

# Noting Fact that Sweet Potatoes has Its Points

Culinary Expert Points Out That the Sweet Potato Cooks Quickly and So Are Ideal for the Quick Meal. Sweet Potato With Bacon and Other Recipes.

If you are a business woman house-keeper and have the responsibility of preparing a quick meal after you return from the office, I hope that every member of your family likes sweet potatoes. They have the special advantage of cooking quickly. Medium

otherwise condense into water as the potatoes cool.

You may like to bake more than enough potatoes for one meal, as there are many things which can be done with cooked potatoes. Instead of breaking open the extra potatoes, cut a small piece from the end so that the shape may be preserved. When they are cooled the skins may be removed. They may be used the next day for slicing and frying or for candying, which seems to be a favourite American method.

By the way, my favourite method for preparing candied sweet potatoes is not appropriate for use at the quick meal. I like to cut the raw potatoes into fine strips and then to bake them in a covered casserole with brown sugar and butter for about an hour and a half. You may like to try this on a Saturday or Sunday.

**Sweet Potato with Bacon**  
6 sweet potatoes  
3 apples  
1/2 pound sliced bacon.

Boll the potatoes until soft and place 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, 400 degrees F., until the potato is crisp and the apples soft.

**Grilled Sweet Potatoes**  
4 to 6 sweet potatoes  
Salad oil  
Salt  
Pepper.

Parboil sweet potatoes until almost tender. Cool, peel, and slice about one-third inch thick. Dip in salad oil and arrange on broiler. Cook under the broiling flame until brown, turn and cook on the other side. Sprinkle with salt and pepper.

**Quick Meal**  
Apricot Juice  
Grilled Lamb Chops  
Baked Sweet Potatoes  
Corn on the Cob  
Sliced Tomatoes  
Coffee, Ice Cream, Cookies, Coffee

**Method of Preparation**  
Light oven.



By EDITH M. BARBER

sized potatoes will bake in about half an hour, although, of course, you must allow for heating the oven.

After you have scrubbed them and put them in to bake, they will need no further attention until you take them out, when, of course, like white potatoes, they should be broken open immediately in order to let out the steam and to prevent sogginess. If you are not quite ready to use them, cover them with a clean towel which will keep them hot and at the same time absorb the steam which would

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Scrub potatoes and bake. Prepare tomatoes and dressing. Light broiler. Boil water for corn. Cook chops. Cook corn. Open can of apricot juice and serve. Make coffee. (Copyright 1938, by The Bell Syndicate, Inc.)

## If You Like Books

(By A. H.)

"The Sealers" by Peter Tuttle, translated from the Danish by Eugene Gay-Thiff, is a book that is definitely "rich"—rich in adventure, rich in colour, and rich in directness and truthfulness. Published by G. P. Putnam's Sons, only this year, it has already won favour with a large number of readers, among whom are such important personages as Rear Admiral Richard E. Byrd, U.S. N. (Ret.) and Peter Freuchen, author of "Arctic Adventure."

"The Sealers" is the story of a brave captain, Ludolf Schjelderup, and his crew of men who are used to the hardships of life in the northern oceans. These men, with their ocean-going vessels, are sealhunters, and Peter Tuttle, a Dane, joins a group made up of Norwegian sealers, and tells the story of his trip in a straight-forward and easy-going manner that is sure to delight the reader. "The Quest" only one of the many ships that carries sealers to the north seas, is the ship that he chooses to embark on. From the very moment that the crew leave Tromsø, the last city that is visited before starting on the arduous journey and the city where every man enjoys his last drink before becoming seriously engaged in the work ahead, the story is full of adventure. But the adventure is not what one might think—not a glorious fairytale adventure—but real breath-taking experiences that would forever be remembered by those who took part in them. It tells of the hardships that these brave men withstand, and of the labour they have learned to love, and which is "in their blood" never to leave. Most of all, the reader is impressed with the friendliness of one man toward the other, of the feeling that there is always a "helping hand" nearby. And, too, it tells of the mixed feelings of the men, of their thoughts of home, and of their friends, and of their bravens in danger. Truly, "The Sealers" is more than well-worth reading, and for those who crave adventure it is like a magic carpet that will take them to that adventure.

