

Feeding the Family

By ZOLA VINCENT
Food Editor

Hawaiian Pork Chops

Are Mainland Favorites
Plentiful pork chops cost more than other pork cuts as everyone knows. Plenty of canned pineapple. In this recipe you can use either center or end-cut pork chops. Sauce for braising is delectable mixture of pineapple and catsup intriguingly seasoned with soy sauce in the Hawaiian manner. Serve with rice. Four servings.

4 pork chops
1/4 cup vinegar
1/2 cup catsup
1 9-ounce can crushed pineapple
1 tablespoon soy sauce
3 tablespoons brown sugar
1/2 teaspoon salt
2 cups cooked rice

Trim a little fat from edge of pork chops and fry out in a heavy skillet. Remove pieces. Flour chops and brown in the hot fat. Combine remaining ingredients. Spoon fat from skillet and pour catsup mixture over and around chops. Cover and cook over low heat 1 1/4 hours or until very tender. Spoon sauce over chops once or twice during cooking and add a little water as needed. Serve with cooked rice. Four chops, four servings.

Spiced Pot Roast

And Browned Potatoes
Beef and potatoes, many a man's favorite meal! Stick-to-the-ribs stuff to satisfy those growing boys and their father. Give these stand-bys gourmet treatment like this:

Slowly brown a four to five pound bone pot roast of beef in heavy kettle containing one-quarter cup lard or other fat. Combine one tablespoon dry mustard, 1 1/2 tablespoons brown sugar, one tablespoon salt and one-quarter teaspoon pepper and add with one cup sliced onion, one-quarter cup vinegar and one-quarter cup water to meat in kettle. For more flavor toss in some mixed pickling spices. Cover tightly and simmer for 3 1/2 to four hours, adding potatoes and whole young carrots during last 45 minutes of cooking. Remove meat and vegetables to make gravy (another masculine favorite). For each cup liquid add two tablespoons flour mixed with one-half cup cold water. Cook over low heat, stirring constantly until thickened. Delicious meat sliced cold if you're lucky enough to have any left over.

Chicken Mexicali

Hostess Dream Dish
Planning for a dozen people? Taking the main dish to a potluck supper? Here is dish destined to delight all fortunate enough to "have some," certain

to prove a hostess favorite. Starts with a fat hen weighing five or six pounds. Bake in big casserole or two smaller ones. 5 or 6 pound hen, ready-to-cook.

1 clove garlic, sliced
1 teaspoon salt
1 cup diced celery
1 green pepper, chopped
1 onion, chopped
2 tablespoons olive oil
1 No. 2 1/2 can tomatoes
1/2 teaspoon curry powder
1 package noodles (6 or 8 ounces)
1/2 cup chopped blanched almonds

1 cup cooked fresh mushrooms
1 cup ripe olives, sliced
2 cups whole kernel corn
Salt and pepper
1 cup grated cheese (1/4 pound)

Simmer disjointed chicken with three cups water, 1 1/2 teaspoons salt and 1/4 teaspoon pepper until tender, 2 1/2 to three hours. Remove meat from bones and dice. Set broth aside in which to cook noodles. Slice garlic and mash with one teaspoon salt. Then fry garlic, celery, green pepper and olive oil until vegetables softened but not browned.

Add tomatoes and curry and simmer uncovered until thick, about 30 minutes. Meanwhile, cook noodles in the broth. Drain but do not rinse. Combine chicken, tomato mixture, noodles, almonds, mushrooms, olives and corn. Season to taste. Place mixture in casserole about 9x13x2 inches . . . or use two smaller ones. Sprinkle with the cheese. Bake in moderate oven, 325 degrees one to 1 1/2 hours. Makes 12 to 15 servings.

Scalloped Oysters

At their best! Flavor-packed, nutrition-wise Pacific oysters, quickly, easily fixed. For each three generous servings, sprinkle one-fourth cup fine cracker crumbs in buttered eight-inch pie pan. Moisten carefully with one-fourth cup milk. Cover with one dozen fresh medium oysters that have been drained. Repeat these three steps. Sprinkle with one-half cup cracker crumbs; moisten carefully with one-half cup milk. Dot with butter. Bake in moderately hot oven, 375 degrees, 40-45 minutes. Serve immediately.

Menu Planners Find Many Vegetables, Beans, Rice

Unlike other areas of the U.S.A., February is a fine vegetable month in our part of the country where favorable soil and climate along the Pacific Coast makes possible year-round growing of so many vegetables. West-

Net Loss Figured on Farm Support Program

Washington — (U.P.) — The government suffered a net loss of \$229,250,444 on its farm price support programs during the first half of fiscal 1955, it has been announced.

At the end of fiscal 1954 the net loss was \$116,101,694. The Agriculture department said that as of December 31 the Commodity Credit corporation had \$7,171,225,000 tied up in price support commodities. It said the bulk of the investment was on cotton, wheat, tobacco and corn.

ern part of the country produces more than two-fifths of the nation's total tonnage of vegetables; contributes mightily to our good health and to our prosperity.

