



# The Home Department

## AUTUMN

Now when the time of fruit and grain is come,  
When apples hang above the orchard wall,  
And from a tingle by the roadside stream  
A scent of wild grapes fills the racy air,  
Comes Autumn with her sunburnt caravan,  
Like a long gypsy train with trappings gay  
And tattered colors of the Orient.  
Moving slow-footed through the dreamy hills,  
The woods of Wilton, at her coming, wear  
Tints of Bokhara and of Samarcand;  
The maples glow with their Pompeian red,  
The hickories with burnt Etruscan gold;  
And while the crickets file along her march,  
Behind her banners burns the crimson sun.  
—Bliss Carman, in the Atlantic monthly.

## POTATO WEEK

Three purposes will be accomplished by a nation-wide potato week in which every one will make a special effort to eat potatoes during the week from October 22 to 27, according to the United States department of agriculture. The first of these purposes is to encourage the eating of tubers because at that time it is expected that potatoes will be the most available economical starchy food; the second is to save wheat during this period; and the third is to encourage the general use of po-

tatoes as a wheat substitute by the American householder.

It is proposed that consumers make a special effort to eat potatoes prepared in different ways, recipes for which can be obtained from the home economics departments of the various state colleges of agriculture, or from the United States department of agriculture.

It is said that potatoes may be cooked in more ways than any other vegetable, and a score or more variations are within the knowledge of any good hotel chef. Seven ways, one for each day in the week, beginning with Monday's, Tuesday's and Wednesday's dinners, through Thursday's lunch, Friday's dinner, Saturday's lunch, and Sunday's supper, as suggested by the United States department of agriculture, are here given:

### Stuffed Potatoes

(Monday.) Cut baked potatoes in half, remove the pulp, mash it, add enough milk for the usual consistency of mashed potatoes and season with butter, salt, and pepper. Fill the baked skins with this mixture, dot the tops with butter and bake for eight or ten minutes in a hot oven. To vary this add to the mashed potatoes, before the skins are filled, any one of the following: Beaten white of egg (1 egg to 3 medium-sized potatoes); grated cheese (one-half cupful to 3 medium-sized potatoes); chopped meat (one-half cupful to 3 medium-sized potatoes); chopped parsley (1 tablespoonful to 3 medium-sized potatoes).

### Scalloped Potatoes

(Tuesday) Use raw thinly sliced potatoes in layers, each layer to be sprinkled with flour, butter, pepper,

salt; lastly pour in just enough milk to be seen through the top layer, and then bake for about an hour, or until the potatoes are tender. This may be varied by adding, in layers, hard-boiled egg, sliced; grated cheese; or minced ham.

### Boiled Potatoes

(Wednesday.) Select potatoes of uniform sized; wash them with a brush; and plunge them into boiling salted water (1 teaspoonful salt to 1 quart of water). Cook them with the cover of the kettle ajar, until tender, from 20 to 30 minutes. Drain the potatoes; remove the skins; dress the potatoes with butter if desired, and serve them immediately. If it is necessary for the potatoes to stand a few minutes before being served, cover them with a cloth, not a lid, in order that the steam as it condenses may be absorbed by the cloth and not returned to the potatoes to make them soggy. This is the reason for serving potatoes in an uncovered dish. The potatoes may be sprinkled with chopped parsley.

### Potato Salad:

(Thursday — from Wednesday's left-over's.) Six cold boiled potatoes, 4 tablespoonfuls salad oil or melted butter, 2 tablespoonfuls vinegar, ½ tablespoonful salt, cayenne pepper, 2 tablespoonfuls chopped parsley, few drops onion juice. Cut potatoes in one-half inch cubes. Make a dressing by mixing thoroughly the other ingredients. Pour this dressing over the potatoes and allow them to stand for 15 minutes. Drain off any dressing that may not have been absorbed by the potatoes. Garnish the salad with sprigs of parsley and serve with cream dressing or mayonnaise. To the salad may be added any of the following: One cupful chopped celery; 2 cucumbers, chopped; or 2 hard-boiled eggs, chopped or, as a garnish, sliced.

### Mashed Potatoes

(Friday.) Thoroughly mash cooked potatoes. Add four tablespoonfuls of hot milk one tablespoonful of butter and a little salt and pepper, to each pint of potatoes. Beat the mixture with a fork until light and pile it lightly in a hot serving dish. Mashed potatoes may be shaped into small cakes. Brown them in a frying pan in a small amount of hot fat. Mix with boiled codfish or canned salmon, for fish cakes.

