

Feeding the Family

By ZOLA VINCENT
Food Editor

Thrifty Pork Cuts And Ways To Cook Them

The fine distinctive flavor, the assured tenderness, the great variety of pork products and the year 'round supply make pork popular fare. Pork is in best supply during the winter months and therefore a better buy at this season. Pork cuts have a new look these days. The fat is trimmed so that only enough remains for best flavor and juiciness. When you buy pork, look for firm pink lean meat with the new closer trim on the fat.

There are eight or more basic cuts of fresh pork plus the local or regional cuts in the markets to contribute variety to menus. Pork loin roasts may be loin end, center cut and rib (or shoulder) end. When buying a pork loin, ask your meatman to cut the backbone almost free from the ribs. After roasting and before bringing the roast to the table, remove the backbone to simplify carving.

The fresh picnic or pork shoulder is a meaty oven roast that weighs from five to eight pounds. Another juicy pork roast sometimes overlooked is the fresh Boston butt. The Boston butt is a good size for the smaller family for though the average weight is four to eight pounds, it often is cut into smaller roasting pieces. Most elegant of the pork cuts is the "crown roast."

Rules for Roasting

Fat side up. No cover. Oven temperature, 325 degrees. Cook to the well-done stage. Follow these simple rules for roasting pork whether you choose a loin roast, a fresh ham or a shoulder roast such as a picnic or a Boston butt.

Any shallow pan may be used for roasting. If roast is a boneless one, it should be placed on a rack to hold the meat out of the drippings. A bone-in pork loin does not require a rack because the bones form the rack.

You may salt the roast before or after cooking. Since salt penetrates less than one-half inch into the meat, you may want to salt each serving of meat after it has been carved.

All pork should be cooked to the well-done stage to develop full flavor. However overcooking will cause excessive shrinkage. If you have a meat thermometer, insert so that the bulb reaches center of the thickest part, being sure the bulb does not touch bone. When meat is done, internal temperature recorded on the thermometer will be 185 degrees. A four to five pound pork loin will roast at 325 degrees to the well-done stage in 3 1/2 to 3 3/4 hours.

Company Roast. The whole fresh ham may range in weight from 8 to 14 pounds or it may be cut into the butt and shank halves to satisfy more shoppers wanting a wider weight range. The fresh ham makes a fine oven roast or it may be cooked on a rotisserie either in the oven or over charcoal.

Pork Ribs. Gaining right along in popularity are the back ribs, country ribs and spareribs. Back ribs and country ribs have a high proportion of lean to fat. These cuts are often made from the familiar rib roast by splitting it diagonally through the bone and meat rib eye. This leaves a portion of the eye of the rib on the backbone and an equal amount of lean pork on the short-ribs. Spareribs are cut from the pieces used for making bacon. All three types of ribs are winter-time favorites baked with a barbecue sauce, with sage-seasoned bread stuffing or with sauerkraut.

Walnut Pudding Is Spooned Into Glasses

Among the happy holiday leftovers, you're likely to have some walnuts and perhaps some of those good dark or golden figs that go into so many fruit packs. If not, this recipe makes it well worth your while to buy some walnuts and or figs especially for it.

Here is a new twist to an old-fashioned baked pudding that is certain to please all the family. By serving it in your prettiest sherbet glasses,

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old fashioned glasses or other fancy dishes, you've a fine company dessert as well. It is especially good when served warm so you might slip it into a moderate oven just before you sit down to dinner so it will be ready at dessert time. Eight servings.

- 1 cup California walnuts
- 1 cup soft dried dark or golden figs
- 1/4 cup soft butter
- 2/5 cup brown sugar, packed
- 1/4 teaspoon cinnamon
- 1/8 teaspoon each cloves and nutmeg
- 1 egg, beaten
- 3/4 cup sifted all-purpose flour
- 1/4 teaspoon soda
- 1/2 teaspoon salt

Fluffy Sauce*

Chop walnuts; clip stems from figs and cut fruit in small pieces. Cream shortening, sugar, spices and egg together until well blended and fluffy. Resift flour with soda and salt. Add to creamed mixture; beat until blended. Stir in fruit and walnuts. Turn into buttered eight or nine-inch square pan. Bake at 350 degrees, 20 to 25 minutes. Spoon, while warm, into serving dishes. Serve with this Fluffy Sauce topped with a walnut half.

*Fluffy Sauce. If this is a party dessert, you may want to use bourbon in place of the suggested rum flavoring. Beat two egg yolks, one cup sifted powdered sugar and a pinch of salt together until thick and lemon colored. Stir in two teaspoons of rum flavoring or three or four tablespoons of bourbon. Beat one cup whipping cream until stiff; gently fold into sauce. Chill. Serve from any attractive pitcher or a sauce boat. Stir before spooning on pudding.

