

# SECOND SECTION FREE TRADER-JOURNAL

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## HOW TO MAKE POTATO BREAD

GOVERNMENT BAKING SPECIALISTS GIVE RECIPES TRIED IN SCIENTIFIC TESTS

SAID TO KEEP FRESH LONGER

Economical Value Even When Relative Cost of Potatoes and Flour is Same.

Washington.—In localities where there is a surplus of potatoes, or they are very cheap, potato bread costs less to make than an-hour bread, say the baking specialists of the United States Department of Agriculture, in a bulletin just issued, which tells how to make potato bread and rolls. It suggests that an excellent way to utilize cull potatoes is to make them into bread, and states that, even where the relative market prices of potatoes and flour are such that there is no economy in substituting potato flour, the individual flavor and keeping quality of potato bread make it desirable as a variant in the family diet.

Potato and flour bread compounded according to the department's recipes is said to have a rich brown crust, a tender and elastic crumb, an appetizing odor, and a very agreeable taste, which is said to be preferred by many to that of bread made wholly from flour. When made according to the directions given by the department, potato bread is said to contain more mineral matter, fiber and moisture, but otherwise, in composition and nutritive value, to be practically the same as ordinary bread. Its higher moisture content is declared to keep it fresh several days longer than ordinary bread.

The following methods for making potato bread are recommended:

Potato bread—straight dough method—for four one-pound loaves:

Three pounds of boiled and peeled potatoes.

Two and one-quarter pounds of good bread flour.

Three level tablespoons of sugar.

One and one-half level tablespoons of salt.

Two cakes of compressed yeast.

Four tablespoons of lukewarm water.

Wash thoroughly and boil in their skins about 12 potatoes of medium size. Cook them until they are very tender. Drain, peel and mash them while hot being careful to leave no lumps. Allow the mashed potato to cool to 86 degrees Fahrenheit, or until lukewarm. To three pounds (five solidly packed half-pint cups) of the mashed potato add the yeast, which has been rubbed smooth in a cup with three tablespoons of lukewarm water. To get all the yeast, rinse the cup with the remaining tablespoonful of water and add this also to the potato. Next add the salt, the sugar and about four ounces of the flour (one scant half-pint of sifted flour). Mix thoroughly with the hand, but do not add any more water at this stage.

Cover the mixing bowl to avoid the formation of a crust on top and place out of the way of drafts to rise, where the temperature can not fall below 80 degrees Fahrenheit or much higher than 88 degrees. Where the housewife has no thermometer, she should see that the dough in all the usings is kept moderately warm, but not up to blood heat. Any water used in mixing the dough should be moderately warm, but by no means hot. This sponge, if kept at the proper temperature, should, after

## RAISE FIVE VICE PRESIDENTS

Tyler, Fillmore, Johnson, Arthur and Roosevelt Succeeded on Death of the President.

Five vice presidents of the United States have on the death of the president succeeded to the higher office. The first president to die while in office was William Henry Harrison, grandfather of Benjamin Harrison of Indiana. His death occurred April 4, 1841. Just one month after his inauguration. The vice president, John Tyler, then at his country home in Virginia, was officially notified of the event and on reaching Washington, at once took the oath of office as president.

As this was the first case of the kind there was much discussion for a time in and out of congress as to Tyler's proper title—that is, whether he was "vice president of the United States acting as president" or president. It was finally conceded on all sides that the language of the Constitution is clear that on the death of the president in office the vice president becomes, in name as in fact, president. The framers of the Constitution did not leave the door open for trouble that might arise regarding the legality of acts done by an "acting president."

On the death of President Zachary Taylor, July 9, 1850, Vice President Millard Fillmore succeeded to the presidency and was at a later date an unsuccessful candidate for election to the office. Andrew Johnson, the third vice president to succeed to the higher office, took the oath April 15, 1865, the day after the assassination of President Lincoln. President Garfield was shot July 2, 1881, and died the following September 19, and was immediately succeeded by Vice President Chester A. Arthur. Vice President Roosevelt succeeded President McKinley, who died September 14, 1901, and was the only one of five vice presidents thus succeeding to the office who was subsequently elected to it.

## Protein in White of Eggs.

The purest example of protein is the albumen in the white of egg. Protein is found not only in eggs, but all lean meats. Also in vegetables and cereals in much smaller proportions, some vegetables having only a trace, while others, such as peanuts, having more than the best beefsteak.

(two hours, become quite light.

