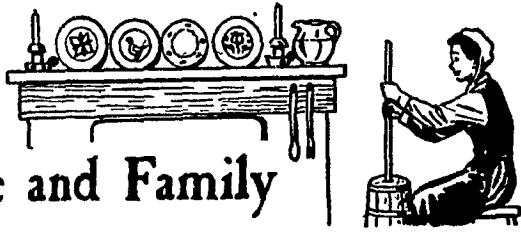


For the Farm Wife and Family



Treat your family to a meal of excellent flavor and bountiful nutrition at economical prices by serving pork shoulder steaks while pork is in seasonably good supply.

Pork shoulder steaks are closely related to pork chops — one of America's favorite meats. Similar in flavor, texture, and cookery methods to chops, pork shoulder steaks are almost always less expensive. The economy of the shoulder steaks is due to the law of supply and demand — fewer homemakers know about pork steaks and therefore choose the steaks less frequently than chops.

Like all cuts of fresh pork, the shoulder steaks are highly nutritious, for they are excellent sources of complete protein and food iron and the important B vitamins. And they are highly digestible.

There are three kinds of pork shoulder steaks; blade bone, round bone, and boneless. The blade bone and boneless shoulder steaks are cut from the Boston butt, which is a square or triangular piece of meat from the upper half of the shoulder. The round bone shoulder steaks, known as arm pork steaks, are cut from the center of the picnic shoulder.

Blade bone shoulder steaks were used in this recipe for braised steaks with lima beans, though the arm pork steaks or the boneless versions could be used equally well.

BRAISED PORK SHOULDER STEAKS WITH LIMA BEANS

- 1 cup lima beans (dried)
- Salt
- 4 pork shoulder steaks
- Three tablespoons fat
- 1 small onion, chopped
- ¼ teaspoon pepper
- 1 bay leaf
- 2 tablespoons brown sugar
- 2 tablespoons vinegar

Rinse lima beans, add 2 and ½ cups hot water, and boil two minutes. Remove from heat, cover, and let stand one hour. Add one teaspoon salt and simmer one hour, or until beans are tender. (Add more water during cooking if necessary.) Brown steaks in hot fat; add onion and cook until lightly browned. Remove steaks from skillet. To drippings, add beans and their liquid, one teaspoon salt, pepper, bay leaf, brown sugar, vinegar, and one cup hot water. Arrange steaks on beans, cover and cook over low heat 1 to 1¼ hours or until meat is tender. This makes four servings.

Another savory version of braised pork shoulder steaks is this one for glazed steaks. In this, the steaks are braised until they're fork tender, then they are brushed with spiced jelly and broiled 'till the jelly melts and gives the steaks a shiny coating.

GLAZED PORK SHOULDER STEAKS

- 6 pork shoulder steaks
 - ¼ cup flour
 - 3 tablespoons fat
 - 1 teaspoon salt
 - ¼ teaspoon pepper
 - ½ cup water
 - ¼ cup current jelly
 - ½ teaspoon allspice
- Roll steaks in flour and brown on both sides in hot fat in a large skillet. Sprinkle with salt and pepper; add water to pan and cover skillet. Cook over low heat one hour or until meat is tender, adding more water if necessary. Using a fork, mash jelly and mix in allspice. Spread half the mixture over the steaks and broil three minutes; turn steaks, brush on remaining jelly and broil three



FORK-TENDER AND JUICY are these pork shoulder steaks which were cooked with lima beans, chopped onion, brown sugar and vinegar. Serve the flavorful meat with a grapefruit watercress salad and bread sticks, if you like.

minutes longer, or until jelly melts. Six servings.

Our good friend Mrs. Mary Klinovski has sent us more of her favorite recipes. One is for Creole Hamburg Pie, another for a delicious Banana Bread and still another for Lemon Sponge Cups. Here is her recipe for

CREOLE HAMBURG PIE

Mrs. Mary Klinovski, PO Box 12 Sadsburyville

- 1 pound ground beef
 - ¼ cup fat
 - ¼ cup flour
 - 2 teaspoons salt
 - ¼ teaspoon pepper
 - 2 cups tomato juice
 - ¼ cup diced green pepper
 - ½ sliced onion
 - 1 cup diced celery
- Heat oven to 425 degrees (hot). Brown meat in hot fat. Stir flour, salt, pepper, tomato juice. Add green pepper, onion, celery. Bring to boil. Pour into 1½ quart baking dish. Cover with Pastry Topping (below). Fold pastry under and flute just inside edge of dish. Bake 30 to 35 minutes. 4 to 6 servings.

