

Potatoes as Food.

If a raw pared potato is put into water its potash salts ooze out of it. The 'jacket' is its only armor. But undoubtedly the healthiest manner of eating potatoes is baked. Matthew Williams, another kitchen philosopher, declares that grated cheese mixed with baked potatoes forms a wonderfully good dish, digestive, and wholly praiseworthy from the chemical point of view. He says that as potatoes are largely composed of starch, which is a heat giver and fattener, and that cheese, which is very nitrogenous, supplies the elements in which the potato is deficient, the whole forms, theoretically a healthful food. As a table receipt, the potatoes can be taken out of the skins, mashed, and mixed with grated cheese, and a little milk added if desirable or taste. Served in this way, for sedentary people,

the dish is much more digestive than oatmeal. And in speaking of this last article, I have my own idea, based on no special scientific examination, that for sedentary people who are troubled by catarrhal affection of whatsoever nature, such gelatinous foods as oatmeal are not desirable. However, oatmeal is more nutritive than potatoes. The latter contain seventeen per cent. of carbon; oatmeal contains seventy-three per cent. William Cobbett denounced the potato as a staple article of food. You would have to consume six pounds

of potatoes to secure the nutritive value of one pound of oatmeal! To sustain life on potatoes you would have to become a mere assimilating machine the most of the time, and unfit for vigorous action, bodily or mentally, the rest of the time.—Deshler Welch, in 'Good Housekeeping.'

Answering Advertisements.

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Daily Hints for the Table.

To make nice little cakes for an afternoon tea, beat to a cream one cupful of butter and two cupfuls of sugar. Add four eggs, first beating the yolks and whites together to a stiff froth. Next add a cupful of sour milk and a teaspoonful of baking soda, dissolved in a table spoonful of hot water. Flavor with a teaspoonful of powdered cinnamon, a teaspoonful of powdered mace, a saltspoonful of ground cloves. Stir in one cupful of flour, then add a cupful of currants, then stir in another cupful of flour. Have the oven moderately hot. Fill a small patty pan three-quarters full with the mixture, put it in the oven and let it bake, to see if the cake is mixed stiff enough. If it stands firm do not use any more flour. Bake the cake in little patty pans and cover the tops with a stiff icing. Put a raisin on top of each or a nut meat.

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