To this well-risen sponge, which now will be found to be quite soft, add the remainder of the flour, kneading thoroughly until a smooth and elastic dough has been formed. The dough must be very stiff, since the boiled potato contains a large amount of water which causes the dough to soften as it rises. Do not add water to the dough unless it is absolutely necessary to work in the flour. Set the dough back to rise again—temperature at about 86 degrees Fahrenheit, until it has trebled in volume, which will require another hour or two. Then divide the dough into four approximately equal parts, reserving a tiny lump weighing two or three ounces for an "indicator." Shape the sample into a ball and press it into the bottom of a small tumbler with straight sides. The glass should be slightly warmed. Mold the four portions into loaves and place in greased pans which have been slightly warmed. Place the glass containing the "indicator" beside the pans and let all rise, under proper temperature, until the "indicator" shows that it has doubled in volume. Then place the loaves in the oven and bake in a good, steady heat (400 to 425 degrees Fahrenheit) for 45 minutes.

To test the oven: Where no oven thermometer is at hand, a convenient test will be to put a teaspoonful of flour in an earthen dish in the oven. If this flour becomes light brown evenly throughout in 5 minutes' time, the oven is right for bread-baking. If the flour scorches in that time, the oven is too hot.

## THE FUDGE MAKERS



—GARR WILLIAMS—

—Williams in Indianapolis News

## SING TO SETTLE QUARRELS

Eskimos Have Peculiar Manner of Adjusting Their Grievances—Enemy Must Listen.

The Eskimos, who live in the ice-bound, barren Northland, have a way of settling quarrels which seems very strange and amusing to those who live in a land of policemen and courts of justice. There, when quarrels arise, the man who has a grievance writes a song in which he tells the wrongs that have been done him. When this has been composed to his satisfaction, he invites his enemy to come and hear him sing it. This the enemy must do, and he brings with him all his relatives and many of his friends, while the singer also has gathered his friends and relatives for the occasion, which is considered something of a general entertainment by the people of the village in which the men live.

Then, while other men of the village pound madly on huge drums, the song of wrongs is begun. When it is finished, if the audience expresses approval, the singer is considered to have won and to have a just cause of complaint. But if dissatisfaction is expressed, that is considered sufficient punishment. After the song everyone dances and the party breaks up in great good humor.

## Do Big Jobs First.

The more you ponder difficulties the harder they seem. So the thing is to get them off the slate as soon as possible. You get them off by going after them. Just cast up the work of the day. Estimate the toll in each problem. Tackle the hardest one before you are tired. That may not be according to precedent, but it's according to good generalship. As soon as you get that off the list tackle the next thing in importance. Keep the work going and you're bound to win victories over self and the job you face. Soon there won't be any real problems to annoy you. It will just be a matter of attacking things in the best order. You have gone a long way toward mastery when you have learned to do big things first.—Grit.

## Icelanders as Emigrants.

It is claimed for the Icelandic settlers that they have played no small part in the progress and prosperity of the province of Manitoba, Canada, and it is asserted that the story of the foreign population of Winnipeg must necessarily begin with the Icelandic. He has set the pace for all the incoming races. He is the illustration par excellence of how a people of ambition and industry can master difficulties, triumph over prejudice, and attain their desired place in the commercial, the political, the intellectual and social life of a hustling and growing city in a strange land. Outside the city it is not unusual to find Icelanders with farms of 1,000 acres.

## RATTLESNAKE IS SUGAR THIEF

Puts Woman to Flight, Then Devours Sweet Stuff.

Baker, Ore.—An impolite rattlesnake almost spoiled the dainty cake Mrs. W. J. Williams of Homestead, was making. The snake took some sugar out of a jar as Mrs. Williams reached for it. Mrs. Williams almost upset the cake when she saw the rattle, and then started double-quick to find some one to kill it. When she returned with aid the snake had eaten all the sugar and left.

One of the most pitiful things in the world is to see an old woman wearing worn-out finery.

## Giving and Receiving.

You cannot give anything to anyone, you cannot give to any cause. From all this seeming giving you only take from experience the blessing of self-expression. You give only to yourself and in ministering you minister only to yourself. The man who takes from you must in turn give before he actually receives.—Exchange.

## COUNTY PROCTORS CUT DIVORCE RATE

COURT ATTACHES IN KANSAS BRING ABOUT RECONCILIATIONS AND ELIMINATE OUTSIDE CASES

## USUAL NUMBER OF DIVORCE SUITS

But One-Third of Them Never Come to Trial and Are Not Later Heard From.

Topeka, Kan.—During the year there were 17,829 weddings in Kansas, 1329 divorce petitions filed and 987 divorce decrees granted, according to the State Vital Statistics Department records. This would roughly indicate one marriage in 13 a failure at the point of filing suit, but that only one in 18 went to a divorce.

It is not thought that, under present laws governing divorce, the number of outsiders marrying in Kansas and then leaving the State or the number of outsiders making Kansas a residence only for the time necessary to obtain divorce would make much change in these figures.

For comparison, it is stated that the general average of marriage failure for the entire country is one in eight marriages, according to census returns. Credit for this favorable showing in Kansas is generally given to the divorce proctor law.

Until two years ago divorces ran about one to 10 marriages. During that time divorce seekers could come to the State, establish residence and then bring suit—secure service by publication and obtain divorce by default. This was stopped by the Legislature, which provided for a divorce proctor in every county, who was required to investigate every application for a separation.

