with salt and pepper, add a cup of water and cover pan tightly. After ten minutes, uncover and brown potatoes over a medium fire.

Scalloped Potatoes With Ham
 1 quart sliced raw potatoes.
 1/2 pound ham, cut into cubes
 Pepper
 2 cups milk

Arrange potatoes and ham in layers in a buttered baking dish, sprinkling each layer with pepper. Add the milk and bake in a moderate oven, 350 degrees F., until potatoes are tender. If necessary, add more milk.

Raw ham or leftover cooked ham may be used.
Stuffed Baked Potatoes
 6 large baked potatoes
 1/2 pound grated cheese
 1/2 cup milk
 1/4 teaspoon paprika
 1 1/2 teaspoons salt
 Cut potatoes in half lengthwise and scoop out the centres. Put through the ricer. Add cheese to hot milk and beat until smooth. Mix with mashed potatoes, add seasonings and beat until light and creamy. Refill potato shells, return to hot oven, 400 degrees F., and bake until brown.

Potatoes Hashed in Cream
 2 tablespoons butter
 2 cups diced potatoes
 Salt, pepper
 2 cups rich milk
 Melt the butter, add potatoes and seasonings and stir over fire until the butter is absorbed. Add the milk and cook slowly, about half an hour. Add more milk if needed.

Sweet Potato With Bacon
 6 sweet potatoes
 3 apples
 1/4 pound sliced bacon
 Boil the potatoes until soft and place



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in a greased dripping pan, pare, core and slice the apples and place between the potatoes. Place the strips of bacon across the potatoes and bake in a hot oven until the bacon is crisp and the apples soft.

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Easter Tea on Saturday Auspices of Ladies' Aid

The Ladies' Aid of the United Church, Timmins, announce an Easter Tea to be held in the basement of the church, on Saturday, April 4th, from 3 to 6 p.m. After 5 p.m. there will be a hot supper dish at 10 cents extra. The Ladies' Aid has won an enviable reputation for its teas and similar events, and the Easter Tea on Saturday, April 4th, will be up to the usual high standards.

CLERGYMAN IN HAMILTON DIFFERS WITH TILBURY ONE

The minister in Western Ontario who refused to pay a fine for driving without a tail light on his car was not acting like a good citizen, Rev. C. L. Cowan, B.D., of St. Andrew's Presbyterian Church at Hamilton, states. "The thing is absurd," he commented. "The man should have paid his fine and gone on his way. The whole thing is a discredit to religion. There is no moral issue at stake here. Going to jail for the matter of a tail light! It's silly."

LINDSAY MAN LEARNED TO READ WHEN 50 YEARS OLD

A native of England, at present living in Lindsay, told newspapermen the other day that he had not learned to read until he was over 50. He is now 95 years of age.

Rev. Fr. Martindale Speaks on Ireland

Must go from Beaten Tracks to Find Real Irish People, he Tells Schumacher Lions

In order to gain a true conception of Ireland and the Irish Free State, the traveller must stray from the beaten paths to find the Irish in their town homes and country homes, Rev. Father Martindale advised the members of the Schumacher Lions Club at a meeting there on Thursday.

The Irish are not an ignorant people, he said, but are just as well educated as the rest of the people of the world, even though it may be in a somewhat different manner.

Every little house in the land will soon have electric power available, the speaker told them, when the proposed electrification of the land is carried out. The Irish as a nation will keep electricity as a true servant and not become as slaves of a master, he predicted.

Of the natural beauty of the land, the worship of the people and many other phases of life in a re-awakened Ireland, Father Martindale spoke in interesting detail.

The next meeting of the Schumacher Lions, on April 1st, will be devoted entirely to the business of the club.

Over a Thousand at Fashion Show Here

Notable Program at Event at Palace Theatre on Thursday Evening.

With more than a thousand Timmins people in attendance, Thursday night's fashion show at the Palace theatre was a great success. A well-chosen display of the season's models, in suits, coats and dresses for all occasions, was presented by Friedman's department stores and the programme of entertainment that went along with the show brought the best of Timmins talent to the stage of the Palace for the first time.