We've especially abundant supplies of carrots, of lettuce, cabbage, cauliflower, onions, potatoes, winter squash and root vegetables to make meal planning easy.

Dry Beans and Rice. An abundance of substantial, energy-giving dry beans includes pinks, pintos, small reds and large and baby limas. Figure a pound for seven to nine servings. Rice is a nutritious and versatile food; a natural team-mate for fish, poultry, lamb.

Eggs and Poultry. Eggs supplies continue large, providing high quality protein at low cost. Send the children to school and Dad to work with a good egg breakfast under their belts. Enjoy plentiful, low priced turkey now because prospects point to fewer turkeys ahead.

Fish and Shellfish. Halibut landings on our coast are said to have been 10,000,000 pounds greater in 1954 than in 1953. Shrimp is plentiful with prices lower than in recent years. Plenty of frozen haddock, cod, flounder and sole fillets, rockfishes, crabs and oysters. Now is time to stock up on canned tuna when specials are offered.

Fruit Buys. Fresh oranges and grapefruit are abundant, of excellent quality and good flavor. Good values too in canned grapefruit segments, citrus juice concentrates. Avocado peak season.

Daily Shopping Guide. Remember to select daily, foods from each group represented in the Basic Seven Food Groups essential to the buoyant health and well-being of your family.

(1) One or more servings of leafy green and yellow vegetables; (2) One or more servings of citrus fruit, tomatoes or raw cabbage; (3) Two or more servings of potatoes and other vegetables and fruits; (4) Milk, cheese and ice cream, being sure that the children get three to four cups milk; (5) One or two servings meat, poultry, fish, eggs, dried peas or beans; (6) Bread, flour, cereals every day; (7) Butter or fortified margarine daily.



LISTENING TO BUDGET MESSAGE read by Finance Minister Zverev are these top leaders of Soviet Russia. It is first time western photographers are permitted to make such a picture. Front row, from left: L. M. Kaganovich, N. A. Bulganin, N. S. Khrushchev, Premier G. M. Malenkov and K. E. Voroshilov. Rear, from left: Zverev, A. I. Kirichenko, M. A. Suslov, M. Z. Saburov, M. G. Pervukhin, A. I. Mikoyan and V. M. Molotov. (International Soundphoto)

Lone Man Keeps 61-Year-Old Pledge To Meet College Brothers Every 5 Years

New York — (U.P.) — Charles H. Blair lifted a martini glass Wednesday night and downed the pale liquid quietly—all alone.

He set the glass on the bar and studied the lemon peel left in the bottom. He stood a few moments, his eyes on the lemon peel.

Then he went home to bed. He drank alone although he was in the crowded men's bar of the Waldorf-Astoria Hotel, with the conversation and laughter washing heavily around him.

He may have felt a throng of ghostly eyes upon him as he drank, and heard a ghostly echo of young men's voices raised in "Far Above Cayuga's Waters."

He may have. But if he did, he gave no sign of it.

Just Keeping Pledge

Blair, in his 80th year, had kept his 61-year-old pledge of reunion. Twenty-eight Cornell University undergraduates had

vowed in 1894 to meet every five years as long as they lived. Blair alone showed up Wednesday night, precisely at 8 o'clock, as per the signed pledge.

"I didn't mean to live this long," he said before he left.

Thirteen boys in the Psi Upsilon fraternity house at Cornell originally made the pledge, getting the idea from a novel popular in the 90s. The word spread, and soon 28 in all had signed.

They pledged to meet at the Old Waldorf Hotel, gathering first in 1900. And because of the year of the first meeting they called themselves "The 1900 Club." You could get two martinis for a quarter at the Old Waldorf bar that year, Blair recalled, "twice as big as this."

The pledge was unvarying. First a drink at the bar. Then everybody stand and sing the song about their noble alma mater, Far Above Cayuga's Waters, then to table.

Every five years they met, their ranks dwindling as the years passed. They toasted the memory of those who dropped away—and kept on meeting. The Old Waldorf was torn down. They transferred to the new one.

Before his silent toast Wednesday night, Blair said: "They started dying on me. There's nobody left." That was not precisely correct. Only three attended the 1950 meeting. Seven still live. But illness, or extreme distance, kept them from this year's reunion.

Blair skipped dinner. Didn't feel hungry. Before his lone lifted glass, he said: "Fred Fuller, one of our group, once said we'd be sorry we started this thing—you know, because when you get to the last man . . ."

Was he sorry?

Blair downed his toast. "No," he said. "I'm happy. It's been a happy day."

Helicopter Battalion 'Rescues' Airplane

Fort Riley, Kan.—(U.P.)—They called it "routine" for the 71st Helicopter battalion when a Piasecki H-21 Helicopter "rescued" a whole but battered L-19 airplane from a river sandbar.

The L-19 crashed on the sandbar one day and was back in flying commission a little more than 24 hours later, despite the fact it was out of the reach of trucks.

