

FOR THE **FARM** WIFE AND **FAMILY** 

By Mrs. Richard C. Spence

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

An average serving of lean pork — for example a pork chon - supplies only about 250 cal ories approximately the same as r sorving of any other red meas

Other old wives tales about pork have been disproved too Contrary to some beliefs pork is nigh in food value and it is Jasily digested

A serving of lean pork supplies about a that of the protem needed daily by a moderate av active man or average woman

And pork is an excellent source of vitamins and minerals It's rich in thismine, which is lacking in one fifth of American diets, plus having substantial amounts of riboflavin, macin and non, all necessary to good nealth

Like all meat, pork is viitually completely digestible. In Eact its one of the most com pletely digestible foods

The belief that pork must be incorrect. It comes from a fear that underdone pork might be intected with trichina organisms However these are destroyed at degrees F

overcook it a meat thermo- with your request for Leaflet PK 4590 meter is your best guide. An inernal temperature of 170 185 degrees F indicates the roast is done to perfection Cook -mall coasts at an oven temperature of 350 degrees but larger roasts , 325 degrees for better brownng

Versatile Pork

To give your meals some variety select pork a truly ver -ctile meat

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

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with inch thick chops. If you shoulder, this provides a pocket stuff them make the incision for stuffing from the bone side so you won't

need to use skewers For a lower calorie count, pan

A fresh ham roast is a treat quick good cating fit for guests or a special family occasion it is easy to prepace and carve Practically bone your favorite store, buy quan less, it has a country of fat to titles m, ke at self-bastin mary or size over it for a de mides. At zero degrees pork there's there's hehtfully different faste. Many will keep 6 to 9 months. Pork bound and roled cuts are available will keep 1 to 2 months able that can be freated like a pork sausage 1 to 3 months for fewer calones, with saucr freeze sheed bacon kraut or apples

If you like sturred pork ask your butcher for a pork cushion removing the bones from a pork tant wrap and keep the wrap sausage will usually give 4 to 6 It's a square, flat piece made by

So called country spare 11bs are cut from the back rib end of the loin they're meatier than space ribs and they have a de-

them uncovered without adding with your favorite barbecue of pork you buy and use, fresh sauce in the pressure cooker for or smoked, you'll have good

Buy Special.

When pork specials appear in

Tive. It freezes were and will keep

them as soon as possible.

Wrap meat in moisture restsclose to the meat surface to exclude as much an as possible Rewrap grocery wrapped meats Most kinds are ready to serve if you plan to keep them more Many are even sliced for you than a few days

in moisture proof vapor resis overs tant containers. Freeze as soon as cooled When freezing cas to get mushy after freezing and vacuum wrapped thawing

broil thin cut pork chops, brown licious flavor. Try cooking them. Just remember, whatever cut 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 flavortaste

You can determine a good fiesh h m roast. You can stuff whole ham I to 3 months and buy, if you con der the pricethem with a bread dies ing or slab bacon I to 3 months. Don't per serving. With sausage pro-Frozen eured meats lose qual no waste. If you buy a pound, ity quickly and it's best to use you can serve a pound. So look beyond the price-per-pound and remember that a pound of

Sausage is convenient, too

And sausage is versatile; serve Casserole and main dishes can it hot or cold, in spreads, dips, also be frozen. Prepare in the sendwiches, casseroles, main usual way but shorten the cook- dishes like spaghetti, lasagna or ing time. After preparing, cool pizza, with omelets, waffles or rapidly in ice water and package even in breads, muffins and pop-

Take notice of the packaging when you buy sausage Sausage seroles avoid using cooked meats are usually wrapped with potatoes in them as they tend a transparent film and may be Vacuum (Continued on Page 20)



overcooked to be edible is also 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 a temperature of less than 140 done in a wide rib, the trim in a narrow one The yarn is worsted weight, any warm earthy shade will do Fiee in-Cook pork to the well done structions for men's sizes 38-44 are available by sending stage for better flavor, but don't a self-addressed, stamped envelope to this newspaper along



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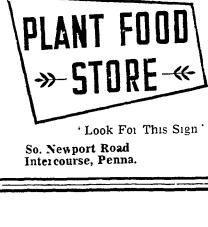
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