Margaret Easton and Paddy Quinn's dance routines; Ernest Lorenzo and Victor Dorigo, tenor and accordionist; and Stella Anderchuk, local singer, made a programme that would be in it with the highest type of vaudeville act. Miss Easton and Mr. Quinn not only gave a fine waltz number but executed some of the tap dance routine from the motion picture "Top Hat" in perfect rhythm. Messrs. Lorenzo and Dorigo offered their usual fine music and the clear tenor voice was heard to best advantage in the large auditorium of the Palace. Following W. Wren's introduction to the fashion show, Miss Anderchuk sang "I'm Going Shopping With You." She wore a becoming spring suit in the latest style.

Nine Models
 The models who displayed the styles were: Mrs. Moran, Miss May Dickenson, Miss Hester Yulle, Mrs. Baker, Miss Linna, Miss Valo, Miss Ruth Koski, Miss Gilberta Poulin and Miss Hilda Bailey. In the bridal march, the final number of the fashion show, Miss Dickenson took the part of the bride with Miss Yulle and Mrs. Moran as bridesmaids. The flower girls were little Misses Jennings and Sheila Morin.

During the performance two pages presented cards on which the titles of the numbers were printed. Miss Helen Anderchuk and Miss Brisbois took these parts. Music throughout the show was provided by Gordon Archibald's orchestra who maintained a high musical standard.

There are a surprising number of aeroplanes in the North, but very few simply for personal use. One of the latter was reported last week, when it was noted that E. M. Sisler, of Kapuskasing, had bought a pleasure plane to be used for his own interest and enjoyment and not for business use. In referring last week to Mr. Sisler and his new plane, The Halleyburian says—

"E. M. Sisler, Kapuskasing, was a Halleybury visitor on Monday afternoon, when he called at the local airport to re-fuel his new plane which he was flying from Orillia. The machine, an "Aerona," is the smallest of its kind seen here in recent years, carrying one person only. Mr. Sisler said he had purchased it at Orillia and was on his way home and hoping to reach Kapuskasing that night. The plane is for his own personal use and will be used chiefly for pleasure. The machine has a cruising radius of 180 to 200 miles on a tank of gasoline. Mr. Sisler said, and will fly at the rate of 60 miles per hour. A couple of stops were made on the trip this far, one when Mr. Sisler got off his route in the Huntsville neighbourhood and another for lunch at North Bay."

Strange Sights in Sky Here Last Week

Brilliant Examples of Spectra in Addition to Aeroplanes and Helicopter.

The Northland skies were full of strange sights on Thursday afternoon. More curious than the helicopter and the aeroplanes that buzzed about overhead were several brilliant examples of spectra—the light of the sun broken up into its component colours, as it is in a rainbow.

"A rainbow upside down" appeared almost directly overhead about a quarter to four, with the red part of the bow toward the sun. The coloured arc was short and very decidedly bowed. A second bow attached itself to the centre of the first, but swung away in the opposite direction and had its colours reversed. It was not so sharply curved as the first.

The sun, already low in the afternoon sky, presented a strange spectacle. Half hidden by clouds, but still so brilliant that the eye could not look directly at it for more than a few seconds, Old Sol was flanked by two bright sun dogs. A ring of coloured light enclosed the whole show. The ring was not a circle, but appeared bent out of shape in parts.

"It's a warning!" was the verdict of Joe Moore, oldest of Timmins Indians. "The people of the earth have been too bad." And after a bit, he continued, "It doesn't mean the end of the world or anything like that."

"Upside down rainbows," sun dogs and all the rest are not common occurrences but have been seen in Timmins more than once during the year past. Peculiar atmospheric conditions, clouds, with refraction of the light and reflection of the resulting spectra account for the display on Thursday.



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Checking the waters of the turbulent Chagres River, favourite stream of the adventure writers, the Madden Dam is one of the most important of modern engineering achievements. It was built as part of the hydro-electric plant supplying the Panama Canal zone. The main section of the dam is 220 feet high and over 200 feet thick at the base. The water is controlled by huge sluice gates with slender valve stems over 18 feet long. These are made of the natural Canadian alloy of nickel and copper, Monel Metal.