Accompaniments for Fresh Roast Pork

Seasonal abundance of pork with attendant lower prices put it in menus more often. Serve fresh roast pork with a sweet flavored vegetable or fruit but serve a tart flavored food as a salad or relish in the same course.

Suggested companion foods are: red cinnamon apples or pears; pickled peaches, apples, pears or orange slices; canned sliced or cubed pineapple; baked bananas; spiced prunes or apricots; whole cranberry sauce, jelly or relish.

Suggested vegetables for enjoying with pork include sweet potatoes, squash, peas, carrots, asparagus, onions, broccoli, celery, turnips, rutabagas, parsnips and of course, potatoes. Pan-browned potatoes are much liked with pork roast. It is best to avoid two starchy vegetables in the same meal.

Avoid sauces on the fruit and vegetables if these are used on the platter to garnish the roast. Choose gay colors that make the platter picture pretty.

Roast Pork Leftovers

It is difficult to decide which is better—cold roast pork or leftover sliced roast pork reheated in leftover brown pork gravy. Hot roast pork sandwiches vie in favor with those of thin-sliced cold roast pork with a tart relish.

Cut-up cold pork goes into casseroles and sandwiches; always with crisp pickles and/or pickle relishes.

Grape-Avocado Combo

For a first course of distinction, combine two cups fresh green seedless grapes or seeded grape halves, one cup diced (one medium) ripe avocado and one-fourth cup French dressing. Chill 30 minutes. Line six sherbet or old-fashioned glasses with lettuce. Place over each, one-half cup grape and avocado mixture. Garnish with fresh parsley. Six servings.

Servicemen News

GOES TO TRAVIS
Airman Basic Stanley W. Jacobson, son of Mr. and Mrs. George E. Jacobson, Central Point, is being reassigned from Lackland Air Force base, Tex., to Travis Air Force base, Calif., for training and duty as a machinist. Jacobson recently completed Air Force basic military training at Lackland. He attended Crater High school, Central Point.

REASSIGNED
Tech. Sgt. Robert W. Colley, Central Point, is being reassigned to a strategic defense unit following his graduation from the Air Force technical training course for nuclear weapons specialists at Lowry Air Force base, Colo. He is the son of Mr. and Mrs. Joseph B. Colley, Shady Cove, and is a graduate of Crater High school.



DELUXE DESSERT—California Walnut Pudding is spooned into your prettiest glasses for a deluxe dessert. Pudding combines crunchy walnuts and dried dark or golden figs; is especially good when served with a pitcher of fluffy imitation rum or bourbon sauce alongside.

California Asks For Payment of Civil War Claim

San Francisco (UPI)—The state of California asked the federal government Wednesday to pay off a \$7.5 million claim on money spent for defense during the Civil War at the urging of President Lincoln.

State Atty. Gen. Stanley Mosk said 25 other states have been fully repaid for similar claims. The last was Nevada, which got \$500,000 in 1929. Mosk said the infant state of California spent \$4,420,891 to pay militiamen at the rate of \$13 a month and to install 140 guns at the mouth of San Francisco Bay and on Alcatraz Island.

Troops in Los Angeles

Some of the troops were stationed in the Los Angeles area, where a strong pro-Confederacy sentiment existed. Other units were used to put down a Confederate uprising in Texas and to re-open sections of the Overland Trail which were closed by Indians.

Mosk said the difference between the money spent and the \$7.5 million claimed represents interest paid on bonds which financed the state's expense. California still was pay-

ing interest on some Civil War bonds as late as 1945.

The attorney general said Sen. Clair Engle (D-Calif.) was pressing the claim and that prospects for its payment are better now than ever before. Mosk also urged Sen. Spessard L. Holland (D-Fla.) chair-

man of a subcommittee of efficiency and supplementals, to take favorable action on the claim.

It has been approved seven times over the decades by the U. S. Senate, but never received approval of both houses of Congress.

Morse Sees Third Force in Europe

Washington (UPI)—Sen. Wayne Morse (D-Ore.) said Wednesday the United States is virtually in the position of "paying for the privilege of remaining in Europe."

It might be better all around," he said, "to consider that the third force of Western Europe has arrived in world affairs and that the U.S. need not look any longer to its defense."

Morse suggested a splintering of the NATO partnership in a speech to the Senate.

"The alternative of a strong, unified Europe, free and clear of anything but historic and cultural ties with the United States suggests it-

self to me as preferable for all our countries to a half-hearted, fragmented, and divided NATO toward which the United States is a disproportionate contributor in money, manpower and military reliance . . ." Morse said.

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HELPED BY SISTER—Leslie Rosecan, 7, of Mill Valley, Calif., holds up a photo of her sister, Jill, 17, who gave part of her pelvis and hip bones so that Leslie could face life with the normal use of her arm. Leslie will receive the bone graft soon to repair damage to her shoulder blade left by a benign tumor. The bones are now in a deep freezer awaiting the operation. (UPI)

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