

Chinese Cook Tries for Looks, Aroma as Well as Excellent Taste

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(Quantities are not given, as they may be varied to suite the tastes of your family).

Boil egg noodles for three minutes and drain into a collendar while adding cold water.

Pour a little oil in a skillet and add green onions cut in two inch lengths, pork cut in two inch slices, chopped cabbage, chopped celery, mushrooms and dried shrimp. Fry for five minutes. Add noodles and mix.

PORK CHOP SUEY, originated in America, but now popular in China, is made this way.

- 1/2 pound pork
- 1/2 pound ham
- 1 cup chopped celery
- 1 cup peas
- 1 cup carrots — shredded
- 1/2 bunch chopped green onions
- 1 clove crushed ginger
- 1 cup sliced cauliflower
- 6 dry mushrooms — soaked
- 1 tbs. cornstarch
- 1 tsp. salt
- 3 tbs. soya sauce
- 1/2 tsp. sugar
- 1/4 tsp. Accent.

Cut meat and vegetables into fine strips. Parboil cauliflower and carrots for two minutes. Heat oil in pan and sear meat. Add vegetables and cook slightly. Add gravy made of cornstarch, soya sauce, sugar, ginger and Accent. A little cold water may be added. Blend. When heated thoroughly, turn off heat, but keep stirring

for a few minutes.

ALTHOUGH THE fry pan has been featured in these dishes, the Chinese cook uses many methods of cookery, say Wang. Steaming, boiling, broiling and frying all are used.

One thing that the Chinese cook does with meat that may well be imitated here is trying to get the sauce into the meat before cooking. Many pork dishes, as well as fish and fowl, are soaked overnight before cooking, he says.

Wang was born on the Chinese mainland in the province of Fukien, on the southeastern coast of China.

He was graduated from Fukien Provincial College of Agriculture and after two years was transferred to Taiwan.

Wang is married and the father of four sons and a daughter.

When speaking of his impressions of the United States, Wang usually mentions the three "G's."

THE FIRST of these is for great — great in size and people.

The second G is for green. "Everywhere I saw from plane, train and bus, it was green and beautiful," he says.

And the last G is for gold. It means this country has plenty of resources.

Wang will leave Lancaster County soon to complete his studies in the United States. He plans to return to his home this fall.

For Farm Women . . .

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Remove cakes and keep them hot. Mix flour with a little water and stir slowly into the liquid in the pan. Cook until thickened stirring occasionally. Serve this sauce with cakes.

WITH COOKED MEAT AND POTATOES — Combine one and one-half cups diced or chopped cooked meat, two cups mashed potatoes, one egg, and two table-spoons chopped parsley. Mold into flat cakes, flour lightly, and brown in a little hot fat or oil.

A "BOILED" DINNER

- 2 pounds spareribs
- 1 1/2 cups hot water
- 4 medium-sized potatoes, par- ed and halved
- 1 1/2 cups canned or cooked green snap beans and liquid.

Salt and pepper
Brown spareribs in fry pan without added fat. Add water and simmer about 1 hour. Add potatoes to meat and cook until tender — about 25 minutes. Add beans and liquids the last 10 minutes of cooking. If raw beans are used, add with potatoes. Season with salt and pepper. Skim off excess fat before serving.

A REMINDER ABOUT HOME CARE FOR MILK — Milk needs the right handling at home so that it won't lose quality — in

Mt. Joy 4-H Club Holds Election Hears Lecture

The Mt. Joy 4H Club elected officers at a meeting held April 13 at the home of Miss Eileen Mil-

ler R1 Mt. Joy
The newly elected officers are: President, Mary Ann Musser; vice president, Julian Erb; secretary, Joanne Newcomer; treasurer, Janet Frey; game leader, Virginia Wivell; assistant game leader, Pamela Toppin; song leader, Harriet Hawthorne; assistant song leader, Mary Ellen Rost; and news reporter, Mary Jane Myers.

Leaders attending the meeting were Mrs. John Muser and Mrs. Paul Erb.

Following the lecture Mrs. Alvin Reist gave an educational talk on health.

cleanliness, flavor and food value.

To keep fresh milk at its best, keep it clean, cold, covered and dark. Milk holds both food value and flavor best when kept cold. It's good practice to take each new bottle or carton or milk straight to the sink, rinse it unopened under cold running water, and dry it with a clean cloth. Then promptly put the milk in the refrigerator. Stored near the freezing unit, milk can be expected to keep good quality and flavor for 3 or 4 days, perhaps longer.

When milk in clear-glass containers stands in a sunny window or unprotected on a doorstep, it loses riboflavin (a B-vitamin), and may develop a "sunlight" off-flavor in as short a time as half an hour. If milk is delivered in clear-glass bottles and can't be refrigerated promptly, it pays to have an insulated receiving box for it.

Milk should be out of the refrigerator only long enough to pour out for use. Don't mix the new milk with old except for immediate use.

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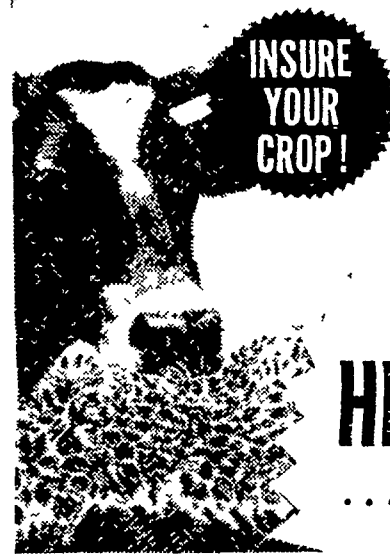
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