



THE ART AND SECRETS of Chinese cookery are easily mastered when you use packaged Oriental dinners. Chop suey, chow mein, egg foo yong and many other delicious Chinese dishes can be quickly prepared from your grocer's shelves. They offer a welcome departure from the everyday menu. This special display was an early May feature at Carter's Fine Foods, 1420 Esplanade. The umbrellas are down now, as they will serve a second tour of duty as decorations for a coming country club dance.

OMELET IN THAILAND SERVED ON HOT RICE

Far away lands of the Far East do not seem so strange to us after we enjoy some of the dishes which are frequently eaten there. This particular main dish often eaten in Thailand, is made with familiar and always available foods — but the foods are put together in an unusual way to make one of the most sumptuous main dishes you have ever tried.

OMELET WITH SAUCE

- 1 tablespoon butter or margarine
- 1 lb. fresh lean pork, coarsely chopped
- 2 medium sized tomatoes, quartered and each quarter sliced thin.
- 2 medium sized onions, coarsely chopped.
- 1 small head cauliflower cut into tiny flowerets
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 3 tablespoons soy sauce
- 1/2 cup water
- 3 cups hot cooked rice

For the sauce, melt the butter or margarine in a large sauce pan or soup kettle. Brown (not too brown) the meat in the butter or margarine. Add the tomatoes, onion, cauliflower, salt, pepper, soy sauce and water. Cover and cook until the cauliflower is tender but not overcooked. If tomatoes are not very juicy, it may be necessary to add some additional water.

- Ingredients for the omelet:
- 1 tablespoon butter or margarine
 - 1/2 lb. fresh lean pork, coarsely chopped
 - 1 medium sized onion
 - 2 medium sized tomatoes
 - 6 eggs
 - 1/2 teaspoon salt
- Melt butter or margarine in a small skillet or saucepan. Add the fresh lean pork and the onion and cook until the meat browns slightly. Add the tomatoes and cover and cook slowly until the meat is tender.

CLEAN PETS

Cleanliness in one of the most important things to remember about pets. Food and water bowls should be washed in hot soapy water once a day. Slip a rubber mat under food dishes on the floor to catch spills; then wash it with a stiff-bristled brush dipped into soapsuds. Provide your pets with sleeping cushions that have washable stuffing or use washable sleeping blankets. Select pet collars that are washable and then wash them often. This prevents odors caused by contact with the animal skin secretions that serve as waterproofing for your pet.

upstairs and downstairs In Milady's Kitchen
FLORENCE JENKINS, Editor
Herald and News



KOREAN RICE AND VEGETABLES is a dish that is eaten traditionally with chopsticks, so the vegetables are cut into small pieces, shredded or rolled into small balls. However, if you've mislaid your chopsticks, you can enjoy it just as much with the usual American table silver. Recipe and picture comes from Rice Consumer Service.

Pi-bium-pahb Made In Your Own Kitchen

- 3 tablespoons prepared sesame seed
- 4 teaspoons butter or margarine
- 1 tablespoon butter or margarine
- 1/2 pound ground beef
- 1/2 cup green onion, chopped
- 1/2 cloves of garlic, minced
- Dash of pepper
- 3 tablespoons soy sauce
- 2 cups bean sprouts
- 1 cup shredded celery
- 1 cup shredded unpeeled cucumber
- 1/4 cup water
- 1 cup shredded carrot
- 3 cups hot cooked rice
- 1 pear shredded

dish in a hot oven until the carrots are cooked. Add the rice to the beef and bean sprout mixture. Mix lightly. Serve now in bowls or on plates or on a platter. Decorate the top with the celery, cucumber, carrot and the pear. This recipe makes eight servings.

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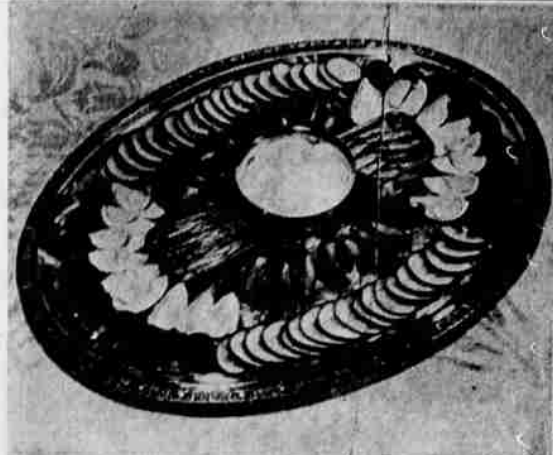
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MAKE YOUR OWN SALAD. Entertaining can be fun if you serve your guests the makings and let them build their own salads. A handsome platter fairly groaning with attractively arranged salad ingredients makes an inviting buffet that will surely delight your guests. The one shown here holds a wide variety of tempting salad ingredients arranged on a bed of finely chopped lettuce. Two (3-1/4-ounce) cans of Norway sardines flank the bowl of mayonnaise in the center of the platter. Cucumber circles, quartered hard-cooked eggs, quartered tomatoes, whole cooked beets make a nice color combination with parsley sprigs for decoration.

