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SPEAR HEAD holds it.

SPEAR HEAD

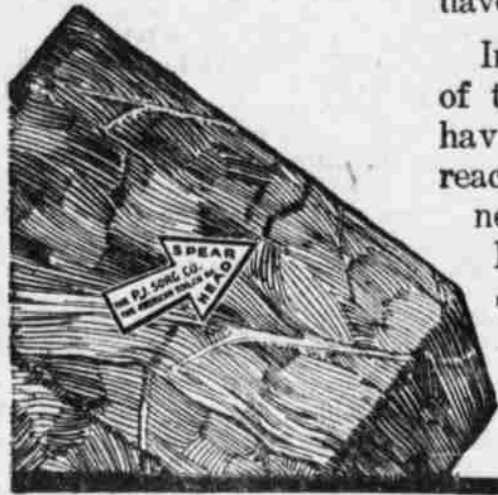
PLUG TOBACCO

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Phone 78

Geo. A. Heilman, Mgr.

GOOD POTATO RECIPES

Simple Directions for Preparing Box Butte County's Biggest Crop in Many Wholesome Ways

Potato Soup

3 potatoes, of medium size.
4 cups skim milk.
1 small onion.
4 tablespoons butter.
2 tablespoons flour.
1 1/2 teaspoons salt.
1/4 teaspoon celery salt, or
2 teaspoons celery, cut in small pieces.
1/4 teaspoon chopped parsley.
Little cayenne pepper or paprika.

Boil the potatoes and when soft rub them through a sieve. Slice the onion and scald this and the celery with the milk. Take out the onion and add the milk slowly to the potatoes. Melt two tablespoons butter, into which mix the dry ingredients, and stir into the boiling soup. Boil one minute, strain, add the remainder of the butter, and sprinkle with the parsley when ready to serve. The parsley improves the looks and adds a little to the flavor, but may be omitted if this is more convenient.

Boiled Potatoes

Select potatoes of uniform size. Wash, pare, and drop at once into cold water to prevent them becoming discolored. Cook in boiling salted water until soft, but not until broken. For six medium-sized potatoes allow one tablespoon salt and boiling water enough to cover. When the potatoes are done, drain off the water, place the uncovered kettle on the back of the stove, and let them steam until serving time.

When potatoes are boiled with their jackets on, they should be washed and a narrow band of skin cut from the center. This tends to let the steam escape more rapidly and renders the potato more mealy and palatable. It also makes it easier to remove the skin. Potatoes boiled in this way are palatable for several hours if kept hot on the back of the stove.

Baked Potatoes

Select smooth, medium-sized potatoes. Wash, using a vegetable brush. Bake in a hot oven for about 45 minutes, or until soft. Remove from the oven, break the skin slightly to let the steam escape, and serve at once. When potatoes are baked properly they are commonly said to be especially wholesome. However, they are better cooked in boiling water than baked in a slow oven.

Stuffed Potatoes

A nice way to vary baked potatoes is to cut a slice from the top of each and scrape out the inside. Mash season with salt, pepper, chopped parsley (if liked), and butter, and beat in a little hot milk; add two well-beaten whites of eggs. Refill the skins, sprinkle with grated cheese, and bake in a hot oven about six minutes.

Mashed Potatoes

Force five hot boiled potatoes through a potato ricer or a collander (coarse strainer). Add two tablespoons of butter, one teaspoon salt, a little pepper and one-third cup of hot milk; beat with a fork until creamy. Re-heat, and serve in a hot vegetable dish. This quantity is sufficient for a family of four.

Riced Potatoes

Force hot boiled potatoes through a potato ricer or a coarse strainer into a hot dish in which they are to be served. Mashed and riced potatoes may be browned by placing the dish in the oven for a few minutes.

Scalloped Potatoes

Wash and pare potatoes; let them soak for a half hour; and cut in one-fourth inch slices. Butter a baking dish, put in a layer of the sliced potatoes, sprinkle with salt and pepper, dredge with flour, and dot over with one-half tablespoon of butter. (A little grated cheese may be sprinkled over each layer if desired.) Repeat until the baking-dish is nearly filled, then cover with hot milk. Bake 1 1/4 hours in a moderate oven, or place on the back of the stove and cook slowly.

Saratoga Chips

Wash and pare the potatoes. Cut in thin slices (using vegetable slicer preferably) and drop at once into cold water. Let soak two hours, changing water two or three times; drain, drop into boiling water, and boil one or two minutes. Dip out with skimmer and plunge into cold water again. Take from the water, dry between towels, and fry in deep fat until light brown. Drain on brown paper and sprinkle with salt. Plunging the potatoes into hot water to swell and boiling them for a minute or two causes the starch particles to swell and become set. They will, therefore, absorb very little fat, and are more crisp and palatable than when dropped at once into deep fat.

Creamed Potatoes

There are several different ways in which creamed potatoes may be prepared. (1) Freshly boiled or cold boiled potatoes may be cut into small cubes and served heated in cream sauce. (2) Wash, pare, and cut potatoes into small cubes. Put into frying pan with a few slices of onion cut up very fine, and parboil 10 minutes. Pour off water. Add one tablespoon butter, seasoning of salt and pepper, and milk enough to cover. Cook for 15 or 20 minutes, or until the potatoes are well done and the sauce thick and creamy. It is necessary to stir the potatoes frequently to prevent sticking. The starch in the potatoes thickens the sauce.

