

# Some of the Many Ways to Which Potatoes May be Prepared for the Menu

## Practical Advice in Regard to Cooking Potatoes. Literally Hundreds of Ways in Which This Omnipresent Vegetable May be Used. Recipes for the Use of Potatoes

"I always receive applause for my mashed potatoes," remarked Mrs. S. who was assisting in the preparation of a Sunday dinner. She had just refused the rice which was offered her and had taken in hand an old-fashioned potato masher which she used to such effect that the guests at the table

pimientos, green pepper and onion in butter five minutes and combine with potatoes.

**Stewed Potatoes**  
2 tablespoons butter  
3 cups potatoes  
1 1/2 cups milk  
Salt, pepper

Melt the butter in a frying pan, add the potatoes and stir over low fire until fats are absorbed. Add the milk, mix well and cook slowly until thick, about half an hour. Season to taste with salt and pepper.

**French Fried Potatoes**

Wash and pare as many potatoes as desired. Cut in narrow, lengthwise pieces about one-fourth inch wide and soak in cold water an hour. Dry with a towel, fry in installments in very hot, deep fat, drain on paper, and season with salt and pepper. Let the fat heat between each frying, as crispness depends on very hot fat. A wire frying basket is a convenience, or a wire egg-whisk may be used to place and remove the potatoes.

**Potatoes Au Gratin**

3 cups diced boiled potatoes  
1 1/2 cups thin white sauce  
1/2 cup grated cheese  
3/4 cup buttered crumbs

Arrange potatoes, sauce and cheese in layers in a baking dish. Cover with crumbs and bake fifteen minutes in a hot oven (450 degrees Fahrenheit).

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(By Edith M. Barber)

provided her usual quota of praise when they tasted her fluffy, creamy mashed potatoes.

Of course, she had beaten into them foamy-melted butter and bubbling-hot cream. They were as good as mashed potatoes can be. Always avoiding work when I can, I should have used the ricer first and put the final touch with the beater after the milk, butter and seasoning have been added. There is really no excuse for having lumpy, unappetizing mashed potatoes, which actually are too often offered. This simple dish can be so good.

Baked potatoes, which are even simpler to prepare, are often ruined. I like to use a hot oven at first, then lower the temperature, and when the potatoes are tender throughout, which can be estimated by pressing one inside a towel, they should be taken out of the oven and broken open immediately. If you are not quite ready to serve them, cover them with a clean towel, so that the steam will be absorbed. Then they will be mealy and dry.

A good sized lump of butter may be put in each one, and they may be sprinkled with salt and paprika or minced chives, parsley or onion. Of course, the contents may be removed from the shells and treated as mashed potatoes, then returned to the shells and put back in the oven to brown. These are particularly convenient for use for a buffet supper when you like to prepare things ahead. For this purpose I also like to use what I call potato puff. For this the beaten egg yolks, and whites are added to creamy mashed potatoes, well seasoned with minced onion and parsley. This mixture is then put in well-buttered casseroles and baked in a hot oven a few minutes before you are ready to serve.

Either boiled or baked potatoes may be used for any of the various types of creamed potatoes. They should be diced and combined with a cream sauce which may be seasoned with grated cheese or sliced cheese may be put over the top. In this fashion they are usually known as potatoes au gratin, although this phrase is literally translated as "with brown crumbs." Sometimes well buttered crumbs are sprinkled over the top of a dish of creamed potatoes before they are baked. I like very much another form of creamed potatoes which is prepared by cooking the diced vegetables in butter for a few moments and then adding rich milk and allowing it to cook slowly until the starch from the potatoes thickens the sauce.

Either raw or boiled potatoes may be used for frying. The raw vegetable is always used for deep fat frying and the results are known as French fried, chips, Saratoga and Julienne, depending somewhat on the shape and thickness. For the always favourite hashed browned potatoes, the pre-cooked vegetable is used and should be diced very finely.

These are a few of the hundreds of ways in which potatoes may be prepared. Actually, however, there are only three basic ways for cooking them. The rest are all variations of boiling, baking and frying.

