



Ladies Have You Heard?

By Susan Doyle

Lancaster Home Economist

EATING HIGH ON THE HOG

"Eating high on the hog" is an expression denoting good living, originating probably because the always-popular pork chop and loin roast come from the upper part of the animal.

But with the current plentiful supply of pork, food shoppers will find almost every part of the pig an economical buy. And all parts provide delicious and nutritious eating, not just those from "high on the hog."

Pork is not only a rich source of protein, it also provides a good deal of thiamin, iron, as well as substantial amounts of riboflavin, niacin, phosphorous, and B vitamins.

Nutritious pork is one of the few meats generally included in all three meals of the day. And no wonder—with all the different pork products on the market today. Sausages, luncheon meats, cured and smoked products, as well as variety cuts offer endless opportunities to meal planners.

The following PORK GUIDES offers some usual methods of cooking various pork:

Roast

Bone-in and boned loin roasts, fresh and smoked hams, fresh and smoked picnics, pork shoulder butts (Boston butts), whole tenderloin, spareribs, Canadian-style bacon.

Broil

Ham slices, bacon, Canadian-style bacon, sausage. Salt pork, chops, shoulder steaks, tenderloin patties.

Braise Or Fry

Chops, shoulder steaks, diced pork meat, tenderloin patties, whole tenderloin, spareribs, liver, kidney, bacon, sausages, ham slices.

Cook In Water

Spareribs, hocks, pigs' feet, boneless smoked butts, ham shank, neck bones, chitterlings.

WHO CAN AFFORD TO BUY A HOUSE?

Who can afford to buy a house these days? With house prices consistently keeping ahead of consumer incomes it's easy to wonder

how the housing market stays alive, much less healthy.

One reason houses keep getting built and sold is that the number of new households keep increasing. The population of the United States is still growing by about 1.6 million persons each year, which alone adds to the potential need for new households.

Also, the housing market is helped by a population "bump"—those born in the post World War II baby boom who have been reaching household formation and buying age. Their impact on the housing market was shown in a recent study by the United States League of Savings Associations which estimated that 63 percent of all first time homebuyers are under 30.

More women are working outside the home too. This extra income means that families can often afford new and better housing. More divorced and single men and women are also

likely to purchase homes today.

A final factor in the housing market is that segment of the population aged 65 and over. With better health care and longer life expectancies, their numbers are swelling. And greater prosperity, despite inflation, has resulted in a larger proportion of the elderly maintaining their own households.

PREVENT HOME FALLS

Falls in and around the

home rank high as a cause of accidental death and disability. Here are some ways to help you stay on your feet. Choose proper footwear. Remove snow and ice from walks and steps or spread de-icers or sand. Use handrails when going up and down steps. Have adequate lighting in dark halls and stairways. Avoid tripping hazards by putting things away when you are through with them. Clean up spills immediately. Slow down, watch your step.

Recipe Swap

Question: I would like to have a recipe for instant hot chocolate. I heard of a recipe that combines instant dry milk, cocoa, and sugar. These ingredients can be added to hot water to yield a delicious hot chocolate.

P. Erway

Forward any recipes that answers this request to Recipe Swap, Lancaster Farming, Box 366, Lititz, Pa.

Also, send us your recipe requests. We will try to answer all request in this column.

Delaware Co. offers lecture

MEDIA — Vitamins will be the topic of the fourth of a series of meetings on basic nutrition being offered by the Penn State Extension Service. Greta C. Vairo, Extension Home Economist says that this talk, which is open to the public, will be held from 10 a.m. to 12 noon on Thursday, January 17 in the Toal Building Auditorium, corner of 2nd & Orange Sts., Media, Pa. Parking is available free in the county garage at 3rd & Olive Sts.

Many people have little knowledge of the role of vitamins in the diet. Come and learn how to distinguish fact from fiction. Vitamins are promoted as an "insurance" policy to guarantee good health. The implication of such advertising has contributed to the myth that even a balanced diet cannot provide adequate nutrients.

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