

Feeding the Family

By ZOLA VINCENT
Food Editor

Flavor Pork Chops With Caraway Seed

If you're not already acquainted with caraway seed or think that it comes only in rye bread, pick up a jar at the spice and herb counter and try it in ways like this. Good, too, in gravies, in cornbread, with braised liver and in cole slaw. Pork chops are reasonable in cost. For four double loin chops with pockets or eight regular pork chops, proceed like this:

- 4 double or 8 regular pork chops
- ¼ cup minced onion or 2 tablespoons onion flakes
- 2 tablespoons butter
- ¼ cup finely diced mushrooms (canned or fresh)
- 1 tablespoon dried parsley flakes
- ½ cup toasted bread crumbs
- 1 egg, beaten
- Salt and pepper
- ¼ teaspoon powdered thyme
- ½ teaspoon caraway seeds

Saute onion in butter; add mushrooms, parsley and bread crumbs and blend well. Beat egg and add remaining ingredients. Combine all. Stuff into pockets of large pork chops or sandwich between single chops. Fasten edges of pockets with toothpicks or small skewers and lace closed with string.

Brown chops on each side in buttered frying pan. Add three tablespoons water. Cover pan and simmer gently until chops are tender; about an hour. Gravy may be made from juices in pan.

Finger Foods Help Small Fry Lean To Eat

Specialists in child care advise giving plenty of "finger food" to toddlers just learning to feed themselves. Long strips of cooked vegetables, peas and lima beans can be picked up with the fingers if a spoon or fork taxes the child's patience.

For safety sake, little hands should be well scrubbed before each feeding session - but this is true of all children and all mealtimes.

Round Dogs Can Go German or Hawaiian

Someone discovered that hotdogs would curl up into a donut shape when cut cross-wise almost (but not quite) through at half-inch intervals and fried in one-half inch hot fat until lightly browned.

Then came other ideas like these two. Place round hotdog on buttered and toasted hamburger buns and fill center with heaping tablespoons of heated sauerkraut. Now top with one teaspoon salad dressing and one-half teaspoon prepared mustard. Put bun top on and serve as usual. For Round Dog Hawaiian: use warm crushed pineapple instead of sauerkraut.

Green Beans on Toast

With Golden Cheese Sauce

Green beans, whole, long and slender, fresh, frozen or canned are delicious when cooked or heated; arranged in "bundles" on toast points and served with Golden Cheese Sauce. If you cook fresh green beans, keep them crisp-tender by cooking only 15 to 18 minutes. You've already guessed that this cheese sauce is also ideal for asparagus and broccoli.

- ¼ cup (½ stick) butter
- 2 tablespoons flour
- 1 cup milk
- 3 egg yolks, beaten lightly
- 2 tablespoons fresh lemon juice
- ¾ cup grated sharp Cheddar cheese
- ½ teaspoon ground black pepper
- Salt
- Toast slices

Melt butter in saucepan. Remove from heat and stir in flour. Gradually blend in milk. Cook over low heat until slightly thickened. Combine egg and lemon juice and mix with the sauce. Heat one minute. Stir in cheese, salt and pepper. Continue cooking over very low heat until cheese is melted.

West Coast Foods Make Planning Easy

Whether we realize it or not, the chances are that several items on the family's table tonight came halfway around the world to get there, others came from nearby acreage but are shared with families in far places. All combine to make menu planning easier; results better. U.S. Department of Agriculture's Economic Research Service tells us that over a fourth of all imports to this country are agricultural products. This is World Trade Week, as you've probably noticed.

As you'll quickly guess, coffee is our biggest import with vast quantities of it coming into our San Francisco ports for roasting, packaging

'Red Lantern' File Enables Banker To Spot Bogus Checks

New York - Albert F. Texido has 38 years experience working in a bank, a growing number of things to keep track of, and a file full of "red lanterns."

The lanterns don't cast much light - except on how people try to spend money that isn't theirs.