Toronto Daily Star:—A quantity of wheat was found in a school cornerstone at Trenton where it had been placed in 1873. It will be interesting to see whether this wheat will grow. Claims have been made, of course, that grain from the Egyptian pyramids has proved fertile, but scientists say that if grain so described did grow, it was not from the pyramids at all.

## MARRIED RECENTLY AT KINCARDINE



Mr. and Mrs. Angus Munro, whose marriage was solemnized with charming formality at Knox Church, Kincardine this month. The bride is the former Kathleen (Teddy), daughter of Mr. and Mrs. Robert S. Robinson, of Underwood. The groom is the son of Mr. William Munro and the late Mrs. Munro of Tiverton, and nephew of Messrs. Angus and Donald Munro, of Owen Sound. Mr. and Mrs. Munro are residing in Timmins. (Photo by courtesy of The Kincardine News).

## Beauty and You

by PATRICIA LINDSAY



WALLY WESTMORE, famous make-up artist, demonstrates how the older woman can be made more attractive by slightly darkening her brows. Incidentally MARY BOLAND is a splendid model for women over fifty.

## DAUGHTER SHOULD TAKE INTEREST IN MOTHER'S APPEARANCE

There is something intangibly lovely in a true companionship between mother and daughter. For it to exist, both the mother and daughter must make an effort to consider each other.

It is good for the daughter to realize that while she was growing into the beauty we hope she now is, mother was kept pretty busy doing innumerable things at home. Unless she was one of the more fortunate, she had little time and less money to "keep up" her appearance. She did, we assume, keep her body clean and nicely groomed as she went about her duties, but she might not have kept step with fashion during those arduous years.

Her clothes served three or four years instead of only one season. Her hair was always combed in the same fashion. Now that daughter is grown, mother is coming in contact with the more modern world. She is meeting daughter's friends (or should be!); she is getting out more since she has more leisure; and perhaps there is a son in the family too, who likes toting "ma" about with him now and then, as his best girl.

Quite naturally, mother is concerned about her appearance. She wishes to do justice to her children's good intentions. She wants to look her best so they will not be ashamed of her. (Many young people are so frequently impressed by the superficial before their judgment matures!) And right here is where daughter can help.

**Guide Mother Right**  
An appreciative daughter can help her mother a great deal. She can tell mother what other women are wearing; she can go on a shopping spree with her, to the hairdresser's and if there is cause, to a physician. If funds are low in mother's purse, a little contribution for beauty's sake, will be warmly appreciated!

**Remember Her Generation**  
But I must pause to give daughter a bit of a warning. In her desire to help mother she should never forget that mother's generation is a bit different than her own. Brilliantly painted nails, elaborate hair styles, experimental make-up may be all right for

daughter, but they may not be suitable for mother. Encourage mother to brighten her faded cheek with a bit of rouge, but of appropriate blending and color. Select for her a rosy or natural shade of lipstick and match it with liquid nail polish. Choose colorful clothes, but those conservative in cut and having dignity.

Of course, if mother is youngish she can be more daring! But it is just as much daughter's duty to keep mother from looking grotesque in too youthful clothes and bizarre styles, as it is to help and encourage her to look modernly smart and pretty!

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## Household Hints

By MRS. MARY MORTON

New potatoes are very nice, but the good cook can make old potatoes just as attractive and tasty as the new variety. Slimming and reducing may go on apace, but just the same, there are few households where potatoes do not appear on the menu almost every day.

At our house we like potatoes creamed or browned. To cream potatoes we boil them in their skins, then peel and chop coarsely. Make a good white sauce, flavoured with mace and other tasty seasonings and heat the potatoes in this.

We brown potatoes by cooking them in their skins, peeling and chopping coarsely. Mix with salt, pepper, a little chopped parsley and, if liked, a little chopped onion. Fry in one-half gill of bacon fat, press to one side to make a cake, then brown on both sides.