**Potatoes With Cheese Meringue**  
2 tablespoons butter  
2 eggs  
Salt, pepper, paprika  
3 cups mashed potatoes  
Hot milk  
1/2 cup grated cheese

Add butter, egg yolks and seasonings to mashed potatoes. Add enough milk to make a creamy texture. Pile in a greased baking dish, cover with a meringue made by beating the egg whites stiff and folding in the cheese. Sprinkle lightly with paprika and bake ten minutes in a moderate oven (375 degrees Fahrenheit) until light brown.

**Potatoes O'Brien**  
1 quart potatoes  
1/2 cup minced pimientos  
1/2 cup minced green peppers  
1/2 cup sliced onion

Pare, slice lengthwise, and dice raw potatoes. Rinse with cold water and dry. Fry in very hot, deep fat (395 degrees Fahrenheit). Drain on soft paper and sprinkle with salt. Cook

## A.Y.P.A. Hear About Social Service Work Among the Blind

### Mr. Herbert Treener Gives Interesting Address on Work for the Blind.

The regular weekly meeting of the A.Y.P.A. was held on Wednesday evening in the parish hall. The meeting opened with the singing of "Fight the Good Fight," a large number of members being present, and Captain Butler presiding.

The guest speaker for the evening was Mr. Herbert Treener, organist at the Timmins United Church, who chose as his topic "Social Service Work Among the Blind." Mr. Treener said that he had been engaged in this work from 1931 to 1937, and outlined briefly the part played by the National Institute for the Blind in teaching and placing into positions those who are blind. A social service worker, said Mr. Treener, goes among the sightless who are unable to attend schools for the blind, and helps them by getting teachers, who give them directions in weaving and marking leather goods, etc. People who are blinded in early life often overcome this handicap, said the speaker, illustrating that many of them had become stenographers, and many had won speed tests for their particular line of work. The National Institute for the Blind is ever trying to aid those who know neither night nor day, and Mr. Treener said that those who possess sight should endeavour to help those who are blind.

Canon Cushing thanked Mr. Treener for his very interesting address, following which Fred Booker read the Theme address delivered to the delegates at the Eighth Ontario Provincial Conference, by the Rev. W. C. Lockheart of the Student Christian Movement, University of Toronto.

It was announced that at the evening service of worship on Sunday, Jan. 28th, the installation of officers of the A.Y.P.A. would take place before the sermon. The service will be taken by the A.Y.P.A. and all members were asked to be present.

On Wednesday of this week the A.Y.P.A. are holding a sleigh ride, and all members wishing to take part are asked to be at the parish hall before 8 p.m.

## Next Meeting of Business Girls' Club on Thursday

The regular meeting of the Porcupine Business Girls' Club was held on Thursday evening at the clubrooms, with a very good attendance of members. General business was discussed, and it was announced that the next regular meeting of the club will be held on Thursday, February 1st.

## Beautiful Costumes Worn by Granite Club Skaters on Saturday

### Artistic and Colourful Costumes Added to Attractiveness of Kiwanis Carnival.

The costumes worn by the Granite Club Skaters when they performed at the McIntyre Arena on Saturday afternoon and evening, at the Kiwanis Carnival, were especially noteworthy and colourful. A full account of the Carnival may be found elsewhere in today's issue.

In the patriotic introduction, "Tri-Colour Court," the girls wore red, white and blue bouffant ballet skirts, with matching caps, and in the presentation, "Oriental Ballet," the group appeared to be a colourful rainbow, in their costumes of multi-colours, resembling those worn by Egyptian dancing girls, made of sheer in every colour of the rainbow. "Rodeo Court" showed the skaters in white satin skirts, green blouses, red kerchiefs, white bolero jackets, and large white "cowboy" hats, led in groups of three by one of their members who held bright red reins as she directed her mighty "SteeDs."

