

Feeding the Family

By ZOLA VINCENT
Food Editor

Foreign Food Flavors Dependent on Spices

Fifty one weeks out of the year this foods writer features home grown fruits, vegetables, fish and shellfish, dairy products, poultry and other good things that make for good living; products important in the economy of our state.

This week for a change, we're going to talk about foreign cooking by way of helping to celebrate National World Trade Week which is scheduled for May 19 to May 28. We'll also talk a bit about imports and most important, the use of spices to achieve foreign flavor and fragrance.

We no sooner think of foreign flavor and fragrance than we associate ginger with Chinese food, curry with East Indian delicacies, chili powder, oregano and paprika with Spanish and Mexican dishes; nutmeg in Scandinavian meat balls and in Dutch vegetable cookery; poppy seeds and cardamom seeds with European breads, cookies and pastries.

Now back a minute to World Trade Week. This event is proclaimed nationally by the President of the United States, the Secretary of State, and the Secretary of Commerce. It has been celebrated on a national scale since 1935, and is intended to give emphasis to the importance of imports and exports in our everyday living.

Chow Chi, Pan-Fried Chinese Delight

Many of the fine flavored Chinese dishes feature ginger. To be sure, the far easterners use fresh ginger, but since it is not readily available here, we Americans find solace in readily available ground dried ginger. We use it to heighten vegetable flavor, to perk up meats and poultry. In this recipe it is used in combination with bean sprouts, mushrooms and soy sauce. Incidentally all bean sprouts used in Chinese cookery are from soy beans.

- 2 cups cooked chicken strips
- 2 cups cooked pork strips
- 1/3 cup soy sauce
- 3 tablespoons butter or margarine
- 1/2 pound fresh mushrooms
- 1/2 head Chinese cabbage
- 1 canned or fresh bean sprouts
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon ground ginger
- 1 teaspoon cornstarch

Slice chicken and pork in thin strips, one-third to three-eighths inch thick, in Chinese style. Soak in soy sauce 30 to 40 minutes; remove chicken and pork from sauce and set aside, reserving sauce. Melt butter or margarine in a nine-inch skillet. Wash carefully and slice mushrooms. Place mushrooms, chicken and pork in skillet and saute until mushrooms are limp. Add Chinese cabbage; cook until just wilted, about five minutes, stirring often. If canned bean sprouts are used, drain. Add bean sprouts, black pepper and ginger to ingredients in skillet. Blend soy sauce with cornstarch; add to skillet. Heat thoroughly or until sauce is slightly thick. Makes six servings.

Subgum Salad Superb

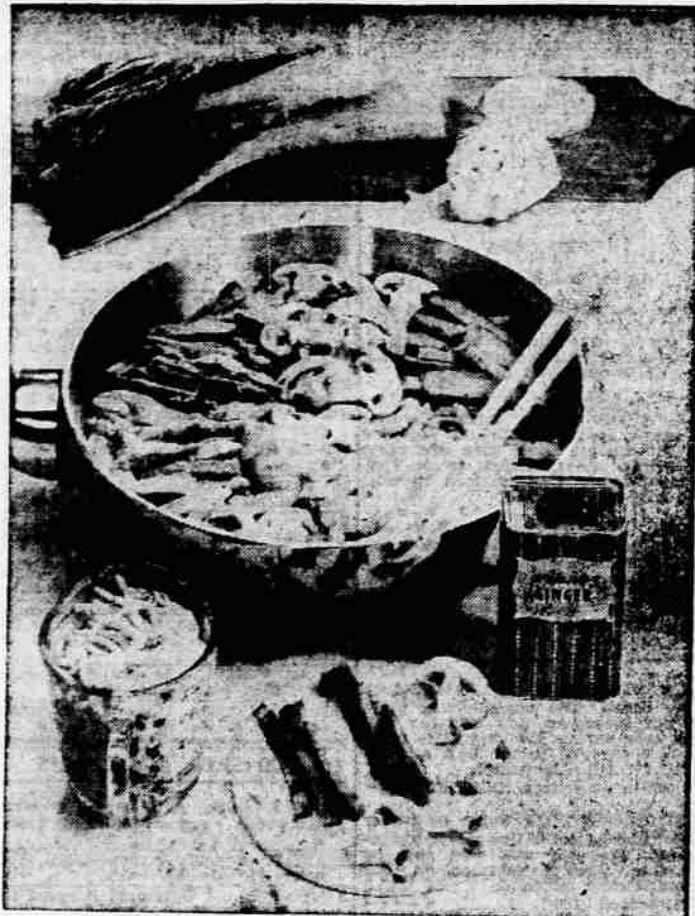
You'll find this combination of watercress, green peppers, lettuce and bean sprouts tossed with a spicy dressing truly superb.