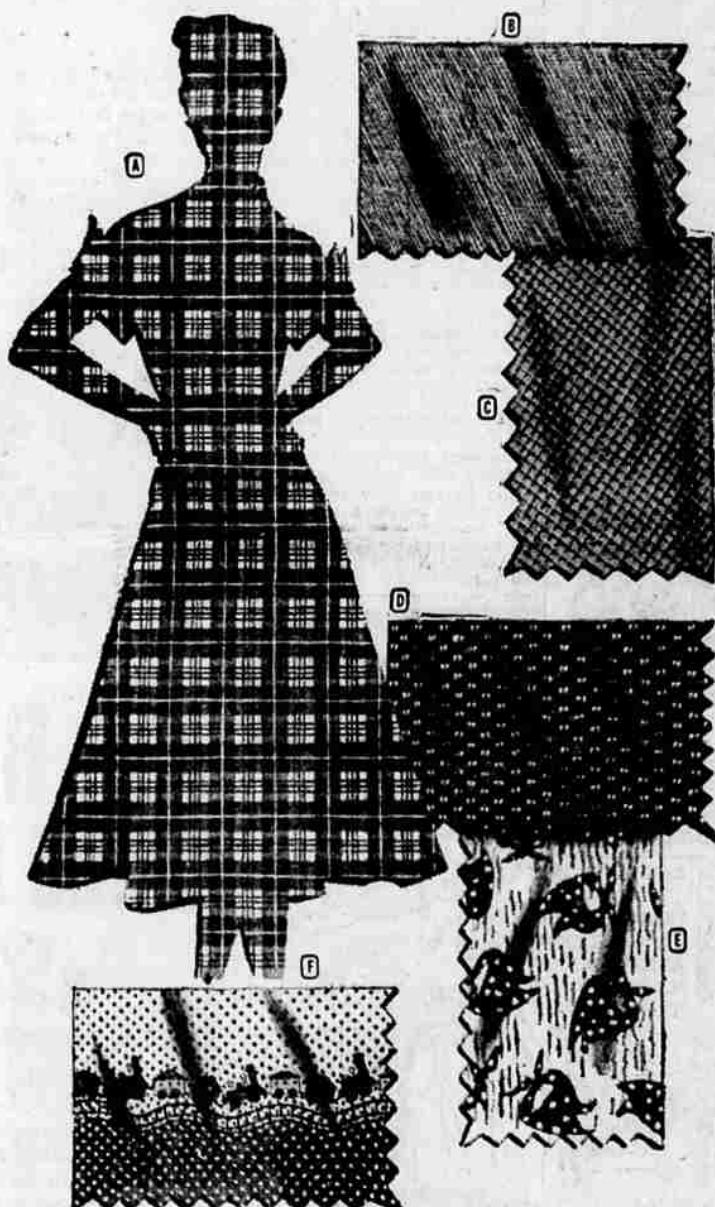
STORE BLANKETS SAFELY

Protect your blankets from their traditional summer enemies moisture, moths and mildew—when you put them away this year. Wash and dry them thoroughly or have them washed. When they are dried and sunned, put them away in a tightly closed storage container. Some of the most convenient are those made of vinyl plastic with zipper closings.

SHOE SOX

To assure suitcase cleanliness, always pack your shoes in cotton drawstring "mittens" or with old stockings. These will keep shoes from soiling your clothes, dark shoes from discoloring light ones, or suede from getting scuffed.

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KEEP COOL IN COTTONS—IT'S NATIONAL COTTON WEEK

PICNIC MEATS
The most exciting eating consists of foods cooked over an open fire, whether it's built-in barbecue, a portable charcoal grill or a Boy-Scout-style log fire. Hamburgers, seasoned with salt and pepper and a little onion juice make wonderful patties. Grilled franks are delicious without any special fixings, but if you'd like a smoky flavor touch, twist the franks with bacon and fasten at both ends with toothpicks. Cubed steaks, club steaks or sirloin should be cooked quickly on a hot, greased grill. Don't try round steak unless it is purchased thin and pounded before cooking.

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