Gift from the Orient -- Sukiyaki

The great contribution of the Japanese to the world of cooking is their beautiful presentation of food. Believing that the eye feasts before the tongue, each sliver of vegetable, each slice of meat is arranged as carefully on the plate as a spray of blossoms. Cooking time of vegetables is as short as possible, to retain the shape, fresh color, and crispness.

The artistry of Japanese cooks is displayed in Suki-yaki; which might be literally translated as "Cookingin-the-Pot." These dishes of vegetables, broth, and meat or seafood are traditionally prepared in skillet or pot on a cooking unit on the dining table, while guests admire and grow hungrier by the minute.

Actually, this ancient form of cooking fits perfectly into our contemporary way of living, with chafing dish or electric skillet replacing the Oriental burner. The beef Sukiyaki dish here can be prepared right at the tableand served with a flourish over heaping bowls of steaming rice.

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n

As an alternate recipe, Skillet Sukiyaki combines the rice and entree on a single dish prepared in one cooking utensil.

SUKIYAKI

2 cups water teaspoon salt tablespoon tbutter (op-

tional) 2 cups packaged enriched pre-cooked rice tablespoons butter or

other shortening 1 pound lean round steak, cut in very thin slices ½ pound fresh mushrooms, thinly sliced (about 3

1 bunch scallions, cut into strips (about 2 cups) 1 cup celery strips 1 cup sliced yellow onions

Although a traditional Japanese dish, Sukiyaki is prepared in a contemporary manner — right at the dining table.

shoots, drained (option-

2 tablespoons sugar 1/3 eup soy sauce 1 beef bouillon cube 1/4 cup hot water

3 cups fresh spinach leaves Bring 2 cups water, the salt, and 1 tablespoon butter to a boil. Stir in rice. Cover, remove from heat, and let

stand 5 minutes. Fluff with fork before serving. Meanwhile, heat 2 tablespoons butter in a large skillet. Add meat and brown very quickly on both sides - take about 1-1/2 minutes. Add re-

maining ingredients except

spinach. Simmer uncovered, stirring occasionally, 3 to 4 minutes, or until vegetables are almost tender but still crisp. Then add spinach, cover, and cook 3 minutes long-

Serve immediately over the rice (vegetables should be crisp) with additional soy sauce, if desired. Makes 5 cups Sukiyaki plus rice or 5° or 6 servings.

Note: For ease in cutting meat, place in freezer until just firm—about 1-1/2 hours, or only partially thaw frozen With a heavy, sharp knife, slice meat very thin;

CANA CONFERENCE

AT ST. AUGUSTINE'S

A Cana Conference, for mar ried couples, will be held at St. Augustine's at 7:30 p.m. Monday, May 26, under the auspices of the Mothers' Circle of the parish. Mrs. Victor Yanaitis, 436-0740, and Mrs. Dewain Feller Jr., 436-1599, are taking reservations.



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New Director Named At St. James Hospital

Hornell . — Miss Frances Woods has been named director of St. James Mercy Hospital to succeed Sister Mary Thomas, RSM., who moves to a position in Rochester.

Sister Mary Thomas, director of the Nursing School here for seven years, has accepted a position on the faculty of Highand Hospital School of Nursing, Rochester, and will reside at, the Sisters of Mercy Mo-

Miss Woods has been in an administrative capacity in hospitals in the Diocese of St. Augustine since 1955, serving as supervisor, director nursing services and instructor.

She has had supervisory experience in all hospital departments, medical, surgical, obstetrics, pediatrics and nurse

A native of County Clare, Ireland, Miss Woods was graduated from St. Joseph Academy St. Augustine, Fla., and Mercy Hospital School of Nursing, Detroit. She attained a master's degree in nursing education and administration at the University of St. Louis, Mo.

She is a member of the American Nurses Association, the Florida Nurses Association and the National League of



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Varied Program Scheduled in

'Moods of Music'

An adult singing group, a een-age choir and a jazz combo will present a "Moods in Music" concert at 8 p.m. Sunday, May 18, in Nazareth Academy

Auditorium, Lake Avenue. Participating | will be the American Chamber Sing ers and the St. Cecelia Choir

Don Meminger, choir director.

Among religious music to be

sung will be the Introit from

Other pieces include the Kyrie,

Sanctus and Benedictus from

Missa Brevis, the In Te Domine

Speravi and the Ingrediente.

Also on the program are:

Steal Away, Blow Gabriel, De

Animals A-Comin', Great Day,

On the Sunny Side of the

Street, Michelle, Talk to the

derful, April in Paris, Ill Take

Romance, Thou Swell, This

customed to Her Face, Almost

Like Being in Love and It's a

Meminger's "Easter Mass."

½ pound fresh mushrooms. ½ cup sliced celery Cecelia 1 can (16 oz.) bean sprouts, of high school 1/4 cup water chestnuts, thinly sliced (optional) girls — both groups from 2 tablespoons soy sauce ½ pound (2 cups) fresh Holy Rosary parish under Don Meminger the direction of

-½ cups hot water cups packaged en-Nick Zinni's jazz combo also riched pre-cooked rice will play. Religious hymns, Ne ½ cup chopped scallions gro spirituals and show tunes *Or use 1 can (4 oz.) sliced are scheduled. mushrooms.

spinach or watercress

then stand at room tempera-

ture to thaw while preparing

SKILLET SUKIYAKI

medium onion, thinly

pound beef sirloin, cut

in thin narrow strips

sliced (about ½ cup)

other ingredients.

cup butter

Salt and pepper

drained

1 bouillon cube

thinly sliced*

Saute onion in butter in large skillet until tender, but not browned. Season beef salt and pepper; add to onions and brown on all sides. Stir in mushrooms, celery, bean sprouts, water chestnuts, and soy sauce. Cook 5 to 10 minutes. Then add spinach: cook 2 minutes.

Meanwhile, dissolve bouillon cube in hot water. Stir in rice. Pour into center of ingredients in skillet. Sprin- Animals, They Say It's Wonkle scallions over other ingredients. Cover and simmer over low heat 5 minutes. (Do | Can't Be Love, I've Grown Acnot overcook.) Serve with additional soy sauct, if desired. Makes 4 servings.

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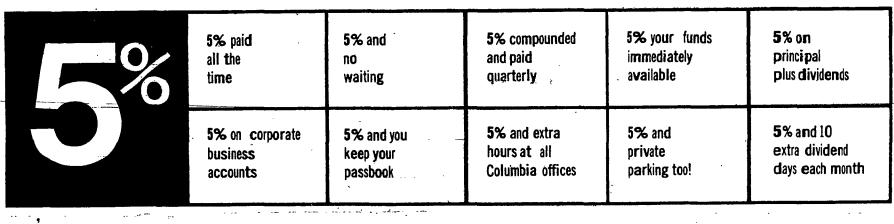
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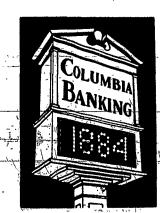
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