



FAMILY FAVORITES - Pork's in good supply and on the list of family favorites. Serve it like this, Cantonese style, with pineapple and mushrooms simmered in a sweet-sour sauce with plenty of fluffy rice nearby. The recipe is included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Pork Cantonese Has Sweet-Sour Sauce

West Coast cookery is distinguished from any other area in the United States in that we're the fortunate beneficiaries of oriental influences from the west, and Mexican influences from the south. Today we take plentiful pork and serve it Cantonese style, a Chinese heritage famed here since the Gold Rush days.

The dish can be easily prepared in a skillet on top of the range or in one of the electric skillets. It can be made ahead of time, refrigerated and reheated 15 minutes before serving of you're "a career woman" or have an otherwise busy day scheduled.

Modern cooks rely on unsulphured molasses for a distinctive blending with soy sauce and vinegar to achieve the highly desirable sweet-sour effect which is further enhanced with pineapple. Six serving. Plenty of rice handy.

2 pounds boned pork shoulder, cut in 1-inch pieces
1 can (4-ounce) mushrooms
1 can (14-ounce) pineapple chunks

1/3 cup unsulphured molasses
1 tablespoon soy sauce
1/4 cup vinegar
2 green peppers, cut in strips
2 medium onions, sliced
1 1/2 tablespoons cornstarch

Brown meat in a large skillet. Drain mushrooms and pineapple chunks; combine and measure liquids. Add enough water to measured liquid to make two cups. Add to skillet; bring to a boil. Cover; reduce heat and simmer one hour. Stir in molasses, soy sauce and vinegar. Add mushrooms, pineapple chunks, green pepper and onion. Cook 15 minutes longer. Blend cornstarch with small amount of water; stir into hot mixture. Cook, stirring constantly, until slightly thickened.

Serve hot with plenty of hot fluffy rice.

Fun to Fry Vegetables

For a vegetable change, fry the vegetables. Many seasonal vegetables lend themselves attractively to this distinctive way of cooking.

Sliced onion rings, dipped in milk then in flour that has been salted and peppered are delicious when fat fried in vegetable oil or shortening.

Cooked cauliflowerettes, carrots or string beans may be

dipped in batter and deep fried.

Eggplant cut into one-half inch strips, dipped in egg and crumb mixture may be either deep or shallow fried with happy results.

Sliced green or ripe tomatoes may be dipped in egg and crumb mixture and sautéed for garnishing meat, fish or poultry, or for serving as a vegetable.

Bake Fish Sticks

Variety is one of the keys to successful meal planning. Bake any favored fish steaks, sprinkle generously with parsley and serve with lemon wedges.

Cut two pounds fish steaks into serving size portions and place on a shallow, well-greased baking pan. Combine two tablespoons lemon juice, two teaspoons melted onion, one-fourth cup melted butter or margarine, salt and pepper and pour over fish. Bake in moderate, 350 degree, oven for 25 to 30 minutes or until fish flakes easily. Serve immediately on hot platter. Six servings.

Potato Ears Party Staff

Yes, potato ears - that's what U.S. Department of Agriculture calls them. We recognize them as resembling famed Pomme Souffle featured in elegant French restaurants.

Slice potatoes one-eighth inch thick, place in salted water (the restaurants use ice-cold water) for about an hour and drain, pressing out excess moisture. Submerge quickly in boiling water, then into preheated deep fat. The slices will bounce around in the hot fat and puff up doubling or trebling their original size.

For party specialty, add vegetable coloring to the water in which the potatoes are soaked. Several bowls with different colors adds to the interest. Be sure to turn the potato slices frequently so each slice will be uniformly colored, then proceed as above.

Teen-agers think these nibbles are great; will eat them by the bushel (almost).

Melt four tablespoons butter or margarine in large skillet. Add three-quarters teaspoon curry powder, one-quarter celery seed, one-half teaspoon onion salt and mix well. Add three cups junior size shredded wheat, stirring gently until cereal is well coated with butter mixture.

Continue to cook, stirring occasionally, until cereal is a golden brown. Drain on paper toweling. Offer them by the bowlful to all comers or serve with soup.

