

HOME MAKERS' CORNER

BY "LYNETTE"

POTATOES

The origins of most vegetables are somewhat obscure, and their native habitat often a subject for question, but compared to cabbage, celery, parsnips, and indeed most of our vegetables, the potato is a newcomer and its origin easily traced. Growing wild in Chili is the ancestor of our potatoes. Along with the sweet potato, the white variety was extensively cultivated on the American continent and it was near Quito that the Spaniards first tasted the "battata," as it was called. Potatoes were first introduced to Europe towards the end of the sixteenth century. Some were grown on Sir Walter Raleigh's estate near Cork in Ireland, and within 100 years they had come to be the staple food of the poverty-stricken Irish peasants. The nutritive value is very high and a diet of just potatoes and milk supplies all that is necessary for the maintenance of life and health. The minerals and vitamins are most concentrated just under the skin, and this is the reason for dietitians' praises of potatoes baked in their jackets. If the potatoes must be peeled, the thinner the peeling the higher the food value, and particularly is this so with new potatoes. At the present time we are being urged to eat more potatoes, partly because we have plenty and partly because there is a shortage of cereals. Any number of attractive dishes may be made with potatoes, and mashed they can even be used as a substitute for flour.

Potato Loaf.—2 cups mashed potatoes, 2 sticks celery (chopped), 1 egg (beaten), 1-3 cup roasted peanuts (minced), 2 tablespoons grated onions, ½ cup tomato pulp, 1 teaspoon salt, pepper.

Mix all together and put into a greased dish. Brush over with melted butter, and bake in a moderate oven (350) for 25 minutes.

Potato Puffs.—1½ cups mashed potatoes, 1 egg yolk (slightly beaten), 1 egg white (stiffly beaten), 2 rashers bacon (finely cut), salt and pepper.

Mix all together, adding the egg white last. Bake in a greased dish or individual moulds in a moderate oven.

Potato Muffins.—1 cup warm mashed potatoes, 1 cup cornflower, ½ teaspoon salt, 4 teaspoons baking powder, 1 cup milk, 2 tablespoons butter, 1 egg, 1 tablespoon sugar.

Sift dry ingredients, add mashed potatoes, butter, egg and milk. Bake in gem irons or patty pans in a hot oven.

"WITHIN THE VEIL"

MRS. MARY GRACIE,
KAIKORAI UNION

Mrs. Mary Gracie, a devoted Christian and an energetic Temperance worker was suddenly called to rest, as the result of a motor accident, on March 17.

Mrs. Gracie joined the Kaikorai Union in 1920 and was elected Vice-President the next year. She also held the office of Secretary for a few years. She was elected "White Ribbon" agent in 1929, a position she held successfully till her death.

Mrs. Gracie had a friendly and cheerful disposition, and was always ready to help in whatever her hands found to do. Possessed of a pleasing voice and being very fond of music, she memorised many hymns and psalms, so that, although she had very poor sight, she could always join in the singing. Her eyes were a great affliction, and she endured much pain and had many operations. She was invariably cheerful, and, when able, was always present at the meetings. She was well beloved by all with whom she came in contact, and it was with deep sorrow that we heard of her death. Our sincere sympathy goes out to all her relations and friends.

She is "for ever with the Lord" whom she so faithfully loved and served. Her presence will be sadly missed at our monthly meetings.

Mrs. Muir has been appointed "W.R." agent, and we wish her every success in her new appointment.

HORSE SENSE

A horse can't pull while kicking;
This fact I merely mention
And he can't kick while pulling,
Which is my chief contention.

Let's imitate the good old horse,
And lead a life that's fitting;
Just pull an honest load, and then
There'll be no time for kicking.
—Anon.

"Father, what's a committee?"
"A committee, my boy, is a body that keeps minutes, and wastes hours."

SOLUTION TO No. 22

Across.—1, Munch; 5, Asset; 9, Origins; 11, Is; 13, Opera; 14, Am; 15, Lisp; 17, Pane; 19, Sly; 20, Ure; 22, Lid; 23, Eire; 24, Skim; 25, One; 26, Ask; 28, Bar; 30, Acne; 32, Cite; 33, Re; 34, Marah; 37, E.G.; 38, Minaret; 40, Diary; 41, Creel.

Down.—1, Mails; 2, No; 3, Crop; 4, Hip; 5, Air; 6, Snap; 7, S.S.; 8, Timed; 10, Gear; 12, Silence; 14, Animate; 16, Syren; 18, Alibi; 20, Una; 21, Esk; 25, Oared; 27, Sara; 29, Regal; 31, Emir; 32, Cher; 35, Any; 36, Arc; 38, M.A.; 39, Te.

"W.R. CROSSWORD" — 23

CLUES

Across

- 1—Seizure.
- 5—One of the U.S.A.
- 9—Their use is limited.
- 11—Forward.
- 13—Special pleasure.
- 14—Alternatively.
- 15—Fasten.
- 17—Milk container.
- 18—Cake.
- 19—A planet.
- 21—Confections.
- 23—May be a killer or a healer.
- 24—Name.
- 25—Attack.
- 27—Girl's name.
- 29—Snake.
- 30—Wild variety should not be sown.
- 32—Unusual.
- 33—That thing.
- 34—Garment.
- 36—Salvation Army.
- 37—Destroyer.
- 39—Transparent or entire.
- 40—Large jugs.

Down

- 1—Hillside.
- 2—Exclamation.
- 3—Plant.
- 4—Name of the family in "Little Women."
- 5—Intended.
- 6—Skill.
- 7—Exists.
- 8—Merits.
- 10—Beverage.
- 12—Next.
- 14—Bids higher.
- 16—Grip firmly.
- 18—Dog's name.
- 20—Rope fastening for sail-hauling.
- 22—Much is upsetting.
- 25—Sheds.
- 26—Habitual drinker.
- 27—Add fuel.
- 28—Famous architects.
- 31—Curve.
- 34—Land measure.
- 35—Novel.
- 37—Ourselves.
- 39—Concerning.

