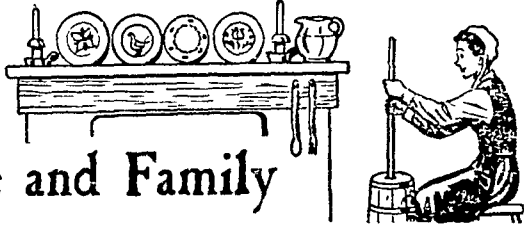


For the Farm Wife and Family



Fresh Pork, Now Plentiful, Rates High in Taste, Nutrition Value

Fresh pork, now in plentiful supply, usually is tender meat. To make the most of it while the supply lasts, the U. S. Department of Agriculture suggests cooking aimed at fine flavor, the least shrinkage, and saving all possible nutritive value. That includes especially the important B-vitamins in which pork rates high.

Fresh pork needs to be cooked "done" all the way through to bring out its rich flavor and as a safety measure. But specialists

explain that thorough cooking doesn't mean overcooking — or cooking at such high heat that the meat is dry and hard. Low cooking temperatures are recommended to help save nutrients and the juiciness that make this meat such good eating. Important to remember is that pork is safely done when all traces of pink color have disappeared. One check on doneness is to insert a fork deep into the thickest part of the piece and make sure that the juice it draws out has no trace of pink.

For roasting an oven temperature of 325 degrees is recommended. Place the roast on a rack in an uncovered shallow pan, fat side up for self-basting. Add no water. Season either before or after cooking. Here's how long to allow for doneness: in an oven at 325 degrees a small pork loin of two to three pounds takes about

1½ to 2 hours; a five to seven-pound loin takes three to four hours; a six to eight-pound fresh ham, 4½ to 5½ hours. If these cuts are boned and rolled, allow 10 minutes more a pound. Also allow more time if the meat is very cold.

Look for specials on pork roasts at your market in February and March. Most popular for roasting is the pork loin. The center loin cut, which corresponds to the T-bone section in beef, is the prize roast. It is carved easily into generous, meaty chop-shape portions. Other loin roasts — rib or loin end — contain more bone in proportion to meat and generally are lower priced.

Some homemakers like to add special flavor to these roasts. A mixture of brown sugar, mustard and vinegar can be spread over the top before roasting.

HOW TO ROAST PORK SHOULDER BUTT

Containing all the rich flavor and good nutrition of the pork loin roast — and the new lean look, too — fresh pork shoulder butt often is a more economical buy. It is juicy, tender, and easy to cook. It's roasted the same as pork loin, but requires more cooking time because of its chunkiness and small amount of bone.

To roast a pork shoulder butt, sprinkle it with salt and pepper (allowing about one teaspoon salt and one-eighth teaspoon pepper per pound of meat). Place the meat, fat side up, on a rack in a shallow baking pan. Roast the meat at 325 degrees allowing 45 to 50 minutes per pound. Like all fresh pork, the shoulder should be cooked until well done for best flavor. Fresh pork is cooked well done when no trace of pink remains, or when a meat thermometer, inserted into the meat before cooking, registers an internal temperature of 185 degrees.

Here's a recipe for Pickled pork roast, that is prepared in much the same way as the favorite German beef dish, Sauerbraten.

PICKLED PORK ROAST

- 5 pounds pork shoulder butt
- 2 cups white vinegar
- 2 tablespoons each, salt and sugar
- 8 Peppercorns
- 1 teaspoon celery seed
- 2 bay leaves
- 2 cloves garlic, cut in halves
- 1 onion, sliced
- 10 cloves

Place pork in deep crock. Mix vinegar, salt and sugar and stir in peppercorns, celery seed, bay leaves, garlic, onions, and cloves; pour over pork. Cover and refrigerate 24 hours, turning several times. Drain meat, reserving marinade, and place on rack in a shallow baking pan. Insert meat thermometer, and roast at 325 degrees until thermometer registers an internal temperature of 185 degrees, about 3 to 3½-hours. Half an hour before meat is cooked, remove it from the oven, score fat and stud with cloves. Pour over the meat one-half cup of the reserved marinade and return to oven to finish cooking. Baste with more of the marinade at 10 minute intervals during the remainder of cooking.

A roast pork shoulder tastes wonderful when given a fruity coating during the cooking period such as in the following recipe;

PINEAPPLE-SAUCE PORK ROAST

- 4 to 5 pounds pork shoulder roast
- 3 tablespoons brown sugar
- ½ teaspoon salt
- ¼ cup vinegar
- ¼ cup water
- ½ cup catsup

1 can crushed pineapple (8¼ ounces)

1 tablespoon soy sauce
Place roast, fat side up, on a rack in a shallow roasting pan. Roast uncovered, in a 325 degree oven 45 to 50 minutes per pound, or until the internal temperature as measured by a meat thermometer registers 185 degrees F. Meanwhile, combine salt and sugar, and stir in vinegar, dater, catsup, pineapple and soy sauce. Cook five minutes, stirring constantly. About an hour before end of roasting time, pour sauce over the meat, and baste every 20 minutes by spooning sauce from bottom of pan. Skim off fat from sauce in pan, and serve with cooked meat.

(Continued on page seven)

HEAR

The Mennonite Hour
Each Sunday

Lancaster WLAN 12:30 P. M.
Norristown WNAR 8:00 A. M.
Hanover WHVR 1:00 P. M.

SEE... "Bill" Burling FOR CHICKS

Carey-Strain Leghorns
270 Eggs, Hen-Housed Basis

That's the fine record made by 1800 Carey layers on the farm of L. M. Garrette. They averaged 75% with low losses and top quality eggs, based on carefully-kept records.

You can get these same high quality "Nickability-Bred" Leghorns nearby from Burling, who is franchised to produce them "direct from Carey."

Why not test a flock this year?
Also—White Rocks, New Hamps, Sex Links.
Backed by a good reputation for Quality Chicks.

Bill Burling, Box F, Oxford, Pa.
Phone Oxford 286 Collect

STORM or NO STORM, Power Blackouts are NO EXCUSE...

HER FAMILY STILL WANTS HOT MEALS



She's lucky she has a fireplace... or is she? Cooking in this medieval manner is no picnic. Of course, if she had Suburban Atlantic States Gas Service she wouldn't be in this predicament.

Storms don't knock out gas service, that's why more and more people who live beyond the gas mains are turning to Suburban Atlantic States Gas Service and Modern Gas Appliances.

SUBURBAN ATLANTIC STATES GAS CO.

THE GAS COMPANY BEYOND THE GAS MAINS

Route 230 — Harrisburg Pike & Colebrook Rd. — 4 miles west of Lancaster

Landisville, Pa.

Phone: TW 8-3371

BECAUSE OF BAD WEATHER MAYTAG CARLOAD SALE CONTINUES!

All Are Priced To Go Quick!
We Have No Storage Room!

★ Maytag Automatic Washers

★ Maytag Driers

★ Maytag Wringer Washers

PLUS... other Maytag Models for every need... every budget!



MAYTAG MASTER™ Best of all conventional washers! Gyra-tram action. Big double wall minimum tub. Adjustable legs.

Maytag Gasoline Engine Washers. All Models Now On Sale!

Open Daily 7:30 A. M. To 9 P. M.

ALLEN G. MUSSER

Bowmansville — South End
Ph. Terre Hill HI 5-4161

Free Refreshments
Free Gifts For Kiddies

FREE Register For Free MAYTAG Drier

Drawing Mar. 1