Brunet and Joly wore costumes that were especially suited to their appearance and character, appearing in "Valse D'Amour" with Mrs. Brunet in white satin skating skirt, with metallic trim and bouffant skirt, and red, white and metallic plumed hat. In "Mexicana" Mrs. Brunet wore a striped red Mexican dancing girl costume, and Mr. Brunet donned colourful blue satin with multi-coloured striped trimming, while for the tango portion of the dance, Mrs. Brunet wore a short skirted costume of blue, with multi-coloured trim.

Margot Coram, Ruth Paul and Eleanor Wilson as "Drum Majorettes" were attired in blue satin skirts, with red military jackets, gold buttons and braid, and high white fur hats, and Florence McNamara, wore a pale blue skating skirt with red lining.

Hazel and Dorothy Caley, in "Marche Militaire" wore red military costumes, with gold trim, and red cavalier hats, and in "Gypsy Dance," they appeared in white and gold Hungarian costumes, with white coronet hats, adorned with long gold streamers. In her solo number, Miss Dorothy Caley wore a white military costume, with matching "high" hat.

In their pair presentation, Miss Eleanor Wilson donned a Dutch girl costume of white and blue, with white organdy cap and apron, and George Reid wore the Dutch boys costume of blue trousers, yellow shirt and cap, and in her solo Eleanor Wilson wore a costume of white metallic, with turban to match, trimmed in royal blue.

## Birthday Party Held at Rebekahs for 3 Members

The Gold Nugget Rebekah Lodge held its regular weekly meeting on Thursday evening in the Oddfellows' hall, with many members present.

Following a short business session, a birthday party was held in honour of three of the members, Bridge, Whist, and a guessing game were enjoyed, the winners being: Bridge, M.S. Keene; Whist, Mrs. Gridley, and guessing game, Mrs. Dean.

A delicious lunch was served, and announcement of the regular meeting on Thursday, Feb. 1, was made.

## Robert Burns Night Held by Timmins United Church Choir

### Interesting Entertainment. Burns Birthday Cake.

Members of the Timmins United Church Choir held a happy social evening after the choir practice on Friday night, making the event a "Robert Burns" night.

Following community singing, in which every member joined happily, the Scottish members of the choir were featured on the evening's programme.

Mrs. McCulloch and Mr. W. Allen each gave delightful solo selections; Messrs. W. Thompson and W. Allen gave recitations befitting the occasion; and Messrs. W. Allen and W. Thomson performed a duo highland flink which made a great hit.

A contest, in which the players translated Gaelic into English, was won by Mrs. Kennedy and Mr. Gould, and several other games added to the evening's entertainment.

The lunch was a special feature of the event, being made up of Scottish dishes, and prepared by a Scottish kitchen committee, ably convened by Mrs. W. Jardine. The birthday cake for the evening was one that would have been greatly admired by the brilliant man in whose honour the event was held, and bore one large candle to mark the occasion.

## Red Cross Activities at Buffalo-Ankerite

The regular meeting of the Ankerite group of the Red Cross Society was held on Tuesday afternoon, Jan. 23, with seventeen members present.

Mrs. Ludgate presided, and informed the members that word had been received from headquarters advising all those who are knitting socks to knit the "Kitchen toe." Mrs. Bowker or Mrs. McKaskell will instruct any who wish to knit.

Much credit is due Mrs. Barnes and the ladies of McDonald Hill for the amount of work that has been turned in.

Completed work taken to the Eastern Branch at South Porcupine from Jan. 16 to Jan. 23 is as follows:—2 sweaters, 1 scarf, 1 pair socks, 1 pair of pyjamas, 25 T-binders.

During this time Mrs. Vary has cut 9 hospital gowns.

## First Residential Club for Canadians on Leave

Toronto, Jan. 27.—The Canadian Society's first residential club for the accommodation of Canadian soldiers on leave in London, England, will be opened within the next few days, it was announced today. It will provide overnight accommodation, day service and meals at "very modest" rates.

Acting on a report from its London Advisory Committee, the Society recently authorized immediate establishment of such clubs to care for the Canadians.

