



**Governor Honored**  
 Dr. Talmadge C. Tillman, Jr., CPA President of the Indiana University Club of Los Angeles is shown with Dr. Otis R. Bowen, Governor of the state of Indiana, during a luncheon held at the Brookside Golf Course held in honor of the governor. Other universities of the state participated—Franklin College, Indiana State University, and Purdue University. The president of Franklin College made a few remarks. The mayor of Pasadena, Dr. Jones, presented the key to the city to Governor Bowen, who is the first governor in Indiana's history to serve eight consecutive years. Governor Bowen received his medical degree from Indiana University School of Medicine in 1942. Dr. Tillman was a former resident of Charlotte for many years.

## Stir-Frying Is Easy Way To Stretch Poultry Or Meat *With Vegetables*

STIR-FRYING IS A COOKING technique renowned for supplementing small portions of meat or poultry with a variety of vegetables creating Oriental dishes that are economical, easy to prepare and tasty.

"Stir-frying in the strictest sense," says Pauline Hein, home economist for Chun King Oriental foods, "is an American cooking method combining the best elements of two traditional Chinese techniques."

It is closely related to 'Chao' and 'Pon.' Chao is a classic Chinese cooking method of hot-frying ingredients in a small amount of oil over a very hot fire. Pon is identical to Chao except that ingredients are fried in a sauce instead of oil.

STIR FRYING HAS CAUGHT on in many American homes, Ms. Hein says, because it creates quick, nutritious dishes which are in vogue with our health-conscious lifestyle.

The basic principle involved in stir-frying is to seal in vital juices of meat and poultry and to cook vegetables only until tender-crisp and crunchy.

Ingredients in stir-fry recipes must be stirred constantly to avoid overcooking, hence the name.

ONE OF THE SECRETS of the technique is that meat and vegetables are cut in uniform, small pieces. For this reason, a cleaver is

standard equipment for many preparing classical Chinese dishes.

Stir-frying is usually done in a wok or skillet. Woks are thin metal pans with wide bottoms and deep bowls. The shape of the pan allows for even heat distribution and easy access to the food while it is frying.

Before attempting a stir-fry recipe, be sure to have the ingredients called for in the recipe cut up and ready to be cooked.

A simple but elegant stir-fry recipe is

Oriental Beef and Tomato. Here is the recipe:

Make a marinade of the first six ingredients. Place the steak in a shallow dish and add the marinade. Allow the beef to marinate at least 30 minutes. Meanwhile, prepare vegetables.

In a large skillet or wok, heat two tablespoons oil. Remove steak from marinade (reserve marinade) and place in skillet or wok, quickly stirring and frying until desired doneness. Remove meat and any

juices to a plate. In the same skillet or wok heat two tablespoons more oil. Add celery, onion and green pepper and saute until

tender-crisp. Return steak and juices to skillet or wok along with reserved marinade. Stir cornstarch into chicken broth and add to skillet, stirring until mixture thickens. Stir in

tomato wedges, water chestnuts and bean sprouts and heat thoroughly. Serve over Chun King Chinese noodles or hot cooked rice. Makes 4-6 servings.

## Post's Home Food Page NCAES Specialists Say Everyone Eats Sweets?

Who eats sweets? Everyone, whether they are conscious of it or not, say specialists with the North Carolina Agricultural Extension Service.

Since 1919 the per capita consumption of sugars and calorie-containing sweeteners in the United States has risen by about 25 percent.

Most of the increase has been caused by a twelvefold increase in soft drinks, they

add. Other uses have increased by only 6 percent during that time.

However, soft drinks account for less than one-fifth of the total sweeteners we use and about one-fourth of the amount of total refined sugar.

About 25 percent of the refined sugar is bought by households to use at the table and in cooking, baking, canning and preserving.

The rest appears in

commercially prepared foods—much of it in baked goods, cereals, candies, processed fruit and frozen dairy products. About 3 percent is used in other manufactured foods.

Most people are aware of the sugar in canned and frozen fruits and in jams and jellies, but fewer are conscious of the sugar content of peanut butter, canned corn and other foods.

In the United States, we currently use 32 pounds of corn sweeteners and 95 pounds of cane and beet sugar per capita per year, say the specialists.

Sugars and sweeteners in all foods available at the retail level contribute about 17 percent of our total calories, small amounts of minerals, but no measurable vitamins or protein.

Preteens of both sexes and teenage boys use the most jelly and jam.

## Ethel's Cookery

by Ethel Moore  
 API Syndicate Food Editor

**MEALS FOR A FEW.**  
 Making meals for two or three need not be humdrum. With careful planning, you can prepare appetizing menus, easy and thrifty, with variety and good taste. Selections here include a simple stir-fry shrimp and green bean goodie, no-fuss Canton chicken, beef short ribs to barbecue in the oven or on the grill and lobster to suit your fancy. Enjoy!