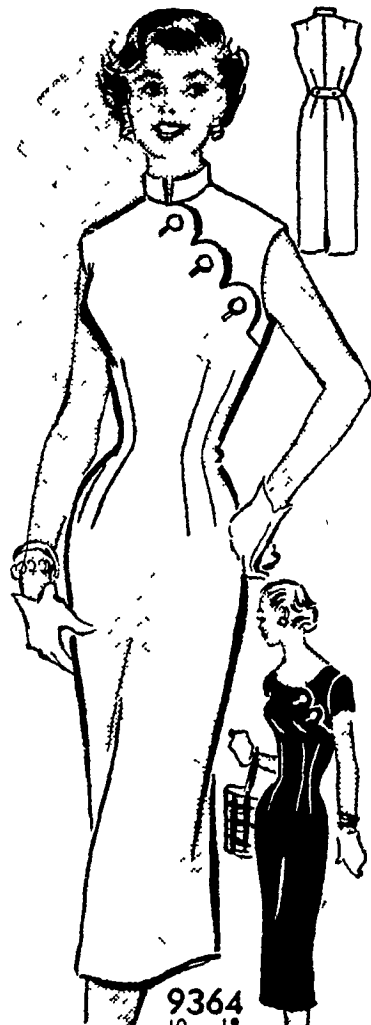
PASTRY TOPPING

- 1 cup sifted flour
- ½ teaspoon salt
- 1 cup shortening
- 2 tablespoons water

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- garine
 - 1 cup sugar
 - 4 tablespoons enriched all-purpose flour
 - ¼ teaspoon salt
 - 5 tablespoons lemon juice
 - Grated rind of 1 lemon
 - 3 eggs
 - 1½ cups milk
- Cream butter; add sugar, flour, salt, lemon juice and lemon rind. Add well-beaten egg yolks which have been mixed with the milk. Lastly, add the stiffly-beaten egg whites. Pour into greased custard cups. Set cups in a pan of water and bake 45 minutes. When done, each cup will contain lemon custard at bottom of cup and sponge cake on top. Cool and unmold. It makes its own sauce. May be baked in a 2-quart baking dish. Serves 4-5.

Small baking cups — preheat oven to 350 degrees. Bake 45 minutes.

SOME FACTS ABOUT MEAT STORAGE

Today's modern meat counters with pre-packaged meats feature transparent, tightly wrapped packages. This packaging makes self-service sanitary and convenient, and rapid sales prevent storage problems. But at home, where meat is kept refrigerated one to several days food spoilage may occur.

In the home refrigerator, a tight wrapping holds unfrozen meat or poultry in a moist atmosphere. (Continued on page 9)

Mix flour and salt. Cut in shortening. Sprinkle with water and mix with fork. Round into ball. Roll on lightly floured board into a circle to fit top of baking dish. Cut slits near center.

SOUTHERN BANANA BREAD

Mrs. Mary Klinovski, PO Box 12 Sadsburyville

- 4 bananas, mashed well and sprinkled with a little lemon juice
- ½ cup butter
- ½ cup sugar
- 3 eggs
- 3 and ¼ cups sifted flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup chopped nuts — pecans or black walnuts

Cream butter and sugar together; beat eggs and add. Mash bananas fine; add to first mixture. Add flour sifted with baking powder and salt. Mix with banana and egg mixture; add nuts. Pour into greased loaf or other pans and bake at 375 degrees for one hour.

This bread may be baked in little cup cakes or muffin rings as well as in a loaf.

These Lemon Sponge Cups are a delicious tangy dessert for a "heavy" meal when you want to finish up with something not too heavy or too sweet. This custard is much like a Lemon Sponge pie — only minus the crust.

LEMON SPONGE CUPS

Mrs. Mary Klinovski, PO Box 12 Sadsburyville

- 2 tablespoons butter or mar-

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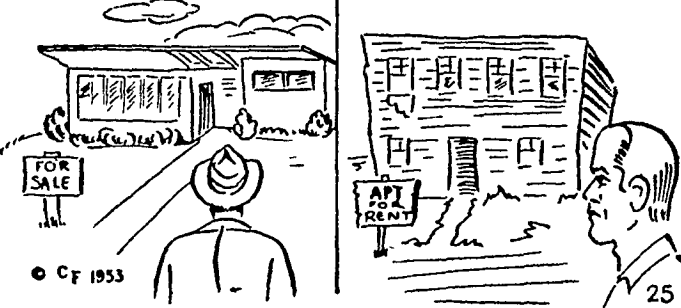
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