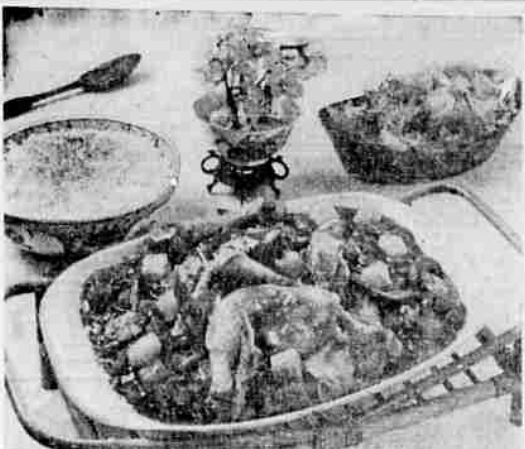




CHICKEN ORIENTAL - For our Round-the-World Roundup of famed recipes using abundant, versatile chicken, we chose to picture this Chicken Oriental. Chinese chefs magically provide color, flavor and texture contrasts in one superb dish to be served with hot cooked rice. Many imaginative ways with chicken are included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Round-the-World Recipes

Includes Epicurean Chicken

In response to popular demand, these columns resume their "Round-the-World Recipe of the Week." Members of the family increasingly think internationally — enjoy eating internationally. Dishes inspired by other countries and folkways cause animated conversation for the family — are certain to succeed at luncheon and dinner parties.

New population heated our way represent families with food heritages of many other countries. More west coasters are traveling the world over. They take with them notions gleaned at home and bring back memories of good eating in many places.

Columnist Art Ryan recently noted that 10 Japanese appear for dinner every time a certain Los Angeles restaurant features Swedish food. Reason? The Japanese were born in Sweden, live in America, enjoy Kalappa Med Pills.

Chicken Oriental

Is Prized Dish

Like other nations, the Chinese consider chicken a prized delicacy; have worked out many ways of presenting it imaginatively. There are many secrets of success in Chinese cooking. They were first to discover value of monosodium glutamate (most of this produced in our country is called Accent) for developing fuller natural flavor in chicken. They cook food, particularly vegetables in absolute minimum of time.

The Chinese understand the importance of contrast. In this Cantonese chicken, the yellow pineapple gets off the dark green pepper slices. The crispness of pepper and water chestnuts contrasts with texture of mushrooms. Pineapple lends sweetness; pepper adds touch of sharpness; mushrooms and water chestnuts add crunch.

Ingredients

- 1 broiler-type chicken, cut in serving pieces
- 2 tablespoons oil
- 1 cup butter or margarine
- 1 can (8 oz.) pineapple chunks
- 1 medium onion, sliced
- 2 medium carrots, sliced
- 2 medium mushrooms, sliced
- 2 medium green peppers, cut in strips
- 2 medium water chestnuts, sliced
- 2 cups hot cooked rice

Spent chicken with Accent. Brown chicken pieces on all sides in butter in skillet. Drain mushrooms and pineapple chunks; combine and measure liquids. Add enough water to measure liquid to make one cup. Add to skillet; bring to a boil. Cover; reduce heat and simmer 30 minutes. Stir in sugar, 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 until slightly thickened. Serve with hot cooked rice.

Memo: If desired, one five-ounce can water chestnuts, drained, may be added after chicken has simmered 30 minutes.

Tasty Turky Turn Pie

This turkey turn pie is not only sticks to the ribs but it looks very attractive when turned out because it is then topped with decorative lemon slices. There's an abundance of canned tuna salad high in local super market value at surprisingly small cost. You'll also need a biscuit mix for this. Double it for eight servings. If there are more in the family, double two batches.

- 1 broiler
- 1 1/2 cups tomato catsup
- 1 1/2 cups onion minced onion
- 1 cup bread crumbs
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 cup green pepper
- 1/2 cup green onion
- 1/2 cup green bean
- 1/2 cup green pea
- 1/2 cup green lentil
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This dish, too, is prepared according to the recipe on the back of the can. One can of tuna salad is enough for eight servings. If there are more in the family, double two batches.

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Small Worlds Around Us

By Lynn W. Watkins
Register & Tribune Syndicate, 1963

Seems Impossible, But Skin Increases Porpoise's Speed

It is difficult to believe that the skin of an animal can increase its speed through water, but such a condition exists. We know that two solid objects cannot occupy the same space at the same time. Recognizing this, we must admit that an object in water or air, while at rest or in motion, is displacing the air or the water accordingly, and in direct proportion to its own bulk.

The object, if in motion, is meeting resistance, more resistance in water than in air. The denser the medium through which it moves, the more power it takes to keep it in motion. It takes more thrust to move a boat than an automobile, so engineers have sought to find the most efficient shape for a ship, a torpedo or any object which must be propelled through the water with the least amount of power.

Streamlining was supposed to be the answer, a teardrop design, something on the shape of a fish. So man designed a boat with a sharp prow; he pointed the nose of the submarine, brought a torpedo to a sharp point. He thought he had it, but he didn't. It still took tremendous power. Then someone made an observation that should have been made before. They clocked the incredible speed of a porpoise.

The powerful ship with whirling propellers thrashing the water to a froth, and engine roaring, accompanied with thunderous noise and at the expense of great amounts of fuel, was easily overtaken and passed by a porpoise. The animal made no noise, no commotion in the water and apparently no effort. But it could not only overtake the ship but just about twice as fast.

Applying the principle of animal muscle, in proportion to weight, any engineer could readily ascertain the fact that the porpoise was either generating more power and meeting less water resistance than recognized knowledge of muscle power would indicate, or the animal was in the position of the point of water resistance not fully understood by marine engineers. Seemed impossible.

Just where did this animal get all this thrust? It didn't seem possible a body of such weight and size could be driven through water so easily, easier than the animal's muscular equipment would seem to indicate. There was more here than met the eye.

Sure, the engineers agreed, the shape of the porpoise was good, but there just had to be something else, something which less obvious than body design, streamlining or body shape.

If the taken time but some of the secret has been discovered. The animal displaces water and moves through it easily and with great speed and expends very little effort because of its skin.

By simulating the skin of the porpoise in rubber, and imitating the movement of water, the engineers found the "outside covering" of this warm-blooded, intelligent animal, man may be able to cover the outside of a ship, a torpedo or even the inside of a pipe that is designed to carry a liquid or a gas, and make it more effective.

This material, still pretty crude in comparison with the live porpoise skin, shows promise of great importance. When we finally perfect an imitation skin, as near as possible to that of the porpoise, we will take all the credit for a wonderful invention — even looking completely the fact that the porpoise has had the secret for millions of years.

Body Discovers at

Deposits Key Identifies

Newport — A body found on the beach near Depoe Bay Monday afternoon was identified today as that of a man who was killed in a boating accident.

The body, which was found floating in the water, was identified by a local doctor who said it was that of a man who was killed in a boating accident.

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