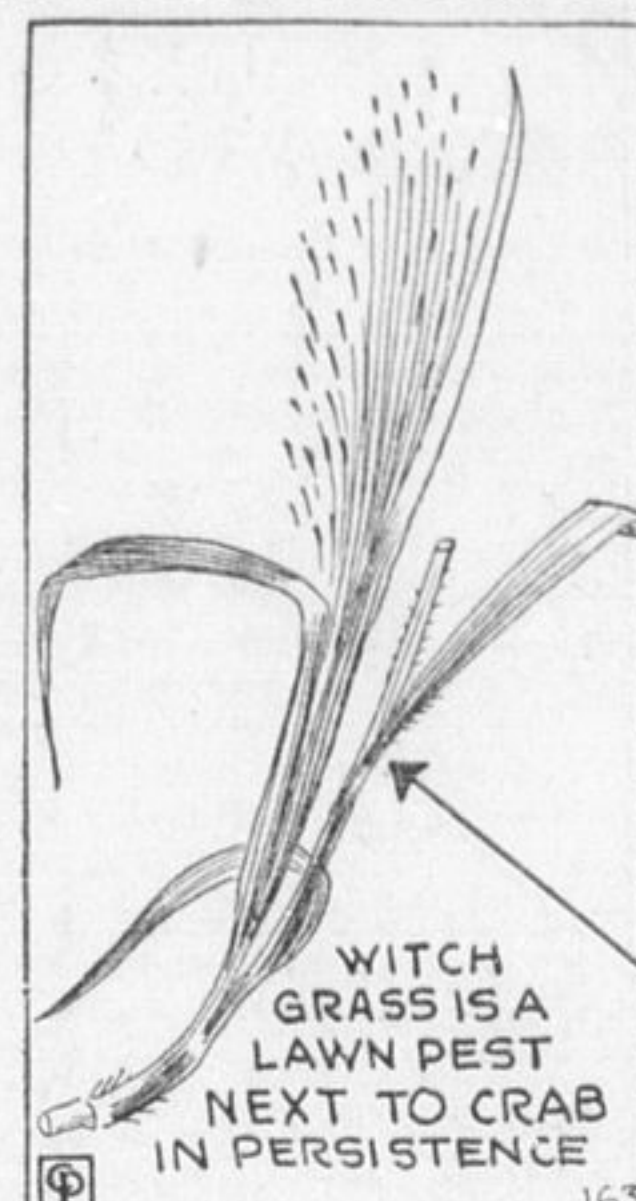
**Leftover Mash**  
A nice way of serving leftover mashed potatoes is always welcome. Mix any cold mashed potatoes with a beaten egg, salt, a pinch of mixed herbs and a grated onion. Roll into balls, brush over with beaten egg, sprinkle

with bread crumbs, then fry in hot fat until well browned. Drain and serve with a nice gravy.

Fried potato scones make a nice dish to serve with meat. Ingredients call for a pound of potatoes, an ounce of butter, four ounces flour, a pinch of salt and two tablespoons milk. Put potatoes in basin and season well to taste. Melt butter in milk and mix to a paste. Cut into shape and fry for about four minutes. Serve with any meat.

## Weekly Garden-Graph

by DEAN HALLIDAY



WITCH GRASS IS A LAWN PEST NEXT TO CRAB IN PERSISTENCE

Watch out for witch grass

This is the time of year to give the perennial flower bed its seasonal housecleaning. Lift up the clumps of flowers and set them in the shade while you fork over the soil and give it a feeding of fertilizer. In moving clumps of perennials take care not to shake off the soil clinging to the roots. The perennials, by the way, must not be disturbed, even for housecleaning purposes.

While doing over the perennial beds keep a wary watch for witch grass, illustrated in the Garden-Graph. This is a persistent pest, second only to crab grass, but it can be cleaned out of the flower beds at this time of the year without great trouble. Every piece of root of witch grass, no matter how small, should be pulled from under and between the roots of your perennials.

If you want to make certain rearrangements in your perennial beds this is the time to do it. When potting tulips, three bulbs can be accommodated in a five-inch pot and five or six in a six-inch size. The bulbs should be almost buried.

## To Feature Pictures of Timmins in 1913

To be Illustrated Lecture as Part of Finnish Y.P.S. Programme.

At the business meeting of the Y.P.S. of the Timmins Finnish United Church last Friday the members of the Y.P.S. made plans for their first public concert, at which only members of the Y.P.S. will deliver the entire programme. This is to be held in the Timmins Finnish United Church, Friday, Oct. 7th, at 8 p.m. Rev. A. I. Heinson, the honorary president of the Y.P.S., was requested to give a lantern lecture on "Church Work Among the Finnish-speaking Citizens of Canada Twenty-five Years Ago." This set of slides includes some pictures he took in Tim-