### Potato Soup

Saturday — from Friday's left-over's.) Two cupfuls hot rice or mashed potatoes, 1 quart milk, 2 slices onion, 3 tablespoonfuls butter, 2 tablespoonfuls flour, 1½ teaspoonfuls salt, celery salt, pepper, cayenne, 1 teaspoonful chopped parsley. Scald the milk with the onion; remove the onion; add the milk slowly to the potatoes. Melt the butter; add to it the dry ingredients; stir the mixture until it is well blended. Add this to the liquid mixture, stirring constantly, and boil the soup for one minute. Strain it if necessary, add the parsley, and serve.

### Potato Biscuit

(Sunday—from Friday's or Saturday's left-over's.) One cupful mashed potatoes, 1 cupful flour, 4 teaspoonfuls baking powder, ½ teaspoonful salt, 1 tablespoonful butter,

1 tablespoonful lard, about ½ cupful of milk. Sift the dry ingredients. Add these to the potatoes, mixing with a knife. Work the fat into this mixture lightly. Add gradually enough milk to make a soft dough. Toss the dough onto a floured board, pat and roll it lightly to one-half inch in thickness. Cut it into shapes with a biscuit cutter. Place the biscuits on greased pans and bake 12 to 15 minutes in a hot oven.

## Everybody Save Coal

An appeal to the people of the United States by Fuel Administrator H. A. Garfield, follows:

It is the duty of every American to save coal this winter. If every family will save a ton of coal, if every industrial plant will save 10 per cent of the coal it uses, which 10 per cent is now wasted, the coal problem will be solved. There is plenty of coal in the ground, but there is a shortage of cars and labor at the mines.

If every family will reduce the temperature of its house at least 5 degrees, it will mean that millions of tons of coal will be saved and the health of the nation will be improved. This is not a hardship; it is a health measure, for most Americans live in superheated houses.

The solution of the coal problem lies largely with the American people. The government can not save coal for them; they must save it for themselves. They must not rely wholly upon price-fixing, nor upon the already over-taxed transportation systems of the country, nor upon the efforts to increase production, nor upon the apportionment of coal, nor upon the enforcement of the law. All must co-operate. The consumer of coal in the house and factory can co-operate most effectively by the economies suggested.

## Contributed Recipes

**Salmon Loaf**—One can of salmon, four tablespoons of milk, two eggs, two tablespoonfuls of melted butter, or other fat, one-half cup of bread crumbs, speck of pepper, one-fourth teaspoon salt, one teaspoon chopped parsley. Rub butter into salmon, put crumbs into the beaten eggs, mix all together, season and bake twenty minutes. Serve with baked tomatoes or the following sauce: One cup of milk, two tablespoons of corn starch, one tablespoon of butter, juice from the salmon, speck of salt. Cook until it thickens and serve with the salmon.—Mrs. T. H.

**Baked Tomatoes** — Wipe six smooth, medium-sized tomatoes. Cut out stem, making small hole. Mix one-half cup of bread crumbs, season

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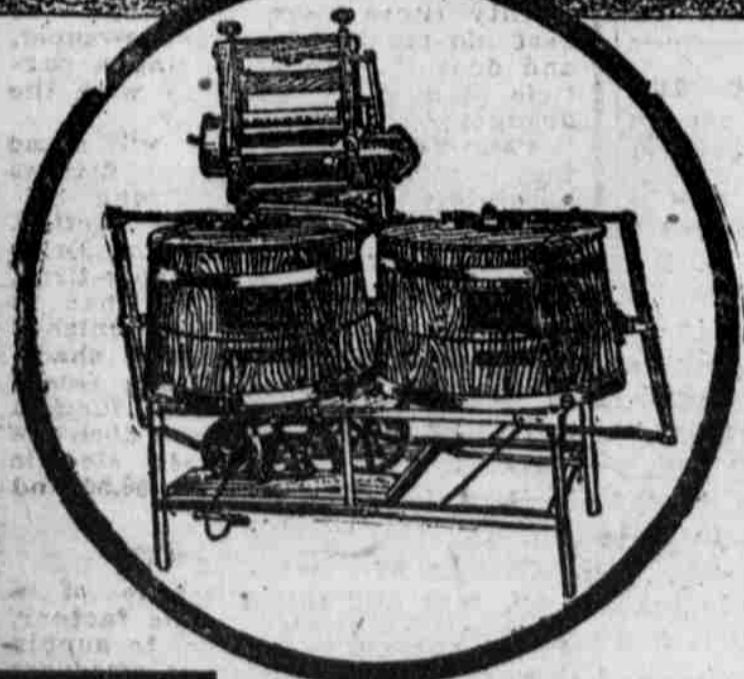
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