

WHEN YOU'RE BUYING PORK. Because pork is one of the less-expensive meats, it is a favorite—particularly at this time of year. In buying pork—or any meat—be sure to look for the government's round, purple stamp: "U. S. Inspected and Passed." This stamp guarantees that the meat was safe and wholesome when inspected. And now to the various pork cuts, shown in the diagrams below:

PORK SHOULDER. A fresh shoulder of pork is not only inexpensive, but flavorsome if properly roasted. You can roast it unboned, boned and stuffed, or boned and rolled. A roast from the upper part of the shoulder is known as a Boston Butt. A roast from the lower portion of the shoulder, resembling a small fresh ham in appearance, is called a Picnic Shoulder.

PORK LOIN. You can buy a loin roast of almost any weight, depending upon the number of chops it has. A roast cut from the ham end or center of the loin has a portion of the tenderloin and so is especially meaty. A roast cut from the shoulder end contains no tenderloin and is less meaty. Boned, cured loins are sold as Canadian Bacon.

FRESH HAM. While nothing can surpass the deliciousness of the new, tender, cured hams distributed by

national meat packers, a fresh ham is tasty, too. Fresh hams weigh about 8 to 12 lbs. For delicious results, follow Miss Hoover's directions for roasting (page 123).

PORK TENDERLOIN. While many butchers prefer to leave the tenderloin in a loin roast, it is sometimes stripped out and sold separately. The long, tapering, meaty tenderloin lies beneath the backbone, weighs about ½ to ¾ lb., and is very tender, juicy, and well flavored. One tenderloin is just about enough for two persons, if it is cooked as Miss Hoover suggests on page 123.

SPARERIBS. Don't forget fresh spareribs—the ends of ribs removed from the bacon strip. Though spareribs have very little lean meat, they are tantalizingly good. Because they are mostly bone, it is well to allow about ½ lb. per person. See Miss Hoover's directions for cooking (page 124).

CROWN ROAST OF PORK. (Illustrated page 102.) The next time you're giving a company dinner or a feast, order a crown of pork. To make a crown, the butcher uses the portion of two loins—each with the same number of chops. The bones are trimmed as for chops. The backbone is trimmed, too. Then the two sections are cut to half-circles with the ribs projecting upward. The ground trimmings provide the making of a delicious meat loaf or meat cake for a later meal.

A THREE-IN-ONE SOUP. The next time you're in a venturesome mood, have only a little time, heat up a can of mixed vegetables (liquor all), a can of condensed corn, Madrilene, and a can of condensed tomato soup. This makes a luncheon dish that will satisfy the family's vegetable quota.

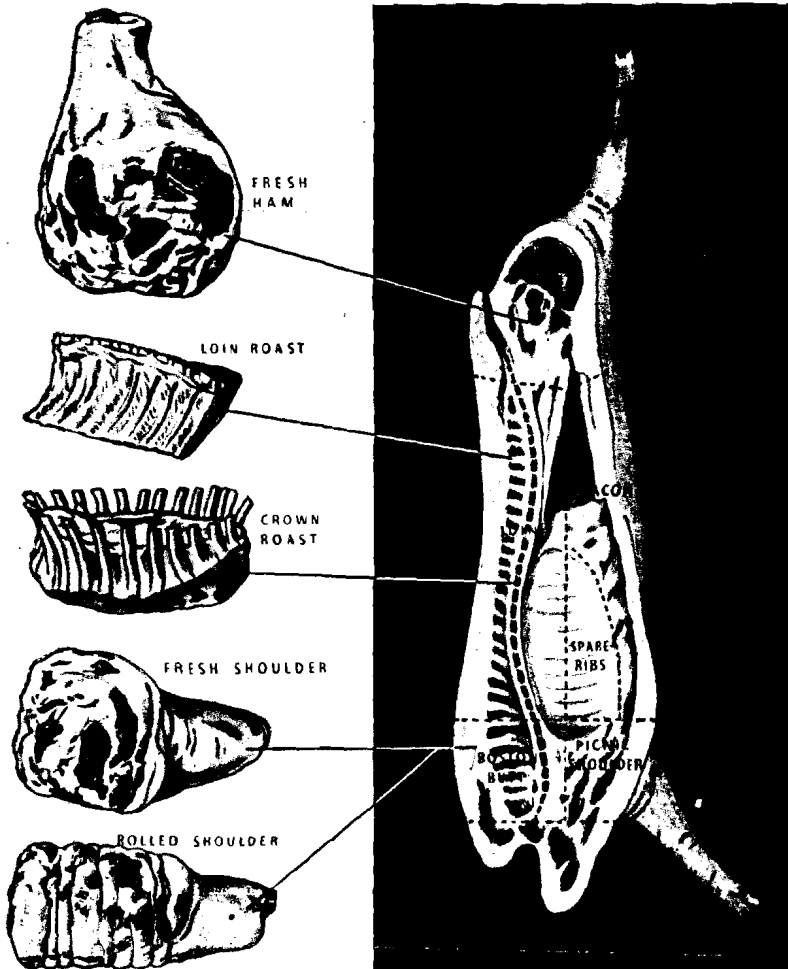
CANNED CORN IN NEW DRESS. If your family dotes on the tender, whole-kernel corn that now comes in cans, you'll be interested in a bit of news. That same corn now comes vacuum-packed with green and red peppers added in the right proportion. Try it for a delightful change. Serve it piping hot.

COCOA, AND YOUR MILK QUOTA. If you're planning the children's milk quota, don't forget that grown-ups need milk every day—one pint, at least. So if you're buying cocoa, why not make it a family affair? Cocoa takes little time to make, especially if you use the instant cocoas that contain sugar. Just add boiling milk (for extra nourishment, use part milk), stir well, and serve.

CANNED MUSHROOM SOUP SAUCE. I'm sure canned mushroom soup needs no introduction to your family. But have you ever used a sauce when baking "fryers"? Bake ours this way: Order a chicken cut up for frying. Season it with salt and pepper, and broil on all sides in hot fat in a skillet. Arrange in a baking pan. Then add a can of condensed mushroom soup mixed to a smooth consistency with a can of water. Also add ½ c. celery and ¼ c. diced green pepper. Bake uncovered in a hot oven at 350 F. until the chicken is tender—1 hr.—basting occasionally with the gravy in the pan.

Visits TO THE GROCER

WITH DOROTHY MARSH OF THE INSTITUTE STAFF



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