



Pork Loin Roast waits for the discriminating appetite.

## Pork loin made for discriminating appetites

A pork roast with rum glaze and yams could be the perfect answer to a special fall menu. Lean pork is nutritious and satisfying for even the most discriminating appetites. Paired with yams, berries and nuts, this is a great main dish meal.

For a different taste, our zippy pork roast with a sweet and sour sauce, please. Enjoy!

### PORK LOIN WITH RUM GLAZE AND YAMS

- 4 to 5 pound pork loin
- Garlic salt and pepper to taste
- 1 cup dark corn syrup
- ½ cup Bacardi light rum
- ½ teaspoon cinnamon
- ½ teaspoon cloves
- ½ teaspoon ginger
- ½ teaspoon salt
- ¼ cup butter or margarine
- 6 fresh cooked yams or canned yams (medium size)
- ½ cup fresh cranberries
- ½ cup halved pecans

Score the fat side of meat, and sprinkle with garlic salt and pepper. Place seasoned meat on a roasting

rack in a pan and bake at 325° F. for 30 minutes per pound, or until meat thermometer registers 170°.

Combine corn syrup, light rum, spices and salt. Pour ½ cup of this glaze into a saucepan, add the ¼ cup butter and heat. Stir until blended.

Cut yams into quarters, place in a shallow baking pan along with the cranberries and nuts. Pour the hot glaze over them and bake in the oven for the last 45 minutes that the pork will roast. Brush the remaining glaze over the pork 3 or 4 times during the last hour of roasting time. Serve hot, with the yams surrounding the meat. Serves 6 to 8.

### ZIPPY PORK LOIN ROAST

- 3 to 3½ pound pork loin
- ½ cup flour
- 2 tablespoons salt
- 2 teaspoons pepper
- Aluminum foil
- 1 bottle Sweet-Sour sauce

Flour, salt and pepper loin roast. On top of fat side of roast, cut approximately ten 2-inch deep gashes.

Wrap roast in aluminum foil and roast for 2 hours and 45 minutes at 325° F. Remove from oven and pour Sweet-Sour sauce over roast. Reseal foil and roast an additional 45 minutes, or until meat thermometer registers 170° F. Last 5 minutes unwrap foil and brown. Makes 6 serv-

## Plan spring garden now

The first step in planning the first vegetable garden of the 1980s is to consult one or more seed catalogs.

"Seed catalogs are most important in locating the specific variety of vegetable you want to grow," says Ray McNeilan, Oregon State University Extension home gardening agent.

Choosing the appropriate variety is crucial because of differences in soils, temperature, length of growing season and rainfall. Varieties of vegetables that do well in one area may do poorly in another.

Also, some vegetable varieties may do best in spring plantings and others in late summer or fall plantings. Moreover, some varieties are disease-resistant and thus are more likely to grow successfully.

In addition to this basic information, many catalogs also contain valuable growing hints and other good ideas tucked in with the vegetable listings.

McNeilan suggests checking with local seed dealers. They may have copies of several seed company catalogs. If not, they can supply the address of seed companies and a catalog can be requested directly from the company.

Vegetable varieties adapted to growing conditions in Oregon, or which have shown promise in gardens throughout the state, are listed in "Home and Farm Vegetable Garden," OSU Extension Circular 871. It is available free at county Extension offices, or by mail from the Bulletin Mailing Service, Industrial Building, OSU, Corvallis 97331.



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## Dress to prevent heat loss

Warm clothing is "in" this winter as people learn to live with lower temperatures.

But people need to understand the ways in which the body loses heat so they can dress to prevent loss and stay warmer, points out Ardis Koester, Oregon State University Extension textiles and clothing specialist.

The body seeks to maintain a constant internal temperature. Heat is produced through the burning of food. Heat is lost through the skin by radiation, convection, conduction, and perspiration.

Heat loss through radiation can be reduced by exposing less of the skin. Mrs. Koester suggest wearing garments that cover the body, such as pants instead of skirts for women and long-sleeve shirts rather than short sleeves for men.

She also encourages wearing a hat, hood or scarf around the head as about 90 percent of the body's heat loss in cold outdoor temperatures is from the head. If the head is covered, excess heat can no longer escape and goes to other parts of the body such as hands or feet.

Convection means the loss of heat through the flow of air over the skin. To prevent such loss, she suggests choosing close-to-the-body styles with openings at the neck, wrist and ankles. Close those openings to keep heat in or open them before the body is over-heated.

Thermal underwear or regular knit underwear insulates the body and prevents air flow next to the skin. For maximum retention of body heat, wear a muffle, gloves, and fleece-lined boots to prevent air flow around the body extremities.

To combat conduction, that is the transfer of heat from one surface to another, Mrs. Koester urges people to choose natural fibers such as wool and cotton because of their insulation properties and absorption of body moisture.

People can judge the warmth of a fabric according to bulk and feel. A fabric that is slick and cool to the touch won't be as warm as one that feels soft and fluffy, regardless of fiber content.



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