**STIR-FRY SHRIMP AND GREEN BEANS**  
 6 to 8 ounces raw shrimp, peeled, deveined, cut in half lengthwise  
 1 tablespoon vegetable oil  
 1 cup diagonally sliced celery, cut 1/4 inch thick  
 1/2 cup sliced onion  
 1 can (8 ounces) French style green beans, drained  
 1/2 cup chicken broth (or chicken bouillon cube or powder dissolved in 1/2 cup water)  
 1 teaspoon cornstarch  
 1/4 teaspoon each, sugar and salt  
 1 teaspoon soy sauce  
 1 cup hot cooked rice

Saute shrimp in oil for 1 minute. Add celery, onion, green beans, and 2 tablespoons broth. Cover and steam for 1-1/2 minutes. Remove cover and stir once. Blend cornstarch, sugar, salt, soy sauce, and remaining broth. Stir into shrimp mixture. Cook and stir about 1 minute or until sauce is slightly thickened. Serve at once over cups of fluffy rice. Makes 2 servings.

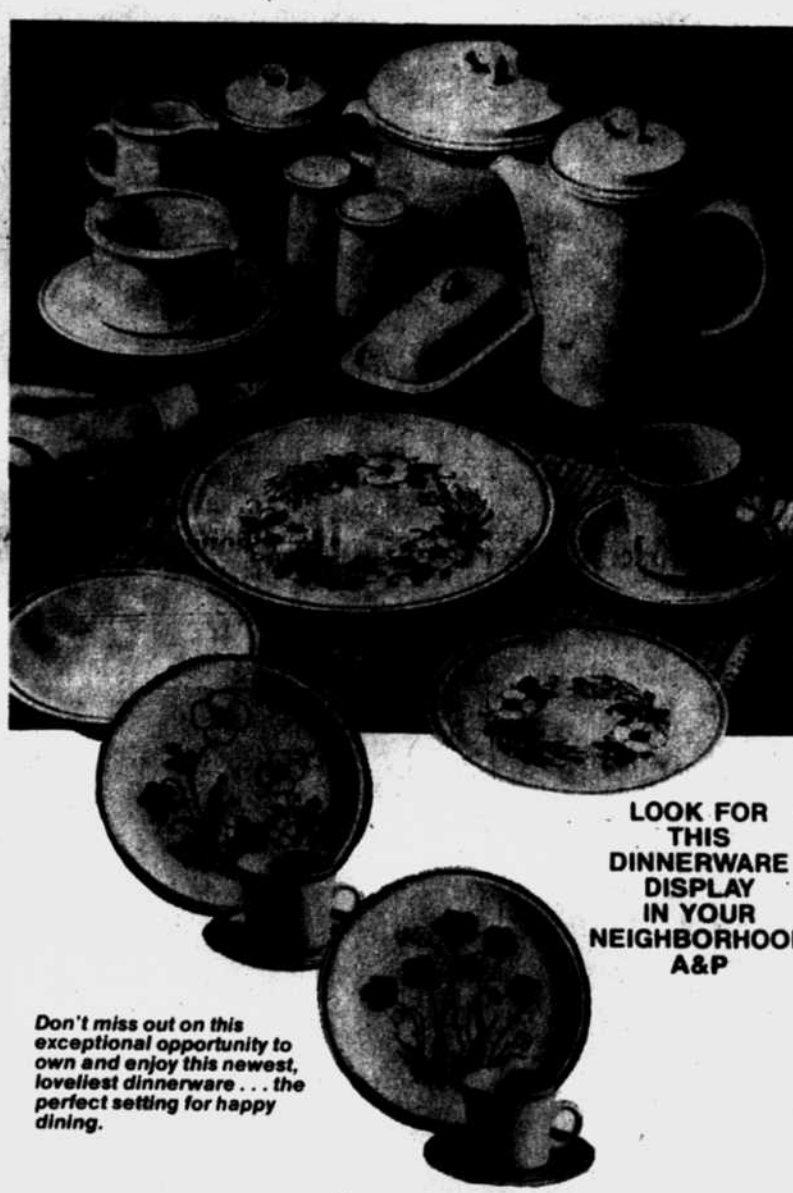
**CANTON CHICKEN**  
 1-1/2 to 3 lb. broiler-fryer, cut up  
 1 10-ounce jar apricot preserves or marmalade  
 1/4 cup soy sauce  
 1/4 cup sherry  
 1/4 cup finely chopped onion

Place chicken in baking dish (11-3/4 x 7 1/2-inch). Combine remaining ingredients; pour over chicken. Bake at 325°F, 1 hour turning occasionally. Thicken sauce, if desired. (approx. 3 servings).



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