

Loin of Pork Best Known of Popular Fresh Pork Cuts

By MRS. GAYNOR MADDOX

Loin of pork is probably the most popular of all fresh pork cuts. Although not as low in price as some of the other cuts, it merits a place on the Sunday menu in an economy budget.

The loin contains the backbone, ribs and tenderloin and is sold as roasts and chops.

Like all pork cuts, roast loin of pork, chops and tenderloin should be thoroughly cooked. Cooked pork should be whitish in color without a pink tint.

Roast Loin of Pork
Season pork loin with salt and pepper and place fat side up in open roasting pan. Loin roast needs no rack. Place in moderate oven (350 deg. F.). Do not cover pan.

Basting is not necessary. The fat will melt and run over and into the roast. A meat thermometer is the best way of telling when the roast is done. Insert to the center of thickest part of roast. Roast will be done when thermometer reads 185 degrees F., or allow 30 to 35 minutes per pound.

Pork Tenderloin in Cream
One pork tenderloin, salt and pepper, 2 tablespoons lard, 1 cup cream, flour, 1 teaspoon lemon juice.

Have pork tenderloin cut into pieces for serving. Season with

salt and pepper and brown in hot lard. Add cream and cook very slowly for about 40 minutes or until meat is done. Remove tenderloin to hot platter, thicken liquid with flour and bring to boiling point. Remove from heat, add lemon juice, and pour over meat. Serve immediately.

Chili Pork Chops
Six pork chops, cut 1 inch thick, 1 medium onion, chopped; 6 tablespoons chili sauce, 3 tablespoons lemon juice, 1 teaspoon dry mustard, 1½ teaspoons Worcestershire sauce, ¼ teaspoon salt, ¼ teaspoon pepper.

Combine onion, chili sauce, lemon juice, mustard, Worcestershire sauce, salt and pepper. Pour over chops. Let chops stand 1 hour in sauce turning occasionally. Brown chops in heavy frying pan. Add sauce. Cover and simmer for 1 hour, or until tender. Serve with chili sauce.

MENU
BREAKFAST: Orange juice, fried ham, popovers, jelly, coffee, milk.

DINNER: Roast loin of pork, barbecue gravy, sweet potato pudding, buttered broccoli, lettuce, celery and onion salad, deep-dish apple pie, cheese, coffee, milk.

SUPPER: Spanish rice, warm French bread, ginger pears, layer cake, tea, milk.

Research Shows Lean Pork Rich Source of Vitamins

By MRS. GAYNOR MADDOX

A pork chop for dinner is an all-American pleasure. But there's more to pork than that. Dr. C. A. Elvehjem, professor of agricultural chemistry at the University of Wisconsin, states that as a result of extensive research at the university, he has discovered that lean pork is a rich natural source of the vitamin B group, including B1 (thiamin), necessary for growth, healthy appetite and for protection against certain conditions and nervous disorders.

A single pork chop even after thorough cooking will supply the vitamin B1 requirements of the normal adult for an entire day, according to Dr. Elvehjem, who is a recognized food chemist of high standing.

Pork shoulder, spareribs, tenderloin and feet are often neglected in favor of the better-known and more expensive pork cuts, yet they each have a distinctive and delicious flavor when properly cooked. The shoulder alone contains a selection of at least half a dozen roasts and steaks, all easy to cook and economical.

Always buy pork that is light grayish pink color and well-marbled, or streaked in appearance. The flesh and the fat should be firm, although pork fat is not as brittle as beef fat. The bones should be soft with a slight tinge of red.

Spareribs and Lima Beans
Three pounds spareribs, 1 cup dried lima beans, 4 cups cold water, 2 large onions, 1 cup apple cider, salt and pepper.
Soak lima beans in cold water

for several hours. Drain, add 4 cups water and salt. Cover and cook slowly until beans are tender, about one and a half hours. Place layer of lima beans in an oiled baking dish, season with grated or finely diced onion, and add another layer of lima beans. Fill dish. Have spareribs cut into pieces for serving. Place on lima beans and pour the cider over all. Cook uncovered in a moderate oven (350 deg. F.) until spareribs are done, about one hour.

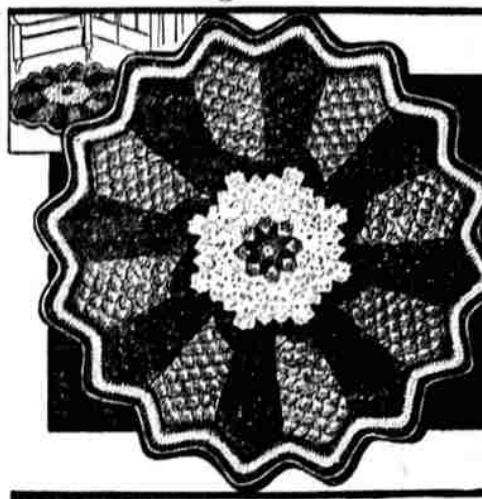
MENU
BREAKFAST: Grapefruit, fried ham, corn muffins, apple jelly, coffee, milk.