Figures obtainable, however, do not show just how much the proctor law improved the purely Kansas rate of marriage failure nor to what extent the outside cases affected the percentage either before or after the law's passage. But the operation of the law has tended to clear the situation by eliminating many outside cases and bringing the figures down to real Kansas divorces. The result is generally considered as showing that the marriage failure rate in Kansas always has been considerably lower than the general average for the country.

The proctor law has practically stopped default divorce in the State, particularly of women whose homes were in other states and who used Kansas as a convenience and moved as soon as decrees were granted.

Divorce proctors are given authority to require any evidence they may wish relating to any divorce proceeding, and are often able to bring about a reconciliation. In a year the divorce proctor of Wyandotte County ordered 128 cases dismissed out of 449 applications filed. Some of these 128 were reconciliations, but the majority are declared to have been fraudulent in some respect.

## Cross Children.

Don't be cross with children when they are cross. If they are irritable and pouty leave them alone to their blues or try to divert their attention to some interesting book or game or toy. Get them outdoors to play or to walk. Take them for a ride. The common resort to cross children is in being cross yourself, but this only hurts the children and makes them moody and later despondent.—Exchange.

## BRIDEGROOM IN WIDOW'S 'AD' VENTURE DISAPPEARS

Ohio Woman Says She Gave Colorado Man Several Hundred Dollars Before He Left

Columbus, O.—Mrs. Charles J. Richards, who before her marriage two months ago was Mrs. Charles Smith in much smaller proportions, some vegetables having only a trace, while others, such as peanuts, having more than the best beefsteak.

The bride gave her husband several hundred dollars, she says, obtained through the sale of some of her property. When they had purchased tickets she stood on the observation platform where the group of friends gathered to congratulate both of them. They wanted the bridegroom to appear for his share of the good wishes and were told by the bride that he was in the car. In they crowded to pull him out to the platform. He had disappeared. The bride says that occasionally a letter comes from him, but with no more definite information as to his whereabouts than New York City.

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## JABS BEAST WITH PITCHFORK

Zoo Attendant Attacked by Big Bull Buffalo.

Wichita, Kans.—E. M. Evans, a Riverside Park zoo attendant, was forced to run the tines of a pitchfork into Teddy, the big bull buffalo, when it charged him. The animal threatened his life.

The pain stopped the bull, but made him so ferocious he wouldn't let any keeper get close enough to withdraw the fork. From a treetop he was lassoed and the tines taken out after an hour.

## KEPT SECRET OF MURDER OF GIRL

INDIANA JUSTICE OF THE PEACE NOW CHARGES HIS SON-IN-LAW WITH CRIME

ROBBERY WAS THE MOTIVE

For Sake of His Wife and Daughter He Did Not Explain Josie Gray's Death.

Evansville, Ind.—Unable longer to bear a secret kept for eight years, Benjamin Morris, Justice of the Peace of Pigeon Township, Vanderburg County, has declared, in a statement to newspaper men, that he had knowledge that his son-in-law, Guy Prescott, caused the death of Miss Josie Gray, bookkeeper for a furniture company, in this city, March 16, 1907.

Miss Gray, the daughter of a superannuated Methodist minister, and the support of her aged parents, was attacked as she was putting \$250, the day's receipts, into the company's safe, after working late at night on her books. She was beaten and locked in the vault to suffocate, but was rescued two hours later. She died of her wounds a month afterward, having been unable to speak coherently. Prescott, a packer, who had been alone in the plant with the woman, was arrested, released temporarily, and fled from the city. He has not been found since.

Morris was a Constable at the time of the crime. After Prescott disappeared, his father-in-law was credited with shielding him.

In his statement Morris said that the crime had preyed on his mind and he could stand it no longer. He said he had no knowledge of Prescott's guilt until eight or ten weeks after the man's disappearance, and then the thought of his wife and family seared his lips.

Soon after the crime, Morris declared, his wife came to him and told him her daughter had thrown something into a closet at the Prescott home. The father said he questioned Mrs. Prescott and she answered, "It's the money Guy committed murder for."

"The money is still in the closet. We have never touched it," Morris declared.

His wife and daughter now being dead, Morris said he felt free to denounce his son-in-law from the day he disappeared. "If I knew where he was I would personally pay the expense of bringing him back to stand trial for killing Josie Gray," he said. The crime stirred popular sentiment to a high pitch. Prescott had been in a Sunday school class taught by Miss Gray and was well known to her. He had remained in the furniture plant on the night of the crime to put out the lights and lock the doors, but declared Miss Gray had dismissed him, saying she would lock the place.

The police later declared that Prescott returned to the plant within a few minutes after departing. They asserted he did not reach home until 2 o'clock.

Prescott had been reported in various parts of the world. At one time he was said to have enlisted in the American navy on the Pacific Coast and deserted when his ship reached an Indian port.

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