



Ladies Have You Heard?

By Doris Thomas
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Home Economist

COOKING PORK IN THE MICROWAVE

Cooking pork on a range top or conventional oven instead of in a microwave is recommended by USDA researchers in the latest study on preparing pork safely. Their findings contradict those of the Pork Industry Group (PIG) of the National Livestock and Meat Board, which suggest pork can be cooked safely in a microwave by using a cooking bag.

The use of a cooking bag creates

a vaporous atmosphere and reduces "evaporative cooking" which occurs when meat is prepared in a microwave. Evaporative cooking leads to temperatures that vary as much as 50°F with a piece of meat. Trichinella spiralis can survive in the uncooked portions.

PIG's study concluded that a pork roast of no more than four inches in diameter and weighing no more than three to three-and-a-half pounds could be placed in a

bag and cooked in a microwave, allowing 22 minutes per pound at medium-low heat or 30 percent powers.

When it takes 20 to 22 minutes per pound, the microwave is no longer a convenience. Right now it is easier and safer to use a conventional oven.

New findings become available almost every day and researchers will probably develop a method that is proven safe for cooking pork in a microwave.

FIREPLACE SAFETY IS YOUR RESPONSIBILITY

Every year thousands are injured from accidents associated with fireplaces. The most serious injuries are burns, and most of the victims are children. Now that we are at the start of a new heating season, it's a good time to protect your family by proper maintenance and sound fireplace habits.

Each year, have your chimney cleaned of creosote and checked to be sure linings and chimney con-

struction are tight. Check that vents and openings are operating properly. Make sure your chimney guard is tight because squirrel and bird nests can stop up your chimney.

Always use a screen that completely covers the opening around a fireplace to keep sparks from flying out. Don't put combustible materials, such as carpets or furniture, near a fireplace.

Always keep the damper open while the fuel is burning to provide sufficient ventilation for efficient burning and to prevent the accumulation of poisonous or explosive gases from burning fuel.

Don't use gasoline or other flammable liquids to start or restart a fire because the flammable vapors can explode. Never use flammable materials in a room near a fire because explosive vapors can travel from where you are working to the fire.

Don't use coal, charcoal, or polystyrene packaging in a

fireplace unless the fireplace is well-ventilated. Don't use more than one artificial log at a time. These are treated to ignite quickly, and if too many are used at once, they can produce more heat than some fireplaces can withstand. When you dispose of ashes, be sure they are thoroughly cooled first.

Keep children away from the fire because their clothing can ignite easily. Even when the screen is closed, don't leave young children unattended in front of a fire. Even though you have taught them the dangers of fire, the impulse to explore may be too great.

Before you go to bed, make sure the fire is out — scatter the logs in the grate if you must, and be sure to check the fire screen.

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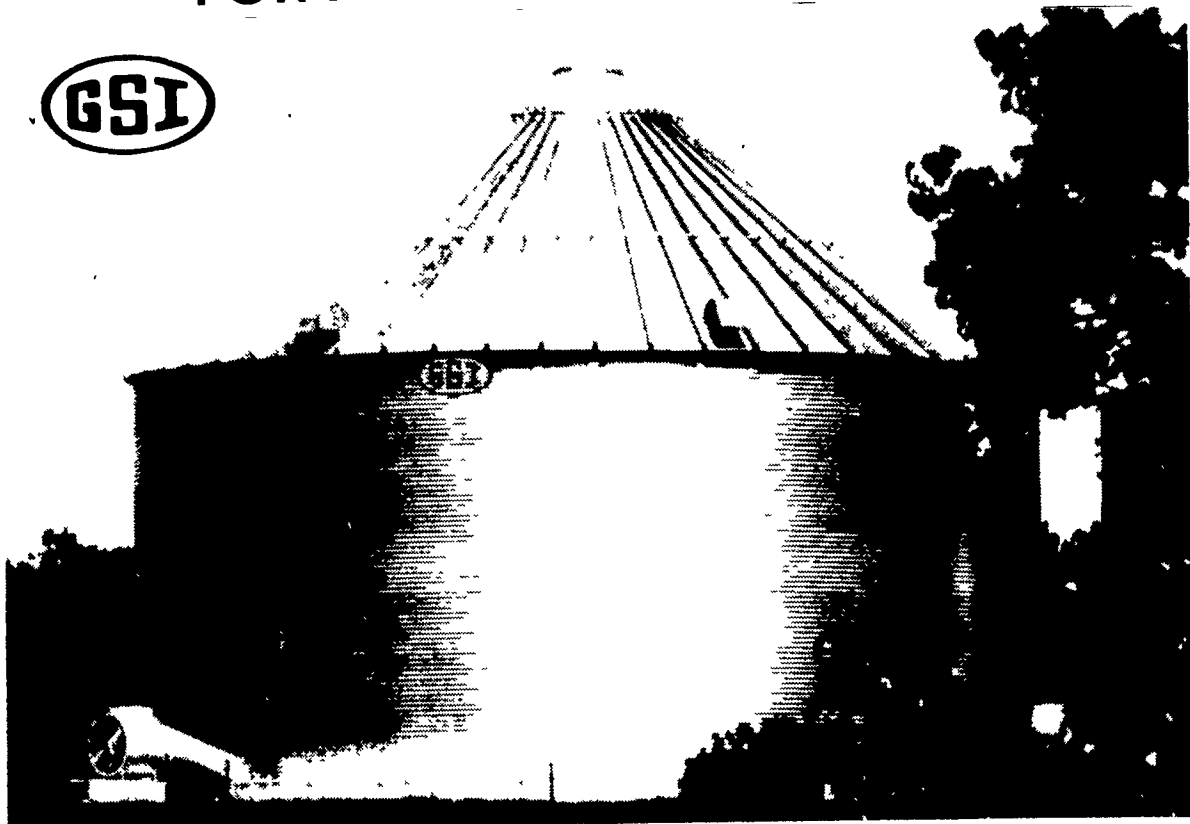
Jefferson Club

