

Feeding the Family

By ZOLA VINCENT
Food Editor

Monterey Chicken Has Sherry Sauce

Here's a stewing chicken recipe, Monterey Chicken, with a sauce that is praise worthy. Guests will be asking you to share this recipe. Family will ask for repeats. California Sherry, amber colored with nutty flavored, gives the sauce its delightful flavor. Serve this with rice for six generous servings.

- 1 good size stewing chicken
- 2 cups canned tomatoes
- 2 cups California Sherry
- 1 minced onion
- 2 teaspoons salt
- Bit of bay leaf
- 1 tablespoon fresh lemon juice
- 1 teaspoon chili powder
- 1 cup ripe olives
- 3 tablespoons flour
- 1/2 cup cold water

Hot cooked rice
Have stewing chicken cut into serving pieces. Add tomatoes, sherry, onion, salt, bay leaf, lemon juice and chili powder and heat to boiling. Cover and cook slowly until tender and that means two to three hours. Remove chicken from liquid and cool sufficiently to handle.

Meanwhile, cut olives in large pieces. Remove skin and bones from chicken and cut meat in bite-size pieces. Return meat to cooking liquid; add olives and reheat to boiling. Mix flour to smooth paste with cold water; stir into boiling chicken and cook, stirring until thickened. Serve over hot cooked rice.

Party Stuff

For an attractive party centerpiece, arrange colorful dried fruits with almonds and other nuts in a pottery or wooden bowl and tuck in small sprays of autumn leaves or shrubbery from the yard. After the party, suggest that the fruits and nuts are for nibbling out-of-hand. Next day, cook any leftovers with clover-studded lemon slices for a mixed fruit compote for a family treat.

Shrimp and Rice for Eight Hungry People

Plan this for a party or know that the family will relish every bite especially if there's a growing boy or two around the place. Use fresh, frozen or canned shrimp just so it's cooked; rely on instant minced onion which is now a household staple for subtle seasoning. Eight servings.

- 3 cups water
- 2 chicken bouillon cubes
- 1 1/2 cups rice
- 1 teaspoon salt
- 2 tablespoons instant minced onion
- 2 tablespoons water
- 1/2 cup butter or margarine
- 1/4 cup fresh mushrooms or 4 ounce can stems and pieces
- 1/2 cup finely chopped green pepper

1 pound cooked shrimp
2 tablespoons finely chopped parsley
Heat water to boiling; add bouillon cubes, rice and salt. Cover, turn heat low and simmer until rice is tender and all of liquid is absorbed. Takes about 20 minutes. Combine instant minced onion with water; let stand a few minutes. Melt butter in a skillet; turn heat low and add onion, mushrooms and green pepper.

Cook, stirring frequently, for about five minutes or until vegetables are tender. Add shrimp and heat a minute or two. Add rice and parsley; toss lightly with a fork until rice is buttery and mixture is hot.

Fruited Pork Chops
There's a fine crop of pork as everyone knows - and a fine crop of dried fruits so what more natural than putting the two together in this superlative pork specialty. For each four servings:

Brown four pork chops on both sides in a skillet. Add one cup dried apricots and one cup dried prunes. Combine one cup orange juice, one - fourth teaspoon curry

powder (optional), two tablespoons sugar and one teaspoon salt. Pour over chops; cover and cook over low heat for about one hour. Or bake in moderate, 350 degree, oven. Keep enough moisture to prevent over browning and to provide enough sauce for covering meat when finished.

Pitch on Pork Continues

Meat counters feature pork because there's a very big pig crop. Local markets offer only high grade pork so we needn't tell you how to select it. Tenderness is not a problem when buying pork since most of it comes from young (six to eight months old) animals. However, the label on pre-packaged pork and pork products contains valuable information and should be carefully noted. It gives name of the cut, price per pound, total cost and total weight. Servings per pound vary widely among pork cuts.

Much Bone. When buying spareribs, pigs' feet and neck bones, figure one to two servings per pound.

Medium Bone. When buying loin roast, chops, hams, picnics, Boston butts, figure on two to three servings per pound.

Little Bone. When buying ham slices, skinless, shankless ham, figure on three to four servings per pound.

Boneless Pork. When buying liver, cottage rolls, cutlets and boneless hams, figure on four to five servings per pound; five to six servings from pound of bacon.

Poultry and Eggs

Poultry continues in limelight. There are budget buys in turkeys, stewing chickens, broilers, fryers. Egg prices are low for the season.

Enjoy western bounty of fresh, frozen and canned fish and shellfish more often. Among wide variety at reasonable cost are fish sticks, flounder, halibut, rockfish, sablefish, salmon, sea bass, shrimp and spiny lobsters. Plenty of bargain priced tuna and sardines packed in various sauces.

Produce Offerings
Excellent quality in oranges, grapefruit, many apple and grape varieties. Fewer Bartlett pears but avocados increasing as biggest crop on record gets rolling. Persimmons and pomegranates invite enjoyment. Lots of cabbage, cauliflower, celery, cucumbers, lettuce, romaine, tomatoes. Sweet potatoes, yams and squash are fine accompaniments for plentiful pork and poultry.

