



**FOR THE  
FARM  
WIFE  
AND  
FAMILY**

By Mrs. Richard C. Spence

Pork has a new image! To begin with, pork is not a fat meat. Even calorie counters can now enjoy pork with a clear conscience. Pork cuts on meat counters today are of the more lean, meaty, tender type that the diet-conscious shopper wants.

An average serving of lean pork — for example a pork chop — supplies only about 250 calories, approximately the same as a serving of any other red meat.

Other old wives' tales about pork have been disproved too. Contrary to some beliefs, pork is high in food value and it is easily digested.

A serving of lean pork supplies about a third of the protein needed daily by a moderate active man or average woman.

And pork is an excellent source of vitamins and minerals. It is rich in thiamine, which is lacking in one-fifth of American diets, plus having substantial amounts of riboflavin, niacin and iron, all necessary to good health.

Like all meat, pork is virtually completely digestible. In fact, it's one of the most completely digestible foods.

The belief that pork must be overcooked to be edible is also incorrect. It comes from a fear that underdone pork might be infected with trichina organisms. However, these are destroyed at a temperature of less than 140 degrees F.

Cook pork to the well done stage for better flavor, but don't overcook it. A meat thermometer is your best guide. An internal temperature of 170-185 degrees F indicates the roast is done to perfection. Cook small roasts at an oven temperature of 350 degrees, but larger roasts at 325 degrees for better browning.

**Versatile Pork**  
To give your meals some variety, select pork, a truly versatile meat.

If pork chops are a family favorite, give them a real treat

broil thin-cut pork chops, brown them uncovered without adding fat.

A fresh ham roast is a treat fit for guests or a special family occasion. It is easy to prepare and carve. Practically boneless, it has a coating of fat to make it self-basting. Try sprinkling herbs, such as rosemary or sage, over it for a delightfully different taste. Many boned and rolled cuts are available that can be treated like a fresh ham roast. You can stuff them with a bread dressing, or for fewer calories, with sauerkraut or apples.

If you like stuffed pork, ask your butcher for a pork cushion. It's a square, flat piece made by removing the bones from a pork shoulder; this provides a pocket for stuffing.

So-called country spare ribs are cut from the back rib end of the loin; they're meatier than spare ribs and they have a de-

licious flavor. Try cooking them with your favorite barbecue sauce in the pressure cooker for quick good eating.

**Buy Special.**

When pork specials appear in your favorite store, buy quantities.

It freezes well and will keep a long time if you follow certain guides. At zero degrees, pork will keep 6 to 9 months. Pork liver will keep 1 to 2 months, pork sausage 1 to 3 months, whole ham 1 to 3 months and slab bacon 1 to 3 months. Don't freeze sliced bacon.

Frozen cured meats lose quality quickly and it's best to use them as soon as possible.

Wrap meat in moisture resistant wrap and keep the wrap close to the meat surface to exclude as much air as possible. Rewrap grocery wrapped meats if you plan to keep them more than a few days.

Casseroles and main dishes can also be frozen. Prepare in the usual way but shorten the cooking time. After preparing, cool rapidly in ice water and package in moisture proof vapor resistant containers. Freeze as soon as cooled. When freezing casseroles, avoid using cooked potatoes in them as they tend to get mushy after freezing and thawing.

Just remember, whatever cut of pork you buy and use, fresh or smoked, you'll have good eating. And good nutrition.

**Sausage Is Convenient**

Did you know that hot dogs are only one of over 300 different sausages available in retail stores? From the mildest flavored wiener to the spiciest salami, there's a sausage for every taste.

You can determine a good buy, if you consider the price-per-serving. With sausage products, all is edible. There is no waste. If you buy a pound, you can serve a pound. So look beyond the price-per-pound and remember that a pound of sausage will usually give 4 to 6 servings.

Sausage is convenient, too. Most kinds are ready to serve. Many are even sliced for you.

And sausage is versatile; serve it hot or cold, in spreads, dips, sandwiches, casseroles, main dishes like spaghetti, lasagna or pizza, with omelets, waffles or even in breads, muffins and popovers.

Take notice of the packaging when you buy sausage. Sausage meats are usually wrapped with a transparent film and may be vacuum wrapped. Vacuum (Continued on Page 20)

with inch-thick chops. If you stuff them, make the incision from the bone side so you won't need to use skewers.  
For a lower calorie count, pan-



In the year of the rib, add a twist to your knit stitch. It zips up the texture of this man-powered pullover. From the bottom of the hipband to top of the turtle, the sweater is one hundred per cent ribbing. The body and raglan sleeves are done in a wide rib, the trim in a narrow one. The yarn is worsted weight, any warm earthy shade will do. Free instructions for men's sizes 38-44 are available by sending a self-addressed, stamped envelope to this newspaper along with your request for Leaflet PK 4590.

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