

Modern Porker Has New Look

by: Melissa Piper
Associate Editor

Back in my grandmother's day, it was thought only natural to let the pigs get as fat as they could before butchering time. This "lard-type" hog usually provided less meat and more fat than today's market hog.

Thanks to agricultural research, today's porker provides almost 22 more pounds of meat than the hog did 20 years ago.

And although the housewife may be paying more money per pound now, she is actually receiving more lean cuts and better quality meat than she used to.

Pork has long been discriminated against by people of certain religions and by those who feel that pork did not provide the essential minerals and vitamins that other meat such as beef did.

Research however, has proven that pork is no harder to digest than any other lean meat and provides as much protein value and vitamins as any other meat.

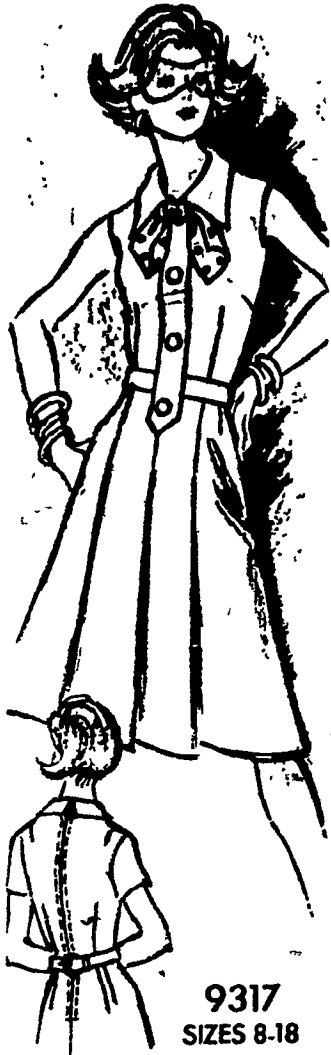
Often people forget that pork is more than just bacon and the heavy puddings such as scrapple. These products do contain more fat and grease and are not recommended for people on diets. However, a lean market hog does provide such lean cuts as the loin, ham and shoulder.

Three ounces of lean pork provides the following vitamins, minerals and protein for the Recommended Daily Dietary Allowances for a man 22-35 years. Protein - 74 percent, Iron, 59 percent, thiamine 125 percent (more than required), riboflavin 29 percent, niacin 29 percent, vitamin B-6 35 percent, vitamin B-12 37 percent, magnesium 12 percent while calories represent only 15 percent.

Pork not only provides much of the nutrients each of us need everyday, but is also easy to prepare and tasty to eat. The many different cuts of pork provide a variety of dishes right for any occasion.

Appetizer Ham Ball
2 - 4½ ounce cans deviled ham
3 tablespoons chopped

Printed Pattern



Printed Pattern 9317: Misses' Sizes 8, 10, 12, 14, 16, 18. Size 12 (bust 34) takes 2½ yards 45-inch fabric.

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pimiento-stuffed olives
1 tablespoons prepared mustard

bottled hot pepper sauce
1 - 3 ounce package cream cheese softened
2 teaspoons milk

Blend ham, olives, mustard, and pepper sauce to taste. Form in ball on serving dish. Chill. Combine cream cheese and milk, frost ham ball. Chill. Remove from refrigerator 15 minutes before serving. Trim with parsley. Serve with assorted crackers.

Ham Squash Skillet
1 pound ground cooked ham
1 egg
½ cup soft bread crumbs
¼ cup-chopped onion
2 tablespoons prepared mustard

1 medium squash
½ cup brown sugar
2 tablespoons butter
Combine first five ingredients; form into 5 patties. Brown in hot fat. Remove from skillet. Cut squash crosswise in 5 rings and halve.

Place in skillet, season. Add 2 or 3 tablespoons water. Combine brown sugar and butter; dot over squash. Cover and cook till tender 15-20 minutes. Uncover and add meat. Cook 5 minutes more, basting often. Serves 5.

Fruit Stuffed Pork
8 double-rib pork chops with pockets cut for stuffing

2 cups small-dry bread cubes
1 cup finely chopped unpared apple

1 cup shredded sharp process American cheese
¼ cup light raisins
¼ cup melted butter
¼ cup orange juice
½ teaspoon salt
¼ teaspoon ground cinnamon.

Sprinkle salt and pepper over chops. Combine bread cubes, apple, cheese, raisins, butter, orange juice, salt and cinnamon. Stuff mixture into pockets. Press edges together to seal. Bake at 350 degrees for 1½ hours or till chops are tender. Makes 8 servings.

Ham and Fruit Kabobs
2 to 2½ pounds fully cooked boneless ham cut in cubes

spiced crab apples
quartered pineapple chunks
Orange wedges with peel
½ cup hot catsup
1-3 cup orange marmalade
2 tablespoons finely chopped onion
2 tablespoons salad oil
1 tablespoon lemon juice
1 to 1½ teaspoons dry mustard

Thread ham and fruits alternately on skewers. For sauce combine remaining ingredients. Broil ham and fruit over low coals 12 - 15 minutes. Brushing often with sauce. Serves 6.