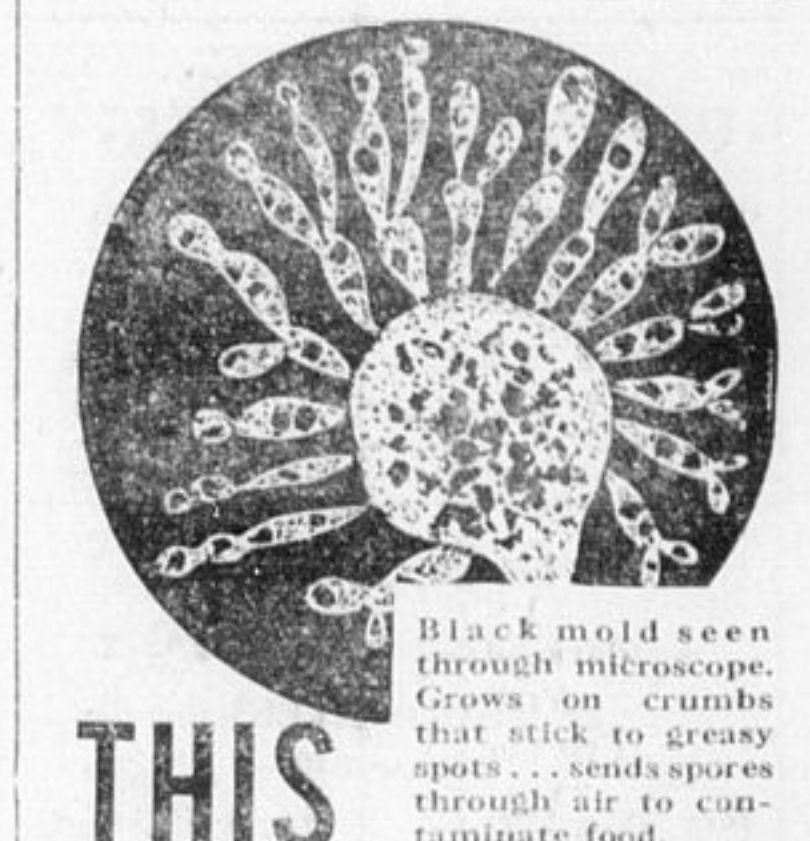
mins in December, 1913—which should be interesting. All the rest of the programme will be delivered by the young people themselves. Final arrangements for the concert will be completed at the business meeting of the Y.P.S. this week, Friday, at 7:30 p.m. The membership of the Y.P.S. has now grown to over thirty in number. All are active and enthusiastic in their work. Their motto being: "For Christ and His Church," they find many ways in which they can be of great service among the Finnish-speaking citizens of the Porcupine Camp.

At the same business meeting they also decided to arrange a Halloween party for all children of Timmins Finnish-speaking citizens, Saturday, Oct. 29th, at the Finnish Church. Details in the arrangements of this will also be arranged Friday of this week.

Together with the officers and teachers of the Sunday School, the members of the Y.P.S. will visit, as many as possible of Finnish-speaking parents in Timmins this week inviting their children to Sunday School. Next Sunday is Rally Day in the Timmins Finnish United Church Sunday School, and all children of Finnish-speaking parents who do not attend any other Christian Sunday School, will be made welcome to this Rally Day service and to membership of this Sunday School.

St. Catharines Standard:—The eventual disappearance of horns and horn-bushes from motor cars is foreseen by Public Safety, the magazine of the U.S. National Safety Council, which advocates abolition of honking.

North Bay Nugget:—September has been a "wash-out."