Texido is in charge of a 12-member staff of one of the nation's largest banks, the Chase Manhattan, which spends its entire time keeping a check on checks for forgeries.

Telltale Signs

The "red lanterns" on which he keeps a file are those telltale signs which betray a bad check. The bad check passer, as most readers of detective fiction will remember, is known as a paper hanger.

of beef and lamb, cottage cheese, milk and other dairy products. A new milk half-whey between nonfat and whole milk is now available. This "2 per cent milk" or "2-10 milk" as it is likely to be called, is low-fat with added milk solids.

As the number of check users increases, Texido said, so has the number of bad checks. The number of checks is growing daily and Texido and his staff may look at 75,000 to 100,000 a day. Each staff member is permanently assigned to the checks of specified companies, organizations and individuals, and may scan from 6,400 to 8,300 checks a man.

This is no "mechanical eye" or "automatic brain" process. "A red lantern," explains Texido, "is anything that makes a check look fishy." This may be a swirl that does not "track" in a signature; a blurred or obscure facsimile signature; a check out of sequence; a type of paper. A red lantern turns up and the check goes back to a bank officer who gets in touch with the person holding the account against which the check is drawn.

Come in Bundles

Checks come in bundles from the incoming clearance department of the bank; signatures are compared with specimens kept in big rotary files next to the desks. When

Pickin' Pears

News and Notes From Camp White

By WALTER TOWNSEND

Totem Poles at the art exhibit of the Senior Activity center recently at 601 East Jackson st., were a Sacred Owl, a Frogman, and a "Misfit" of the Alaskan Indians, created by Bernice Janowsky.

Her statues, Rebecca at the Well, and Northwest Mounted Policeman, aroused interest among the adults. But Jan Fuller, 7, looked in wonder at the Totem Poles and liked them best, she said.

Mrs. Janowsky, who stood near her display, said her father and grandfather came

across the plains in a covered wagon. She does not claim to be a pioneer, nor does she belong to the Pioneer Society, yet her father's mother was Daniel Boone's sister.

People who stopped to view her work found her interesting to converse with. Some wanted to know how she came to take up art as a hobby?

"I'm a widow," she said, "and I live in an immense big house in Jacksonville - and I found that making these statues gave me joy and relaxation."

A new face among chaplains who have officiated at White City, substituted for Chaplain Eskay recently and he was called upon to meet an emergency in conducting the memorial service for Mr. Herzog. He did not know the late director of the domiciliary and in his eulogy depended upon facts gleaned from the record.

But like journalism, theology can at times be best expressed by one who views the scene for the first time. He chose as his text the scriptural passage relating to the steward who can be steward no longer.

Father Brendan Shea, who filled in on this difficult assignment made a favorable

impression upon those with whom he came in contact. He is a westerner, well educated and experienced in the ways of life. Like the esteemed postmaster of White City, Art Scarseth, he comes from Montana.

Premedical Course

He was born in Butte and received his early education there. He went to Carroll college, Helena, where he took a premedical course, intending to become an M.D.

He chose theology instead, and after attending St. Edwards Seminary at Kenmar, Wash., and Mt. Angel, taught theology there for 14 years.

Father Shea now teaches at the parochial school in St. Agatha's parish in southeast Portland, and is principal of the high school group there. He is a Latin scholar as well as a scientist, giving courses also in biochemistry.

He was a substitute chaplain at one time at Mountain Home, Idaho, Air Base, and

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Swan Island Navy Base. He knew Chaplain Frazee before coming here, having met him at the VA hospital at Boise.

On leaving, he left word that he expects to be back again.

About 5,000 unpaid volunteers give data daily to the weather bureau.

TOUCHES POWER LINE

Knoxville, Tenn. - Harry Ambrose, engineering professor at the University of Tennessee, was electrocuted and his two sons burned Sunday when an irrigation pipe they were moving in their backyard touched a power line.

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