LUNCHEON: Toasted tomato and cheese sandwiches, stewed fruit, frosted cup cakes, tea, milk.

DINNER: Tomato juice, spareribs and lima beans, parsley potatoes, cabbage and pineapple salad, cottage pudding, chocolate sauce, coffee, milk.

Baked Spareribs
Three pounds spareribs, salt and pepper. Have spareribs cut into pieces for individual serv-

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Fort Klamath

Mrs. Norma Liddicoatt and daughter Phyllis, have returned to Fort Klamath from Stockton, Calif., and are staying with her parents, Mr. and Mrs. Ernest Bennett. Mrs. Liddicoatt is employed at C. J. Brice's Crater Lake cafe.

House guests of Mr. and Mrs. William C. Hackler for a week at their home at the Wood River ranch were Mr. and Mrs. J. Evans of Portland, Ore. While here, Mr. and Mrs. Evans enjoyed the annual trapshoot at Tulake in company with their hosts, Mr. and Mrs. Hackler.

Bob Heath left recently for Vancouver, Wash., where he is in military training following enlistment in the aviation corps. He is the son of Mr. and Mrs. A. L. Heath of Fort Klamath.

Emil Zumbrun has returned to Fort Klamath from Los Angeles, Calif., where he has been visiting with relatives for several months.

Wood River valley had its first snowfall on Monday, October 21. The snow was very wet and late in the evening turned to rain, which has continued every day during the week. Several Lake park has had several inches of snow which has closed

the north and east entrances to the park.
Mr. and Mrs. Harold Moon and children of Lakeview spent the weekend here visiting her father, Frank Edwards, and her brother-in-law and sister, Mr. and Mrs. Kenneth Morris, also visiting with other relatives while here.

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Here are Recipes Making Good Use of Leftover Ham

By MRS. GAYNOR MADDOX

No story about the importance of pork in the economy budget is complete without a few recipes for using left-over ham. Certainly sweet ham fat is one of the finest of flavorings for beans and greens. And the ham bone has a standing engagement with black beans for a soup party.

Ham and Rice Casserole
One-fourth cup chopped green pepper, 2 slices onion, 4 tablespoons lard, 1 cup ground leftover ham, 1 cup cooked rice, 1 cup milk, 1 teaspoon salt, 2 eggs, beaten.

Cook pepper with onion slices in lard until onion is light brown. Remove onion. Add ham and saute until browned. Add rice, milk and salt and beaten eggs. Turn into greased baking dish. Bake in moderate oven (350 deg. F.) about 30 minutes, or until top is browned.

Ham Hash
Two tablespoons bacon fat or drippings, 2 tablespoons minced onion, 2 tablespoons minced green pepper, 2 cups chopped boiled ham, 2 cups of cubed cold

cooked potatoes, 1 cup stock or milk, salt and pepper.

Melt fat in frying pan. Add minced onion and peppers. Cook until mixture is light brown. Add remaining ingredients, well mixed. Spread hash evenly and cook slowly until thoroughly heated through, and brown crust is formed on bottom. Fold over as you would an omelet and serve on hot platter.

If hash is to be baked, combine all ingredients, put them in shallow, buttered baking dish, sprinkle the top with buttered crumbs and bake for 1 hour in a moderate oven (350 deg. F.).

Ham Souffle
Three tablespoons butter, 4 tablespoons flour, 1 cup milk, 1 teaspoon salt, few grains cay-

Chest Colds
To Relieve Misery Rub on Genuine VICKS VAPORUB

enne, 3 egg yolks, 1 cup cooked ground ham, 3 egg whites.
Melt butter, blend in flour. Add milk, stirring constantly and cook until thickened. Cool sauce slightly; stir in unbeaten yolks, and then ham.
Beat egg whites stiff but not

dry; fold in ham and sauce mixture. Turn mixture into buttered baking dish; bake in slow oven (325 deg. F.) until firm in center for 30 minutes. When done, mixture will not adhere to tip of knife inserted in center. Serve immediately.

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"The play must go on"—but stage star Lila Lee doesn't let her important role in the Broadway play "Blind Alley" interfere with her war relief work. Pictured above, on stage, Miss Lee keeps right on knitting for "Bundles for Britain" while she acts.