

## Pork Is Better Than Ever

Pork today isn't the same product that it was five years ago

Now pork has less fat, reminds Mrs. Ruth J. Buck, Extension foods and nutrition specialist at Pennsylvania State University.

When a pork roast is on your shopping list, select a roast which has a fresh look. Usually the color is a grayish pink.

A fresh looking roast will hold the juice during cooking.

Pork has some marbling best described as a mixture of white flecks of fat with the lean which

gives pork its flavor and juiciness, explains Mrs. Buck.

Choose a well-trimmed cut. Usually one-fourth to a half inch of fat is recommended for best flavor of a pork roast. Leave this fat on the roast when cooking, advises Mrs. Buck. The fat contributes to the taste, juiciness and tenderness of the meat. Some of the fat goes into the meat. Fat also serves as a protective covering while the roast is cooking.

When you don't have a meat

thermometer and are cooking a three-pound roast, allow two hours at 325 to 350 degrees. A good test for doneness is to make small cuts next to the bone and in the thickest part of the meat. If the juice is pink, the meat needs more cooking. A small roast requires more minutes per pound than does a larger roast per pound.

Research has dispelled the old tale that pork isn't digestible. Pork is 98 percent digestible and is a top source of B vitamins, Mrs. Buck adds.

## Junior Humane League Is Announced

The Junior Humane League, a new program of special interest to children and youth, will be launched by the Humane

League of Lancaster County during the week beginning May 2.

Purpose of the new Junior League will be the prevention of cruelty to animals the same as the affiliated adult group.

Any child from the age of 10 can organize a junior group or can join one. All they need to do is join with friends who like animals and find an adult advisor. An adult can form a junior group by recruiting a group of children.

Groups should not be larger than 15, but there are no hard and fast rules. The advisor must be willing to become a member of the Junior Humane League Committee. Experience has

shown that a group can start with only three or four children who interest their friends and neighbors.

Children and adults are invited to call one of the following for information: Mrs. Rupert Miller, 898-8146, Sue Witmer, 397-2938, (evenings and weekends), or Kathryn V. Bork, 872-5057 (evenings and weekends).

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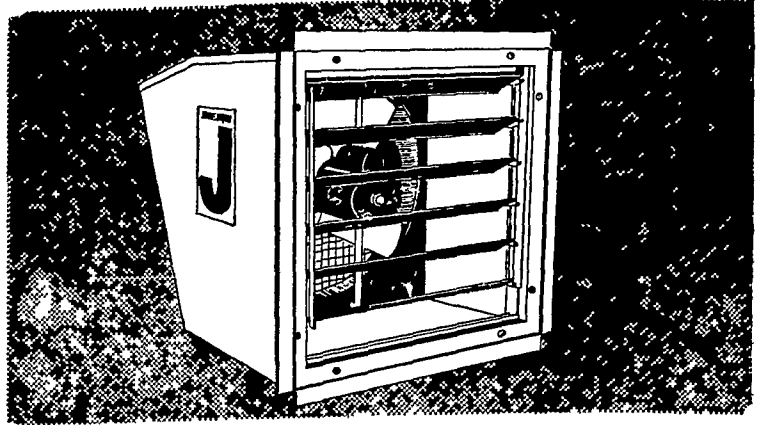
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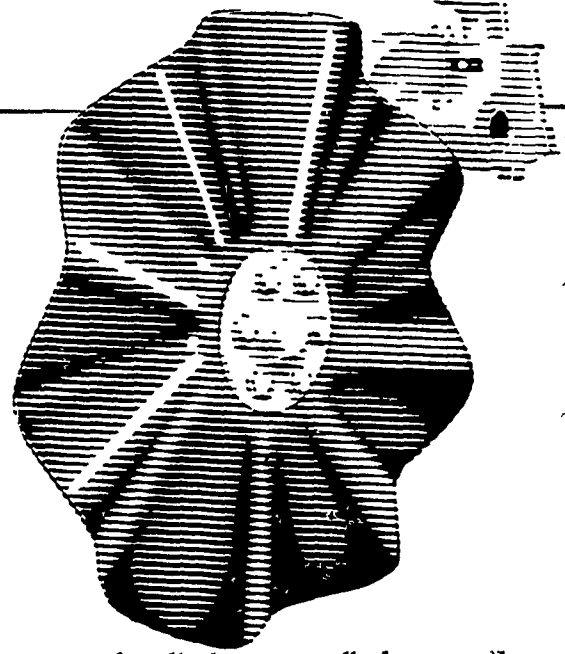
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