Carl Hanson, a test pilot, and other Piasecki experts attacked the problem. They rigged up a sling. A salvage crew was set down on the sandbar by the helicopter.

The damaged plane was then stripped of some of its loose parts and loaded into the sling. The Piasecki, a twin "beater"

type, did the rest. At Fort Riley's Marshall field Army men said the job was one a helicopter unit are prepared to do as part of their daily routine.

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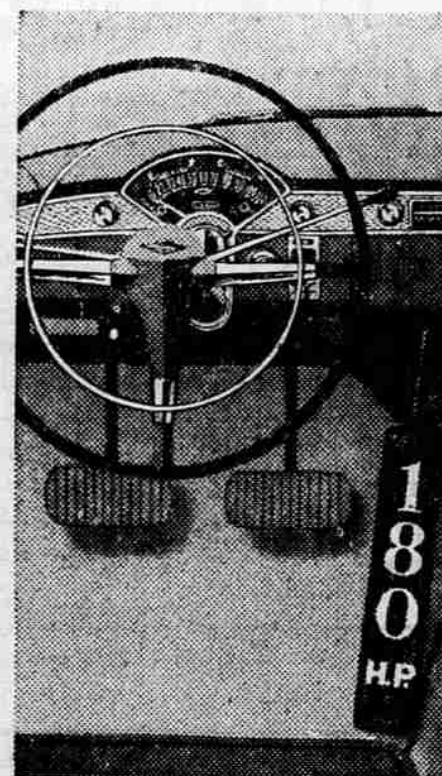
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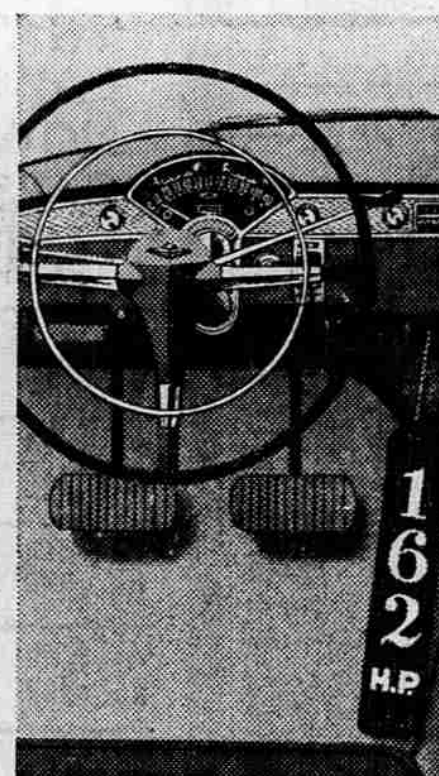
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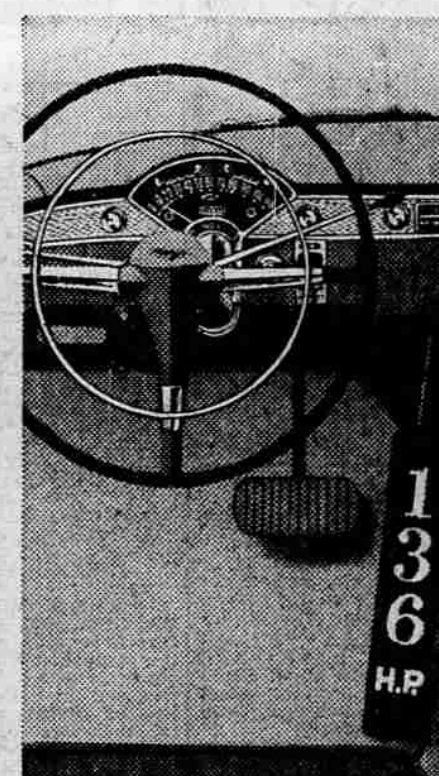
How many "horses" would you like?



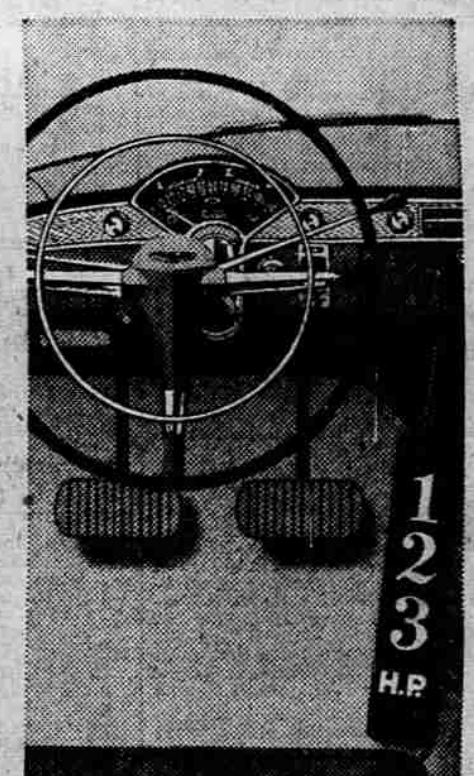
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