Kapuskasing Man Buys Plane for Personal Use

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Ladies' Auxiliary to Hold Whist Drive This Evening

The whist drive announced to be held this (Monday) evening, March 30th, under the auspices of the Ladies' Auxiliary of the Canadian Legion promises to be a particularly pleasing event. It is for members of the Auxiliary and their friends. Tables are limited to 15. Any other particulars may be learned by phoning the secretary, Mrs. Hemming, phone 1516. Refreshments will be served during the evening.

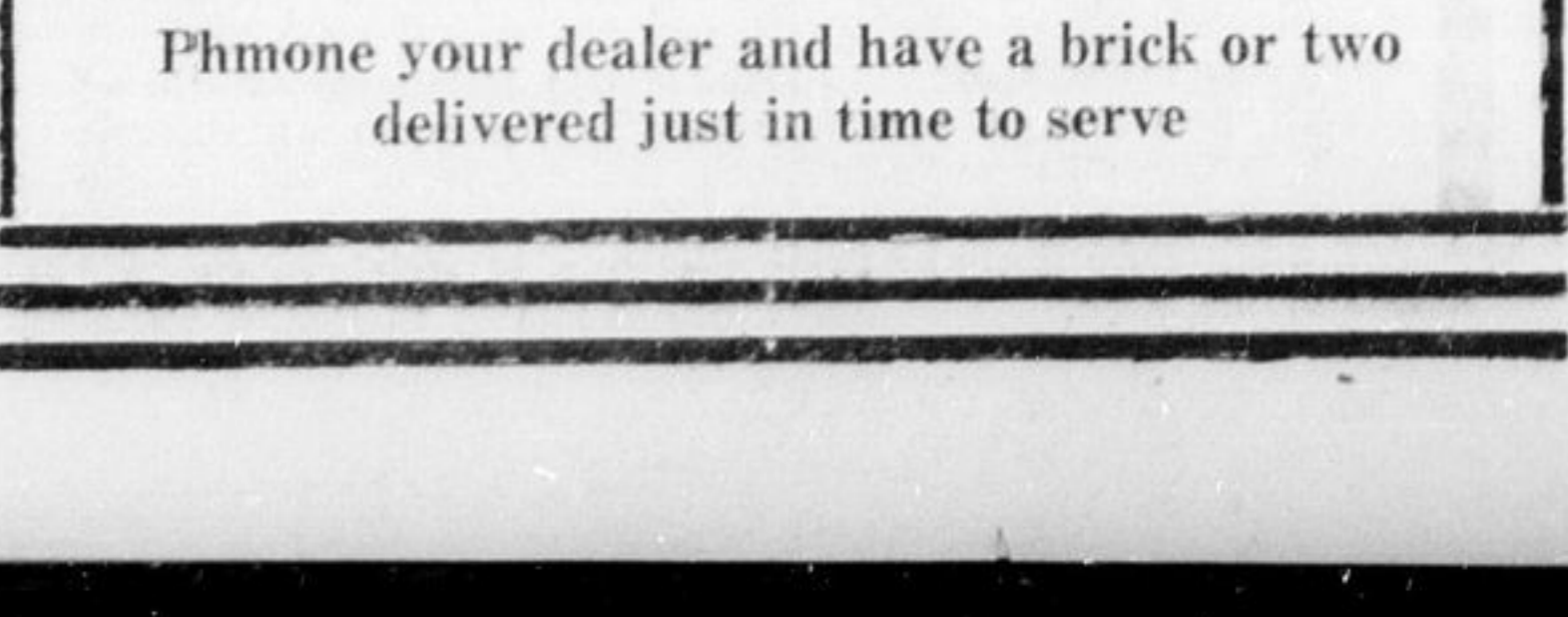
Nickel Controls Big Dam in Panama Canal Zone

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BURGLARS DON'T EVEN TRUST OWNERS TO TELL THE TRUTH

Chatham News:—An Ohio man says that electors these days need a battle cry. After one look at public accounts and deficits, it is apparent these days that what they need is a battle axe.

A sign on a safe at Des Moines, Iowa, "There is no money in the safe," didn't work. Burglars took a chance, blew the door and got \$10.



