



TO ROAST A PORK LOIN, place it fat side up in an open touching-bone. Insert a slow meat thermometer into the thickest part of the meat, not touching bone. Roast in a roasting pan (325 degrees) until the thermometer registers 185 degrees. A 3-pound roast will require just under three hours; a 5-pound roast, a full three hours; 8-pound roast at least three and one-half hours. Glaze, if desired with a mixture of 1/4 cup brown sugar, 1 teaspoon dry mustard, 1/2 teaspoon powdered cloves and 1 to 2 tablespoons of vinegar, a half hour before roast is done. Photo and recipe suggestions from Martha Logan Kitchens of Swift & Company.

Roast Pork

Hurrah for roast pork! Many homemakers find menu planning a complicated project. Family food preferences must be balanced with budget allowances and sound principles of nutrition. That is why a tender, delicious pork loin roast is something to shout about. The delicate flavor of roast pork cooked to perfection is a family favorite. For special occasions a Brown Sugar Mustard Glaze applied one-half hour before the roast comes from the oven makes the meal a company-best affair. Fresh pork is always served "Well done." For most accurate results the meat is roasted to an internal temperature of 185 degrees as indicated on a roast meat thermometer.

In these days of a plentiful pork supply, prices at the meat counter are attractive and selection of cuts is almost unlimited. It is smart shopping to purchase a roast large enough to make a second appearance in meat sandwiches or a tasty pork and onion curry later in the week. Allowing

one-half pound of pork roast per serving is a handy guide when buying the meat.

The shouting about roast pork doesn't end with flavor and economy. Its nutritional value is no small matter. Pork is a good source of complete meat protein of high quality. In addition it is an exceptional source of the B vitamin known as thiamine.

PORK AND ONION CURRY
 2 cups cubed cooked pork
 1 medium onion, thinly sliced
 2 tablespoons butter or margarine
 2 tablespoons flour
 1/2 teaspoon thyme
 1 teaspoon salt
 1/2 teaspoon curry powder
 1/2 teaspoon pepper
 1 cup milk

Pan brown pork and onion in butter in a heavy skillet. Sprinkle flour, thyme, salt, curry powder and pepper on top. Stir gently. Add milk and stir until smooth and bubbly. Cover. Cook over low heat for 10 minutes. Serve on Chinese noodles.

FREE

A 16-page booklet on "How to Conduct a Teen Age Pizza Party" is available from Food Specialties, Inc., Worcester, Massachusetts, manufacturers of Appian Way Pizza Mix and Sauce.

This colorful booklet with illustrations includes seven pizza variations. It tells you what to do from inviting your guests right down to serving the pizza. It even explains how to make an authentic replica of an Italian Chef's Cap.

Just mail your name and address to Food Specialties, Inc., One Appian Way, Worcester, Massachusetts, or Food Specialties, Inc., San Jose 25, California.

BREAD CRUMBS
 To prepare soft bread crumbs, pull day-old bread into crumbs with fork or fingers. For dry bread crumbs, remove crusts from stale loaf and dry bread slices thoroughly in a slow oven. Crush with a rolling pin or put through food grinder or blender.

GLAZED PEACHES

Hot peaches make an exciting difference in ordinary menus. Even leftovers or thrifty entrees look and taste better with a handsome, hot, canned cling peach garnish. "Currant Glazed Peaches" take no time at all to prepare and yet they are so rewarding in flavor. Serve them with such simple dishes as creamed chicken or tuna and rice; send them along with crisp hash or pan fried ham; try them with meat pie or beef patties.

To make "Currant Glazed Peaches," measure a little brown sugar into the centers of canned cling peach halves. Drizzle with lemon juice and broil until lightly browned. Then, spoon melted currant jelly over the peaches and broil a few minutes longer until glazed.

CURRENT GLAZED PEACHES
 1 (No. 2 1/2) can cling peach halves
 Brown sugar
 2 tablespoons currant jelly
 Drain peaches thoroughly and arrange cup side up in shallow baking dish. Place a teaspoon of brown sugar in center of each peach, and drizzle about 1/2 teaspoon lemon juice in each. Broil about four inches from heat until lightly browned. Meanwhile melt jelly; spoon over browned peach halves, and broil a minute or two longer, until glazed. Serve hot with meats or poultry.
 Makes five to six servings.

RAISINS

To plump raisins (seedless varieties), wash them and spread them in a single layer on a cookie sheet in a moderate oven until the raisins puff up and lose their wrinkles.

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