## THIS slimy GROWTH lurks in hidden corners

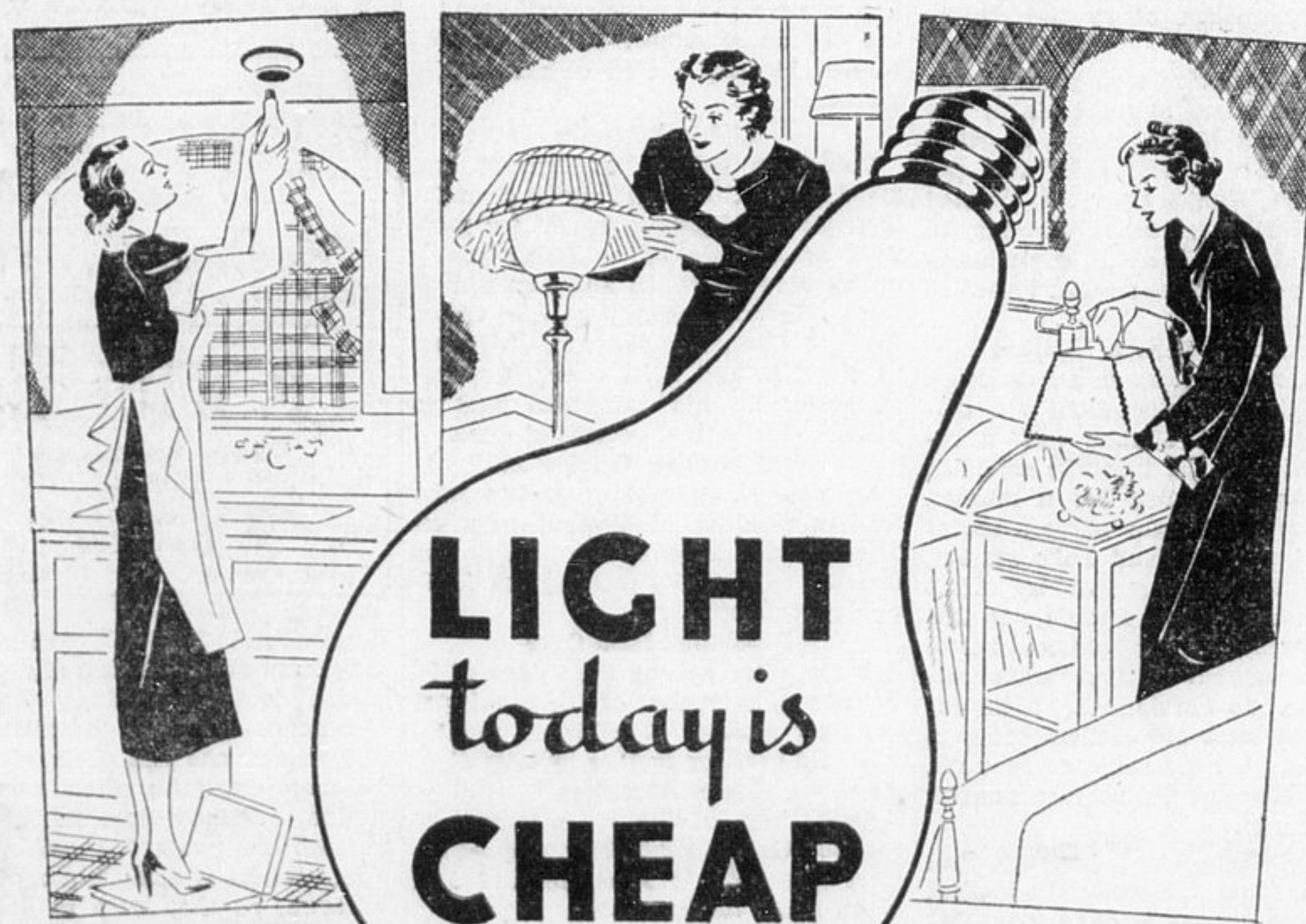
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### ACROSS

- 1—Mineral springs
- 5—Cigaretts (colloq.)
- 9—An island of the Malay archipelago
- 11—A pretentious rural residence
- 12—Feeble minded
- 13—Eject
- 14—Bottom of any body of water
- 15—Southeast by south (abbr.)
- 17—To value
- 18—A freshet (Brit.)
- 20—A kind of stout hunting knife
- 21—A molded mass of metal
- 22—Crusts over sores
- 24—A domestic pet
- 27—Greek letter corresponding to T
- 28—Fasten with thread
- 31—Over
- 33—Fornate
- 35—Feasted
- 36—Resembling an elf
- 37—Otherwise
- 38—Liquery
- 10—Flavored
- 11—The enclosed entrance to a passenger car
- 16—Each (abbr.)
- 18—Little girl
- 19—Half cms
- 23—Ana (abbr.)
- 24—A coffee house
- 25—Second son
- 26—Little child
- 28—Trustworthy
- 29—Wicked
- 30—Departed
- 32—Letter V
- 34—A kind of tree

### DOWN

- 1—Pierce
- 2—Languish
- 3—Betwixt
- 4—The sun
- 5—Set
- 6—Mountains of Switzerland
- 7—Joy
- 8—A seasoning