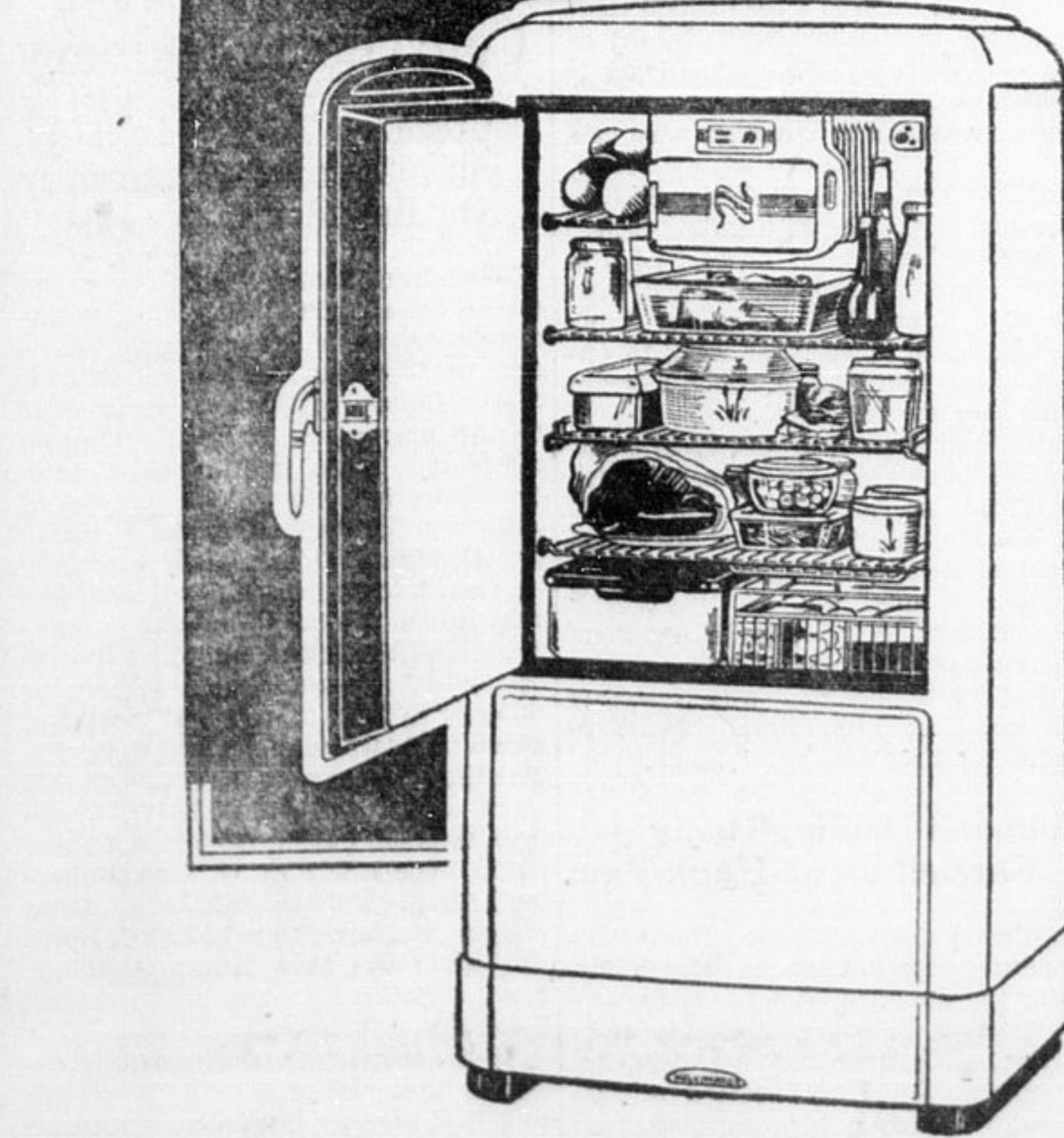
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 Auspices Ladies' Aid of the United Church
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 From 3 to 6 p.m. Basement of the Church
 AFTER 5 P.M.—HOT SUPPER DISH, 10c EXTRA

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