

Pigs, Pork, Family Keep

(Continued from Page B2)

sharp — she can recite volumes of poetry — arthritis prevents her from getting around. Anna Marie takes her lunch every morning and Herb brings her to the house every night for supper. Anna Marie and several of the grandchildren clean for her.

Anna Marie said that she began pork promotion about six years ago. She doesn't need a set promotion to get her message across. Her words of advice to every one is "Eat more pork. It's lean. It's good for you."

She said, "The biggest mistake when cooking pork is to overcook

it. Pork should only be cooked to an internal temperature of 160 degrees; otherwise, it may become tough or stringy."

A slightly pink color in fresh roasted or grilled pork means tender, juicy eating.

Readers may send for free recipes featuring pork. Send a self-addressed stamped envelope to Recipe Folder, 1631 Grimm Rd, Kutztown, PA 19530.

Here is one of the Schicks' favorite recipes that is quick and easy to make.

MICROWAVE PORK ROAST
2-3 pound boneless loin

Sprinkle with Hatfield's Meat Seasoning. If desired, fill loin with sauerkraut, grated apples, pureed prunes or stuffing desired. Place in glass dish with fat side down. Cover with plastic wrap. Microwave at 70 percent power for 7½ minutes per pound. Half way through the cooking time, turn meat fat side up for the remainder of cooking time. (Make sure the loin is weighed after it is filled to determine the exact measurement because cooking time must be exact). Remove pork from microwave and let set 15 minutes before cutting — this resting time is important as meat continues to cook.



The Schicks' grandchildren surround Anna Marie's mother who is 92 years old.



Berks Society 3

Group 3 of the Berks County Society of Farm Women held its February meeting at the home of Sonya Moyer, Koch Road, Boyertown. Fourteen members responded to the roll call question, "What is your favorite love song?"

Several upcoming dates were noted: March 28—30th anniversary party of Group 5 at Conrad Weiser High School; April 6—Bingo at Berks Heim; May

23—Annual Spring Rally at Dickinson College in Carlisle.

A "pound auction" was held at the conclusion of the business meeting with the proceeds given to the American Heart Association.

The March meeting will be held on Monday, March 27, at the home of Leona Stauffer, Indian Lane, Boyertown. The theme for the evening will be "Show and Tell."

Berks Society 6

Members of the Berks County Society of Farm Women Group #6 toured the Kiwi Plant in February. After the tour the group enjoyed lunch at the Yellow House Hotel and held their meeting.

Members were asked to bring ideas for a trip to the next meeting.

The group was invited to a 30th anniversary for Group #5 at Conrad Weiser High School, March 28, at 7:30.

The March meeting will be held at the home of Barbara Kelchner, Oley.



"Herb is the wind beneath my wings," Anna Marie said of her husband. "When he's not around, things don't go well."

MILK

HELP YOURSELF



Water Quality An IMPORTANT Ingredient In Livestock Management

It's a fact! Contaminated water can have a costly effect on your livestock and poultry performance. Our years of experience plus hundreds of farm related treatment systems has proven the validity and practicality of correcting contaminated water.



Martin Water Conditioning Co.

SPECIALISTS IN FARM WATER TREATMENT

Call us today for treatment of:

*Nitrates *Bacteria *Iron *Sulfates
*pH *Acidity/Alkalinity

548 New Holland Ave.
Lancaster, PA 17602
(717) 393-3612
800-224-3612
Along Rte. 23

Willis Sharp
Somerset, PA &
Surrounding Counties
(814)-893-5081
800-893-5081

740 E. Lincoln Ave.
Myerstown, PA 17067
(717) 866-7555
800-887-7555
Along Rte. 422



CLOSED SUNDAYS, NEW YEAR,
EASTER MONDAY, ASCENSION DAY,
WINT MONDAY, OCT. 11, THANKSGIVING,
CHRISTMAS & DECEMBER 26TH.

FISHER'S FURNITURE, INC.

NEW AND USED FURNITURE
USED COAL & WOOD HEATERS
COUNTRY FURNITURE & ANTIQUES

BUS. HRS: MON.-THURS. 8-5 FRI. 9-8, SAT. 8-12
BOX 57
1129 GEORGETOWN RD.
BART, PA 17503

HELP A FOREIGN HIGH
SCHOOL EXCHANGE
STUDENT FULFILL THEIR
LIFETIME DREAM



of spending a school year in the U.S.A. by becoming a host family. Choose one today from Europe, South America, Scandinavia, Asia or one of the Independent States from the former Soviet Union Arrival in August. They have own insurance, spending money, transportation to and from the USA and a culture to share.

Call Sally - 610-797-6494
today or 1-800-SIBLING

American International Student Exchange, a non-profit tax exempt educational foundation

GOOD FOOD OUTLET STORES

See Our Original Line Of Golden Barrel Products Plus All Kinds Of Beans, Candies, Dried Fruit, Snack Mixes, Etc. At Reduced Prices



- * BAKING MOLASSES
- * BARBADOS MOLASSES
- * BLACKSTRAP MOLASSES
- * CORN SYRUPS
- * HIGH FRUCTOSE SYRUPS
- * MAPLE SYRUP
- * PANCAKE & WAFFLE SYRUPS
- * SORGHUM SYRUP
- * LIQUID & DRY SUGARS
- * PANCAKE & WAFFLE SYRUPS
- * CANOLA OIL
- * COCONUT OIL
- * CORN OIL
- * COTTONSEED OIL
- * OLIVE OIL
- * PEANUT OIL
- * VEGETABLE OIL
- * SHOO-FLY PIE MIX
- * FUNNEL CAKE MIX
- * PANCAKE & WAFFLE MIX
- * ASSORTMENT OF CANDIES
- * DRIED FRUIT
- * SNACK MIXES
- * BEANS
- * HONEY
- * PEANUT BUTTER
- * BAUMAN APPLE BUTTERS
- * KAUFFMAN PRESERVES
- * SPRING GLEN RELISHES

If your local store does not have it, SEND FOR FREE BROCHURE

Processors Of Syrups, Molasses, Cooking Oils, Funnel Cake Mix, Pancake & Waffle Mix & Shoofly Pie Mix

GOOD FOOD OUTLET

— Located At Good Food, Inc. —
W Main St., Box 160, Honey Brook, PA 19344
215-273-3776 1-800-327-4406
— Located At L & S Sweeteners —
388 E. Main St., Leola, PA 17540
717-656-3486 1-800-633-2676
- WE UPS DAILY -



SPECIALS FOR MARCH

GOLDEN BARREL BLACKSTRAP MOLASSES
16 oz. Regularly \$1.19
NOW \$.99

GOLDEN BARREL CANOLA OIL
32 oz.
SPECIAL PRICE \$.99

GOOD OLD FASHIONED SHOOFLY PIE MIX
With Syrup Regularly \$1.99
NOW \$1.59

ZOOKIES MOLASSES COOKIES
1 Dozen Regularly \$2.49
NOW \$2.29