Outdoor Activities For Children

Sunny days are too inviting to keep children indoors. With proper equipment you can help them channel their energy into outdoor play that is both fun and good exercise, points out John Williams, Extension family life specialist at The Pennsylvania State University. Check all play equipment to make sure it's safe - free of nails, splinters, glass and rough, broken or rusted edges. Sand down wooden equipment to remove splinters and give the wood a protective coating of linseed oil. Inspect play equipment often and repair or discard any hazardous pieces.

Jumping activities are good for children ages 2 to 5. You can cover an old mattress with heavy plastic for them to jump on. Or, paint large rocks in bright colors and place them in a circle so the children can jump, sit or walk from one to another.

For climbing, jungle gyms are a challenge. But the strong wooden or metal pipe rungs must be close enough so children can manage. Try suspending a knotted rope 8 knots 18 inches apart - from a well braced frame. A large sewer pipe, anchored lengthwise in cement, give children something to crawl over and through.

Another good climbing challenge is the sawhorse. Heights ranging from 18 inches to 3 feet are suitable for young children and sawhorses come in various widths. For climbing sawhorses or boxes, a ladder or a "walking board" can be used. A ladder can be metal, rope or wood, but it must be light and sturdy enough to be moved and dragged easily by children. A walking board is merely a wooden plank with cleats attached to the bottom, about 6 inches from the ends. The cleats on the

boards and cleats or hooks on ladders keep them from slipping when they are leaned against other equipment.

You can also let your children help you garden with their own child-sized durable tools - shovels, rakes, trowels, hoes and watering cans.

SEW WHAT?

THIS WEEK'S PATTERNS BY AUDREY LANE



Set the Pace
For summer fun you must have a jumpsuit. Make this one-long or short, the brief version is right in line with the season's rage for the pants dress. No. 3277 comes in sizes 10, 12, 14, 16, 18. In size 14 the short suit takes 2¾ yards of 44-inch fabric, long, 3¾ yards of 44 inch.



Shell Blouse
Knit this sequin shell blouse and dress up your skirt or suit. It's a real go-go blouse and can be worn on many occasions. Pattern No. 1071 contains the instructions.



PUTTING FOOD BY, by Hertzberg, Vaughan & Greene, the first comprehensive, in depth, guide to all safe methods for preserving food. 368 pages, illustrations, tables, charts and recipes. Published by Stephen Greene Press, Brattleboro.

Book Review
"Putting Food By"
Melissa Piper
Associate Editor

Remember the rich aroma of fruit cooking for jams and jelly, the spicy odor of tomato relish and the warm pungent smell of sausage being canned?

Years ago most of the produce raised on the farm was home canned and preserved. Little store bought food was needed for the farm families.

For many of us however, the convenience of store packaged goods has become a way of life and the fine art of preserving food that our mothers and grandmothers knew has been left behind.

The Stephen Greene Press has just released a new book that recalls many years of recipes and know how in preserving food called "Putting Food By". The book reviews canning, freezing, making preserves and pickles, drying in the sun, curing with salt and fermenting.

The primary stress of the book is on safety from spoilage without using chemical additives. Methods of safely canning food without invasion of bacteria and mold are carefully outlined.

Informative illustrations along with charts and step by step directions are helpful for the experienced cook as well as the novice. The book is completely indexed for the reader's convenience.

Also included are numerous recipes for soups, vegetable dishes, meat, fish,

poultry, breads, desserts and beverages.

"Putting Food By" is not only an interesting guide to food preservation but a handy reference for making your own soap, pasteurizing milk and salting meat.

Write to Stephen Greene Press, Box 1000, Brattleboro, Vermont, 05301. "Putting Food By" by Hertzberg, Vaughan and Greene. Paperback \$4.50, Cloth \$6.95.

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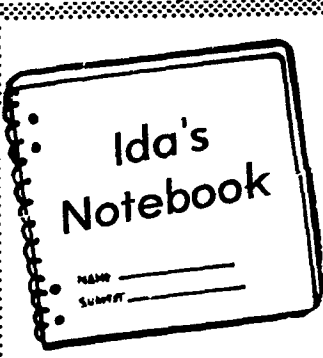
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Ida Risser

Recently I've attended several meetings between a small group of parents and school officials. These parents are interested in having our township pay more attention to the academically able pupils in the elementary schools.

By the time the student is in the Middle School, he is grouped according to ability and is kept busy with a variety of subjects. However, when they start kindergarten and have learned to read at 2 or 4 years of age, as some of mine did, then they are bored with the monotonous routine.

It seems the school authorities feel that time, money and effort should be expended to help the retarded. I partially agree with the thinking says "the gifted child already has a big advantage and therefore doesn't need help". But then,

many future leaders can be lost because they are not challenged.

There was an article published recently which extolled the advantages of nursing babies and I must say that I agreed with the author's thoughts.

The seven months that I sat down with each of my six children to feed them was a pleasurable time of relaxing for me and them. This doesn't take into account the inexpensive method of feeding and the healthy big babies which we had.

On the light side—I must tell you a story! A first grader was asked to give three advantages of nursing a baby. These are three he came up with. 1. It is always warm. 2. It can't spill. 3. It's where the cat can't get to it. This particular story has always tickled my funny bone and I hope yours too.