- 1/4 pound watercress
 - 2 large green peppers
 - 1 large head lettuce
 - 1 cup fresh or canned bean sprouts
 - 1/4 pound watercress
 - 2 tablespoons cider vinegar
 - 1/8 teaspoon garlic powder
 - 1/4 teaspoon ground black pepper
 - 1/2 teaspoon sugar
 - 3/4 teaspoon ground ginger
 - 1 teaspoon salt
 - 2 1/2 tablespoons soy sauce
 - 1 tablespoon catsup
 - 1 hard cooked egg, chopped
- With scissors, cut watercress into one-inch lengths. Slice green peppers into very thin slivers. Tear lettuce into eating size bites. If canned sprouts are used, drain; combine with lettuce, watercress and peppers. Combine remaining ingredients; pour over salad and toss lightly. Makes 8 to 10 servings.

Carne Machada Is Beef, Mexican Style

This easy-to-do top round steak relies on chili powder and ground black pepper for its Mexican flavor so favored by west coasters. This makes four servings. If there are men and growing boys around the place, we suggest you double it.

- 1/3 cup flour
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/4 teaspoon ground black pepper



FOREIGN RECIPES—West Coasters know that Chinese cuisine is considered comparable with that of European chefs. Today's food columns include foreign recipes with a flare, starting off with this Chow Chi, pan fried, in celebration of National World Trade Week.

- 1 1/2 pounds top round steak
 - 1/3 cup hot oil
 - Chili sauce (optional)
- Combine flour with seasoning and pound into the steak. Brown on both sides in hot oil. Pour enough water or beef stock over meat to cover. Cook slowly, covered, 20 minutes or until tender. If desired, serve with chili sauce.

Italian Spaghetti Simply Magnificent

A second generation Italian whose husband loves to eat serves this to crowds and receives raves from all eaters.

Tomato Sauce. First, as every one knows, we make a spaghetti sauce. Heat one-fourth cup olive oil in saucepan. Add three-fourths cup chopped onion, seven cups canned tomatoes (two No. 2 1/2 cans), one-half teaspoon ground black pepper, one teaspoon garlic powder, one teaspoon sugar, two teaspoons salt, one-half teaspoon whole crumbled bay leaf. Cover, and simmer over very low heat for two hours; add a six-ounce can tomato paste and continue simmering uncovered for another hour. Correct seasoning with more salt as desired.

Brown one pound of loose freshly ground beef in a little salad oil; add to tomato sauce 20 minutes before end of sauce cooking time. Cook one pound spaghetti as directed on package and place on warm platter. Top with steaming hot tomato and meat sauce. Serve with grated Parmesan or Romano cheese in a side dish for generous spooning over.

Chicken Paprika With Noodles

The Hungarian influence is quickly noted as we make ready to prepare plentiful frying chicken for some solid enjoyment along with buttered noodles sprinkled generously with poppy seeds.

- 3 pound frying chicken, cut up

- 1/2 cup chopped onion
- 1/4 cup butter or other shortening
- 1/2 teaspoon black pepper
- 2 teaspoons salt
- 1 cup hot water
- 1 tablespoon paprika
- 1 cup sour cream
- 8 ounces noodles
- 3 chicken bouillon cubes
- 1 tablespoon poppy seeds, optional

With damp cloth wipe off pieces of frying chicken and set aside. Sauté onions in butter until limp and transparent; remove to plate. Salt and pepper chicken pieces; place in same pan onions were sautéed in and brown on all sides. Replace onions; add water; cover and simmer one hour or until chicken is tender. Stir in paprika 10 minutes before end of chicken cooking time. Remove chicken from pan and add sour cream to pan drippings. Mix well and heat thoroughly, but do not boil.