French Fried Potatoes

Wash, pare, and cut into eighths lengthwise. Soak in cold water one hour; drain, and dry between towels. Fry in deep fat, which must not be too hot. Drain on brown paper and sprinkle with salt.

Shoestring Potatoes

Potatoes cut in long, narrow strips and prepared by the above recipe are called Julienne or shoestring potatoes.

Panned Potatoes

Cut cold boiled potatoes into quar-

ter-inch slices; dredge lightly with flour and fry in pan with a little butter. When light brown, heap on side of pan; let stand a few minutes, then loosen with a knife and turn out on a platter in much the same way that an omelet is taken out. Sprinkle with salt and serve at once.

Mashed Brown Potatoes

Cut cold boiled potatoes into small pieces (2 cupfuls), season with salt and pepper, cook 3 minutes in one-third cup bacon drippings, stirring constantly. Let stand a few seconds to brown underneath; fold like an omelet, and serve on a hot platter.

Pan Fried or Sautéed Potatoes

Slice cold boiled potatoes in quarter-inch pieces; season with salt and pepper, and brown on both sides in well-greased frying pan.

Potato Salad

Cut cold boiled potatoes into half-inch cubes and season with salt and pepper, or a few drops of onion juice if desired. Heap in a mound in a salad dish, garnish around edge with a circle of lettuce and hard-boiled eggs, and pour over all a French dressing made as follows:

1/2 teaspoon salt.

1/8 teaspoon cayenne.

2 tablespoons vinegar.

4 tablespoons olive oil.

Little onion juice.

Mix the ingredients in the order named, and stir until well mixed. For variety add to two cupfuls of potato one-half cupful of cold beet dice (cooked) and two tablespoons chopped parsley or cheese; carrots and a little chopped celery leaf may be used if preferred.

TELLS OF CALIFORNIA

Judge Berry Observed Keenly While on His Visit to California and Other Western States

County Judge L. A. Berry, who returned recently from San Francisco where he had attended the International Irrigation Congress, observed conditions very keenly while in the West and tells many interesting stories of his observations. The judge took the trip up from San Francisco to Portland in the boat, and says this was one of the most enjoyable experiences of the entire trip. "There are thousands and thousands of bushels of fruit going to waste in Oregon," said Judge Berry in conversation with a Herald reporter. "There is absolutely no market for this product," he continued, "and the small amount the fruit growers can get from their crop will not even pay the wages of the fruit pickers. On every side there are signs of a general business depression, and real estate deals are at a standstill, and will be until the market returns to its normal condition, as it must eventually do."

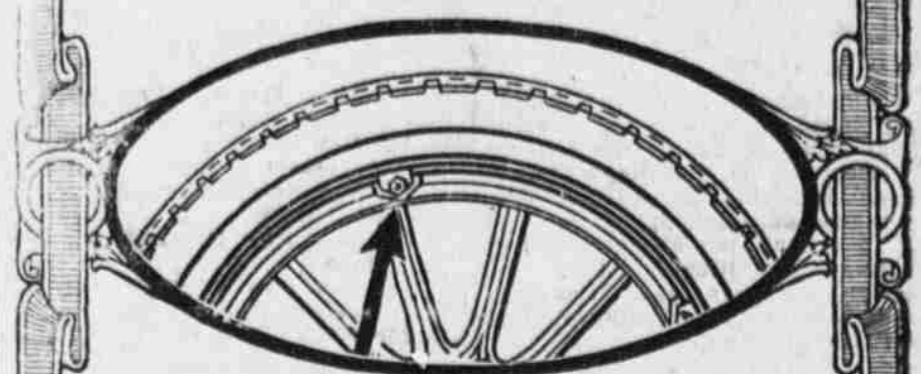
"Have you ever seen a 7,000-acre patch of asparagus?" asked the judge

of the Herald reporter, who confessed that the largest patch of this delicacy he had ever seen was in a plot about twenty feet square. In the southern part of California is an asparagus patch of this size, and the judge "took it in" while on his trip. Another interesting sight was a 50,000-acre potato farm, which was planted to capacity this year. This land is leased by a Jap "financier", and he employs only Jap labor on the farm. As the cost of each laborer is only about twenty cents a day there is plenty of room for profit. This Jap potato king sets a fixed price on his product each year—and sticks to it; if the dealers want to pay his price they can have all they want; if they try to "Jew" him he walks away and

leaves them talking to space. Rather than lower his price he will let the spuds rot. The judge says he can't understand why California land is worth \$975 an acre more than Box Butte county land. In other words, he says he can't understand why California land should sell at \$1,000 an acre, and Box Butte county land at \$25 and less. The soil is similar in formation and on level stretches both appear to be about the same in topography. This year the California crops were not as good as this county's. There is of course a lot of difference in the climate, but, says the judge, it isn't worth \$975 an acre more than Box Butte county's invigorating air.

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