

# National Pork Month

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## CHOICE CHUNKY CHILI

- 1 pound boneless pork, cut into 1-inch pieces
- 1 small onion, quartered
- 1 tablespoon flour
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1 can (16 ounces) tomatoes
- 1 can (15 ounces) garbanzo beans, drained
- 1 small green pepper, cut into thin strips.

Place pork and onion (1/2 at a time) in processor bowl with steel blade and process 5 seconds. Quickly brown pork in large saucepan. Pour off drippings. Sprinkle flour, chili powder and salt over pork. Break up tomatoes.

Drain and stir tomato liquid into pork. Cover tightly and cook slowly 10 minutes. Stir in tomatoes, garbanzo beans and green pepper and continue cooking, covered, 10 minutes. Serves 4.

## HEALTHFUL OPEN-FACED SANDWICHES

- 12 ounces Canadian-styl bacon, sliced 1/4 - 1/4 -inch thick
- 4 whole wheat English muffins, split
- 2 teaspoons spicy brown mustard
- 1 medium avocado, halved, seeded and peeled
- 1 can (4 ounces) chopped green chilies, drained
- 8 slices (2x1-inch) Monterey Jack cheese.

The Luzerne County Extension Service is sponsoring a workshop "Sew-A-Sweater in 1 Hour," to be held on Sunday, October 25th at

Place muffins, cut side-up, on rack in boiler pan so cut surface is 4 to 5 inches from heat. Broil 3-4 minutes or until lightly toasted. Divide bacon into 8 portions. Spread 1/4 teaspoon mustard on each muffin half and top with bacon. Broil 3 minutes. Cut avocado into 16 wedges; place 2 wedges and an equal portion of chilies on bacon. Top with cheese. Broil 3 minutes or until cheese is melted. 4 servings.

1:00 p.m. at the Luzerne County Extension Service Meeting Room, 5 Water Street, Old Courthouse Annex, Wilkes-Barre.

During the workshop the instructor, Mary Manton a Clothing Consultant from Philadelphia, will construct a sweater from step 1 to finish explaining layout, care of sweater, step by step to a finished basic crew neck design. She will also demonstrate variations of a basic pattern, e.g. V-neck, cardigan, hat and mittens. This class is designed for begin-

ners thru advanced sewers. REMEMBER: you will not learn to knit a sweater. You will learn to sew sweater pieces together to create an original all your own. Registration necessary, workshop limited due to the nature of the demonstration. Registration and nominal fee due to our office no later than October 19. Call or write Luzerne County Cooperative Extension Service, Courthouse Annex, 5 Water Street, Wilkes-Barre, PA 18711, 825-1701 or 459-0736, ext. 701.

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