Traffic Convictions Set All-Time Mark

Salem -UPI- A new all-time high in traffic violation convictions reported to the Motor Vehicle department was recorded in October when 16,987 convictions were tallied. The previous high was in March of this year when 16,530 convictions were reported.

The October figure this year was about 13 per cent above convictions reported in that month a year ago.

The report showed that 217 drivers had licenses suspended after convictions of driving while intoxicated.

Grange News

LAKE CREEK GRANGE
Lake Creek Grange members are reminded that Grange meets today. Officers for the year will be elected. Members are reminded to send their assessment for the hall roof to the secretary.

A dance will be held at the hall Saturday, Nov. 14. Alexander's Hawaiian group will furnish music. Everyone is invited to attend. The dance held a week ago was considered successful.

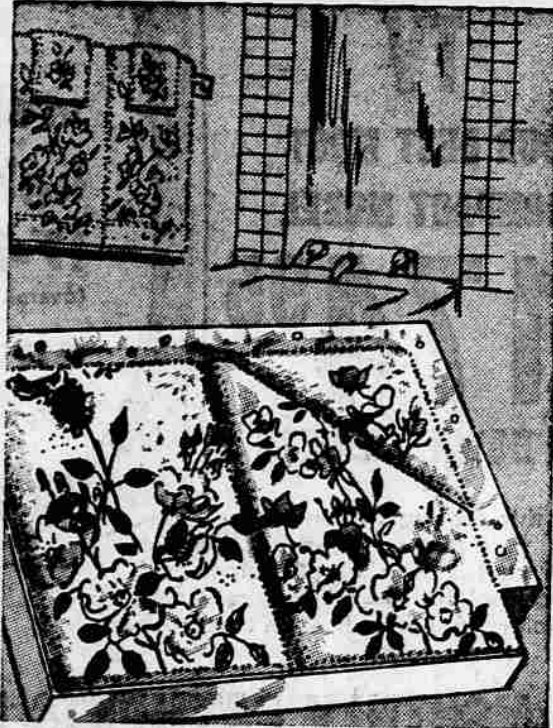
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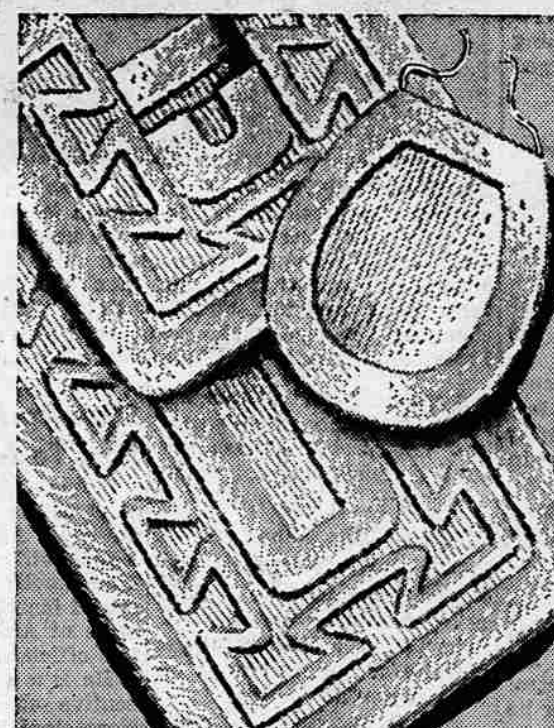


New Shawl Collars on BULKY-KNIT WORSTEDS

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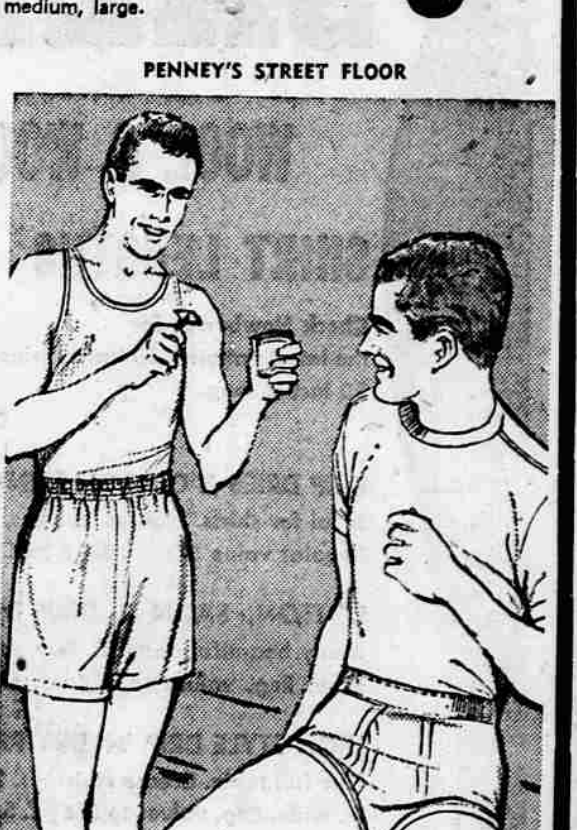
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