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JANUARY 9, 1908

# THE FARMER'S ADVOCATE.

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## About the House.

### THE GERM OF THE BULLETINS.

#### POTATOES.

(Adapted from the Yearbook of U. S. Dept. of Agr.)

After bread and meat, potatoes, perhaps, constitute the chief food of the great majority of people. The potato tuber is in reality a thickening of the stem, which serves as a storehouse to contain the material from which new plants may be produced. It is composed of three portions—the skin, the cortical layer immediately underneath the skin, and the flesh. The edible portion is made up of 78.3 per cent. water, 2.2 per cent. protein, 0.1 per cent. fat, 18.4 per cent. carbohydrates (chiefly starch), and 1 per cent. mineral matter. When stored, however, the water content is somewhat reduced by evaporation. Of the protein contained, only a little over half consists of true proteid, the material which builds up the wasting body tissues and keeps them in repair, hence the poorly-fed condition of the peasants who, in different countries, try to subsist chiefly upon potatoes, may be accounted for. The potato is not, however, an unimportant article of food. It is rich in carbohydrates (the source, along with the fats, of heat and energy), and so may very well be made a constituent of the daily diet; but it should be used in conjunction with proteid foods—meat, eggs, milk, etc. For this reason the addition of cream or butter to mashed potatoes, or the mixture of milk or milk and cheese required in scalloped potatoes, is to be commended. Baked potatoes are somewhat more easily digested than boiled ones, and are more nourishing, as the potatoes, if boiled, lose some of their mineral constituents in the water which is drained away.

In regard to its nutritive qualities, Mr. C. F. Langworthy, of the U. S. Dept. of Agriculture, says: "The potato is essentially a starchy food, and eaten alone it would furnish a very one-sided, badly-balanced diet, which would probably prove unwholesome to most people, as it has been estimated that man in health, performing a moderate amount of muscular work, is best maintained by a diet furnishing daily 0.25 pound protein, in addition to fat and carbohydrates enough to make the total fuel value 3,500 calories; while a man without active physical labor might be well nourished with 0.20 pound of protein and 3,000 calories of energy. When the potato is eaten with meat, eggs, fish, etc., which are essentially nitrogenous foods, a well-balanced diet, which is most conducive to health and vigor, is secured." Occasionally someone complains of not being able to eat potatoes, but this condition is due to personal idiosyncrasy, and not to the harmful character of the food. Cases of actual poisoning by potatoes are, however, by no means unknown, especially when old potatoes, which sometimes contain small quantities of solanin, had been eaten. For this reason potatoes a year old, which have lain in a cellar and shrivelled, and small potatoes which have sprouted, both of which contain increased quantities of solanin, should not be eaten.

#### RECIPES FOR COOKING POTATOES.

Stuffed Potatoes.—Select smooth, uniformly-sized potatoes, and bake until tender. Cut off an end from each, scoop out the potato, and season with butter, salt and white pepper. Add two tablespoons of milk or cream for every six potatoes, beating well. Refill the potato shells, stand on end, and bake a little while longer in a hot oven.

Scalloped Potatoes.—Slice raw potatoes thinly, and place in a baking dish in layers, sprinkling each layer lightly with flour, and adding a few dots of butter. Cover the potatoes with milk, put on a lid, and bake one and one-quarter hours, removing the lid during the last fifteen minutes to brown the top. Serve in the same dish, with a napkin pinned round.

Potato Balls.—Mix cold, mashed potato with beaten-egg yolk; season; make into balls, and place on a buttered pan. Make a depression in the top of each ball; put a bit of butter in the depression, and brown in the oven. Cold, boiled fish may be mixed with the potatoes, if liked.

Mashed Potatoes.—Pare and boil. If they are very mealy when done, drain

and mash at once. If they do not seem mealy, let them stand for a few moments after straining, with the lid off the kettle. Mash them well, and to every quart add one tablespoon butter, one tablespoon salt, half a teaspoon white pepper, and hot milk to moisten. Beat all with a large fork or spoon until light and creamy, then turn out into a warm dish, and serve at once.

## Carmichael.

BY ANISON NORTH.

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### CHAPTER X.—Continued.

And as I pondered there, the feeling of dull pain—which I, poor child, in my ignorance of the world other than my own small one and its passions, had not yet learned to define as jealousy, much less to determine the cause of—gave gradually away to a sort of resigned sadness that my old playfellow had passed out of my life forever; and, with the peculiar tenacity with which the slightest incidents of my life kept recurring to me, flashing upon me often when un-called, I thought of the day far up in the wood, near the raspberry-grown line fence, the day upon which Dick had straightened his shoulders and declared what he would do when he was a man, while I, small mite, feared only that he would pass out of my life. The memory of that day brought up a host of other and sadder memories, and I stood there, quite losing account of time, until Mrs. Might came bustling out.

"My sakes, Peggie, what are ye standin' there fer? Don't say now 'twas that bite o' berry pie made ye sick?"

"No, no, I'm very well, thank you. It's lovely and cool out here."

"But mercy me, ye'll take cold with nothin' on yer head in the night air! Come right in! I've a cup o' coffee all ready for ye, more 'n half cream it is. I kept Bess's cream—she's the best Jersey, ye know—jist fer to-night."

So I had to go in and please her by drinking the coffee; and soon it was time to go home.

"Ye'll not hev' to git Adam to go home with ye to-night, Peg," whispered Mrs. Might, with well-meaning kindness, but rather doubtful tact. "I picked them very careful, even numbers, 'n' every one o' them came."

But it mattered little who came home with me, and when the girls filed out into the night, looking neither to the right nor to the left, but with self-consciousness born of the uncertainty as to "who it was to be" in every motion, I lagged behind for a last few words with Mrs. Might.

When ready to set out, it appeared, to my confusion, that none other than Dick Carmichael had fallen to my lot as escort. Adam Might was just coming in with him at a side door, and, evidently not ill-pleased, was saying:

"Not too late after all, Dick, boy. The best girl o' the bunch is here waitin' for ye!"

With crimsoning cheeks I glanced at Dick, then at Mrs. Might; then, to hide my confusion, went rapidly down the steps, Dick following.

Not a word was spoken until we had reached the garden gate, and I had time to think.

"Dick," I said, "I shall have to go back and get Mr. Might to come with me. You—you understand—you know—"

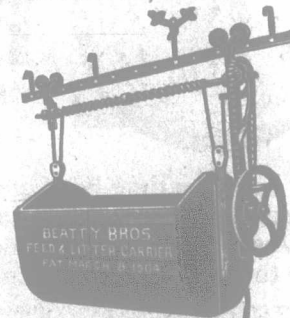
"I know the laws of the Medes and Persians," he said, "and I think the laws of the Medes and Persians utterly unreasonable, if I may be permitted to say so."

"Nevertheless, they must be obeyed," I rejoined quickly. "Really, Dick, I must go back!"

"Don't you think they are out-

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