During the last war, the Society's Maple Leaf Clubs provided 500,000 nights' lodging and over one million meals to Canadians on leave in London, and this added to the comfort as well as the health of the men of the Canadian army.

A report from London states that a similar club provided during the present war by the Victoria League in London, is already over-crowded and applicants are being turned away.

The buildings and equipment to be provided by the Canadian Red Cross will be operated by the Canadian Women's Club in London, the Red Cross underwriting the net cost of this operation.

## Meats Featured at Timmins Market on Saturday

### Prices Have Kept at Fair Level for Meats and Eggs.

Various meats and eggs were featured at the Timmins Market on Saturday, when farmers from the district sold their wares at the winter location of the market, 112, 114, 116, and 118 Cedar Street, south.

The prices have not varied a great deal during the winter months, pork veal and other meats selling at prices from 15 to 25 cents per pound, while eggs are marketed at 50 cents per dozen. The eggs are a special feature at the market, as they are newly-laid and of a good size, making them useful in all baking and cooking.

Patrons of the market are asked to remember that it is open two days a week, Tuesday and Saturday, mornings and afternoons, and that it is located on the east side of Cedar street between First and Kirby avenues.

Sudbury Star.—Winter has its bright side. You don't have to worry about mowing the lawn.

## Beauty and You

by PATRICIA LINDSAY



The lovely radiance of LAETRICE JOY makes her always a desired guest

## Mothers Should be Attractive for Children's Sakes

If a child is normal he or she admires an attractive mother. Just as children like to think of their daddies as being the biggest, the bravest, and the most influential men in the world, so do they like to brag about their mothers being the most beautiful with prettiest of clothes.

I know it isn't possible for all mothers to have a wardrobe of pretty clothes but it is possible for all mothers to be attractive when it means most to their children. If a mother's duties are heavy, it isn't always possible for her to take time out for thorough grooming before her children appear from school or work. But she can make the effort to look her prettiest on special occasions when a daughter or son is going to parade her before pals or their public.

Many a boy or girl in college has been ashamed because a visiting parent has not measured up to the parents of classmates. That shouldn't happen, but it does, and mothers should face the fact. Children want to be PROUD of their mother, and because of this pride, they give mother too big a build-up. Sometimes she doesn't measure up to what they expect her to be and then hurt, superficial feelings are born.

**Clothes Are Least Important**  
Many mothers will be surprised when I say that the clothes they wear are

of the least importance. But that is true. Your manner of speaking, your posture, the condition of your skin and hair and hands, are most important as far as good impressions are concerned. If what you wear is clean, well pressed and nicely fitted you can be poised. Of course, a woman always feels better in new clothes, but if they are beyond reach they should not prevent her from joining her children when the children request her presence.

**Point Up Beauty**  
When I tell you to point up your beauty with make-up I am skating on thin ice, for nothing is more horrible than too much make-up applied with unskilled fingers.

Young mothers, naturally can be more dashing. For them are the scarlet lipsticks, stop red nail polishes, the absurd but flattering hats. Mothers who have passed forty must watch their step, unless they currently keep close step with the times.

Rouge and lipstick should be carefully selected for colour and so should nail tin. It is far better to be on the pale side than to startle your children with make-up meant for a perky, fresh-faced little deb!

Your coiffure should not only be flattering, but your hair should glisten with the care you have given it. Have it so styled as to be easily managed and have it suit your type. Extreme coiffures, excepting for gala dressed-up occasions, are not for the woman who seldomly steps out! Keep to your role but point it up nicely.

And just one word of caution. Try to remember that your child thinks he or she is an adult. Don't destroy the happiness of the day or evening by regaling youthful friends with tales of "when Edith was just a child!" Even though it may make you feel older, let your offspring feel mature—that will endear him to you as much as the pretty picture you make!

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## The "Tragedy of Finland" Theme of Sermon Sunday

The Rev. A. I. Heinonen of the Finnish United Church, took as his theme the tragedy of Finland at the morning service of worship in the Timmins United Church on Sunday, and the Young People's Choir of the Timmins Finnish United Church was present.

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