Cook eight-ounces of noodles in three cups boiling water to which three chicken bouillon cubes have been added. When tender, drain off excess water and add butter and sprinkle with poppy seed. Arrange chicken pieces over cooked noodles on hot platter. Pour sour cream sauce over all or pass separately in gravy boat. Parsley makes an attractive garnish. Makes six servings.

Snap-Up Beans

The Dutch have a way of snapping up the flavor of snap beans (green beans to us) with nutmeg and black pepper. For six servings:

Wash 1 1/2 pounds fresh green beans, trim, cut in one-inch pieces. Cook in one-inch boiling salted water, uncovered for five minutes; cover and continue cooking until just crisp-tender; about 10 minutes. (Note: most people overcook green beans.) Drain and toss lightly with three tablespoons butter or margarine, one-fourth teaspoon ground nutmeg and one-eighth teaspoon black pepper.

School News

HEDRICK JUNIOR HIGH

by Mary Milne

The annual ninth grade assembly under the direction of Jerry McDougall was presented Thursday, May 9, for the Hedrick Student body.

The theme of the assembly was centered around a fortune teller, portrayed by Mikell Thurston, who foretold the future accomplishments of the ninth grade students who took part in the program.

The acts were: octet, Doug Kliever, Larry Lea, Harold Holmes, Harlan White, Jim Lacy, John Lacy, Paul Moore, John Frohnmayer, Marcia Williams; quartet, Jim Lacy, Paul Moore, John Frohnmayer; sextet, Carol Slater, Joy Olson, Karen Morlan, Diane Tomlin, Kay Lee Ruhl, Carol Selby.

Pianist for the three groups was Karen Carpenter.

Pahtomine, Kay Lee Ruhl; Carol Selby; combo (accordion and drums) Bud Farris, Dave Johnson; Calypso combo (trumpet, baritone, clarinet, drums, piano) in order, Jim Lacy, John Lacy, John Frohnmayer, Margaret Medlin, Elaine Jennings, Marcia Williams, and Jean Pietsch; one act play, John Norris, man; Mikell Thurston, fortune teller.

Awards: best legs, Sue Brennan, Henry Olson; prettiest eyes, Karen Morlan, Tom Schuler; best figure and physique, Jeanne Bevis, Gary Whipple; cutest dimples, Kay Lee Ruhl, David Wood; friendliest, Jackie Thompson, George Bemis; funniest walk, Rosemary Eismann, George Landes; biggest flirts, Linda Lowry, Bob Criswell; happiest, Rosemary Rawstern, John Cantrell; cutest couple, Jackie Mee and Mike Reich.

The student directors for the assembly were Karen Carpenter and Jim Lacy. The technicians were Ken Peek and Gary Milne.

The ninth grade students held their annual picnic Thursday, May 9, at 1:30. Three school buses transported them to Twin Plunge in Ashland. They swam, played tennis, and softball. At 4:15 they had a picnic lunch. Almost 100 per cent of the class attended.

Friday, May 10, the eighth grade girls had a play day. The eighth grade girls from Lone Pine school and their teacher, Mrs. Frances K. Henry, were guests. The games consisted of relays, softball, volleyball and prison ball. Refreshments were served.

One of the most active departments at Hedrick and one that represents the school many times and in many places, is the speech department.

This department has had a

busy year. Besides the Linfield Speech Tournament in February, speech students have appeared on the radio about 30 times. They have announced on television and for various school assemblies. They have appeared for many church organizations. In March they presented a speech assembly for the student body. Speech students also formed the nucleus for the ninth grade assembly.

Three student speakers appeared at three service organizations in less than 1 1/2 weeks.

This program is planned to give students speech experience for all types of occasions and also to help develop a logical questioning attitude as well as strong leadership qualities.



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