Slices of big, mild, sweet onions add zest to hot and cold sandwiches. Onion rings are attractive and add texture and interest to salad greens. For a very good salad, try grapefruit sections, raw onion rings and crisp lettuce with a favored French or sour cream dressing.

Dates and Nuts Go Into Crumble Torte

California dates are plentiful and make fine eating out-of-hand or in recipes like this one which combines dates and walnuts in a crumble for serving in stemmed glasses or other fancy dishes with whipped cream.

2 eggs, separated
1 cup sugar
1 cup coarsely cut dates
1 cup finely chopped nut meats
1 tablespoon all-purpose flour
1 teaspoon baking powder
Beat egg yolks until frothy. Pour in sugar gradually, continuing to beat until well mixed. Add dates, nut meats, flour and baking powder. Stir until ingredients are moistened. Fold in stiffly beaten egg whites until mixture is blended.

Pour batter into greased 9-inch square pan. Bake in hot oven, 425 degrees, for 15 minutes. Let stand until cold. Crumble torte into stemmed glasses or fancy dishes. Top

195,767 Books Loaned by Library

In the year just past, the Jackson County library lent 195,767 volumes to its borrowers.

In spite of the fact that the library operated through one less community branch outlet during the latter half of the year, and that the Medford Public Library headquarters were closed for two weeks in September during remodeling, the total circulation of the library showed a gain of 1,668 in 1958 over that of calendar year 1957.

Circulation at the headquarters library totaled 160,206 for the year, a gain of 9,786 over the 1957 figure of 150,420. The largest daily circulation was 1,106.

There is further evidence that more and more people are turning to books for recreation and information, according to Library Director Helen Webster, in the fact that 3,693 new readers registered as borrowers.

The number of visitors using the reading rooms was 44,401. Reference questions answered were 1,397 and 298 books were borrowed for readers from other libraries.

Of the 4,451 volumes added to the library, 928 were donated and 3,523 purchased. The number of books repaired in the library was 5,256, and the number commercially rebound was 744.

Visits of 24 classes to the library brought 432 students for instruction in the use of the library.

LIMITED PARKING

Middlefield, Ohio - UPB - Because this village is made up predominantly of Amish people who shun such modern contraptions as cars, this sign has been installed outside a market: "Free Parking for Horses Only."

with sweetened whipped cream. Five servings.

Spiced Purple Plums

Canned purple plums not only add variety and flavor to meals but are economical to serve. Here we spice them as a delicious and colorful meat accompaniment.

Drain one No. 2 1/2 can purple plums and set aside. In saucepan combine syrup from plums with three-quarter cup brown sugar, one-quarter cup white sugar, two tablespoons whole cloves, two tablespoons white corn syrup, one small stick cinnamon and one-third cider vinegar. Bring mixture to a boil.

Remove from heat and strain out spices. Pour hot syrup back over drained canned plums. Let stand several hours or overnight.

Dessert Cheese

The cheese dessert tray usually features fingers or cubes of nippy cheddar cheese, thin slices of Swiss, wedges or cubes of tangy blue cheese, triangles of Camembert, scarlet-coated half moons made by slicing down through a Gouda. Fruit assortment and crackers usually accompany the cheese assortment.



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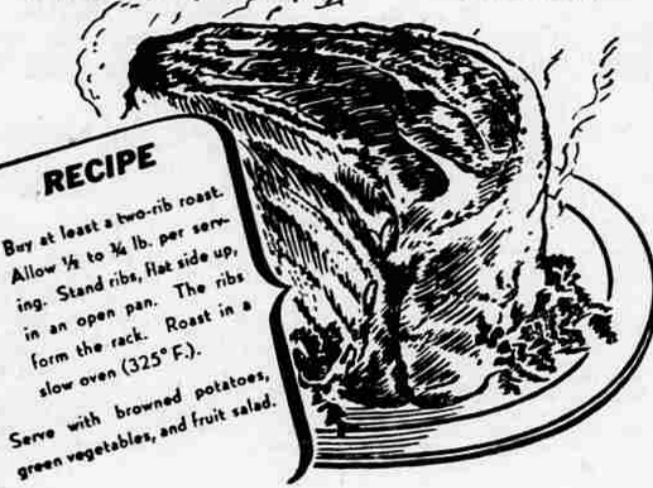


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