The Jefferson Community 4-H Club held their meeting on Oct. 9.

The group held a costume party at their meeting. Prizes were awarded to Frank Lecrone, Matt Yingling, Kathy Main, Ginger Yingling, Greg Bankert and Matt Margush. Games followed the costume judging.

Tracy Spier was welcomed as a new member. The club donated \$130 toward the purchase of a table cart for the 4-H center. They also donated \$50 to the Seth Reese Fund.

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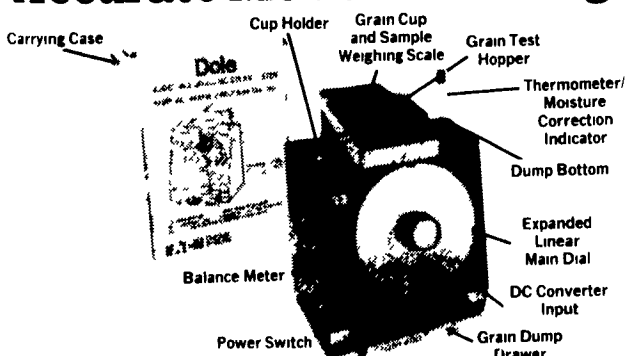
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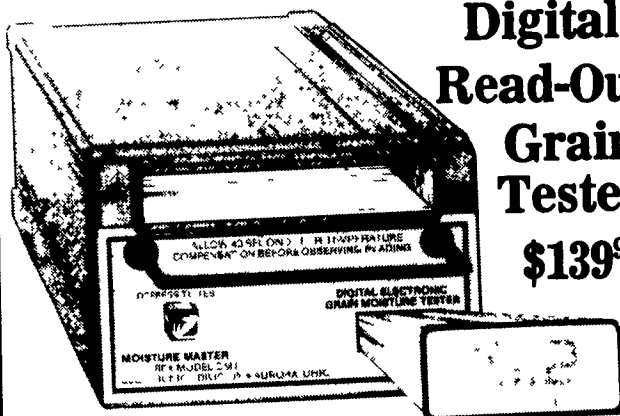
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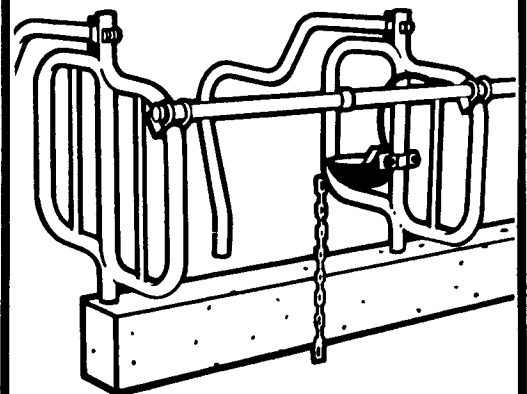
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