

INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION
NOVEMBER 2, 1938 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

MAIN DISH MEALS

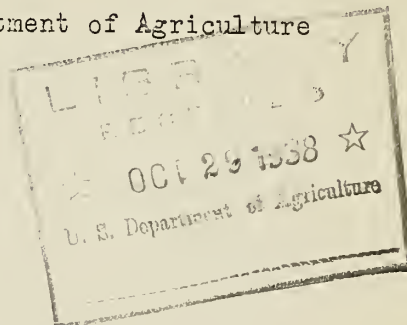
Now they're calling it a "main dish" meal.

No, it's not a new fad. It's just a more sincere name for the old favorite "one-dish" meal, that comes with salad and dessert, perhaps a hot roll and always a beverage, just as a matter of course.

It's a modern streamline meal, planned to perform its task of supplying the family's food needs with the least possible friction. And "friction" applies to disturbance of the pocketbook, as well as strenuous effort in the kitchen.

Nearly every homemaker has her busy day specialty. If it's braised beef or pot-roast with vegetables, she has learned just how long before serving time to add the potatoes, onions, and carrots. They always come out tender, yet unbroken with a bright, inviting look. If it's shepherd's pie, the golden brown mashed potato covering is without lumps. If it's corned beef and cabbage, the cabbage emerges from its 10-15 minute cooking period in whole, clear-cut, light green wedges.

The main-dish pattern is simple. First, there is a protein-rich food, usually meat or cheese, or perhaps fish or eggs. Then, there is a starchy food such as potatoes or a cereal in some form, corn or rice, macaroni or noodles. Frequently one or more succulent vegetables are added, as well as onion, celery,



parsley, and green pepper for seasoning. Tomatoes fit nicely into the main-dish pattern, supplying color, flavor, and liquid, as well as valuable vitamin C.

Ideally, the main dish presents a "balanced" meal. But the children should always have their milk, and frequently a crisp raw vegetable salad or a fruit dessert are also needed to round out the balance. The protein food, always found in a true main dish, is necessary for building and repairing body tissues; while starchy foods furnish calories at comparatively low cost. The succulent vegetables supply vitamins and minerals.

A popular American version of the Italian polenta makes an ideal "family fare" main dish. It's simple, unusual, inexpensive. Prepare by frying slices of chilled corn meal mush and serve with a tomato sauce to which a small quantity of browned hamburger steak, or left-over cooked meat has been added. Or use a plain tomato sauce and serve the polenta with a dish of grated cheese to be sprinkled on as taste and fancy dictate. Or the dish may be baked using the corn meal mush cubes for the top and bottom layers, and filling the center with the meat sauce.

But whether the polenta is fried or baked, there should be no lumps in the mush. It takes skill and practice to make lumpless mush by adding dry corn meal gradually to boiling water. A safer way is to mix the meal with a little cold water first, then stir in boiling water. Use no more than 3 cups of water and about 1 to 1-1/2 teaspoons of salt for each cup of corn meal.

For codfish, with spaghetti, and tomatoes, freshen salt codfish in cold water. But not long enough to take out all the salt. Simmer the fish in the tomato sauce, with a bay leaf or two added for distinctive flavor. Fry a little onion and parsley in olive oil or other fat and add this after the codfish is tender. A quarter cup or so of chopped olives put in just before serving time is also a welcome "touch". For enough of this main dish to serve 5 to 6 persons, use one-half pound of codfish, 2 cups of uncooked spaghetti broken into short lengths, and a quart of canned tomatoes.



Beef and ham gumbo in rice ring, a popular "company style" main dish, is most attractive with its bright green rings of okra in a red tomato-and-meat mixture, all against a snow white ring of rice. Canned as well as fresh okra may be used.

First dice a mixture of the two kinds of meat and brown in a hot skillet, adding no extra fat. Then put in the tomatoes and a little water if necessary and simmer until the meat is almost tender before adding the okra. A good proportion is about three-fourths of a pound of cured ham to every pound of lean beef, and 1 quart each of tomato and sliced okra. Use such seasoning as the family likes, or the cupboard or ice box can supply, and chop fine. Onion, celery, parsley, and green pepper are all good. A bay leaf and a little celery seed in the tomato-meat mixture add a distinctive flavor.

For a rice ring with a smooth outline, first cook the rice in about 8 times its quantity of gently boiling salted water, and cook it until it is very soft. Instead of rinsing the hot rice, pack it into a ring mold, which has been dipped into cold water. Just before serving, heat the molded rice for about 5 minutes in a moderate oven. It will unmold nicely if you loosen the edges, turn a hot platter over the mold, and invert both quickly.

Chop suey, Chinese in name and inspiration, adapts some Oriental ideas in food preparation to American foods and American tastes. From China come the careful shredding, the quick-cooking in slightly thickened broth, and the tang of the soy sauce. For us, a modern vegetable shredder is a good substitute for the sharp pointed knife and unlimited patience of the Oriental.

Recipes for chop suey are found in almost every cookbook, with scarcely any two alike. Chicken, pork, beef, lamb, veal or even sea food, make satisfactory "meats" for the dish. Use plenty of shredded onion and celery, and such other appropriate vegetables -- and nuts -- as are available. Green pepper, mushrooms,

sliced Brazil nuts, sliced raw Jerusalem artichokes or radishes, and fresh or canned bamboo and bean sprouts are all good in a chop suey mixture.

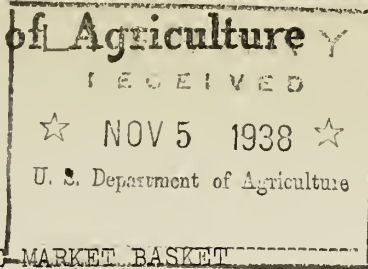
Chow mein, even more of a main dish, is chop suey served with fried noodles as well as hot, flaky rice. For the fried noodles, cook narrow, dried noodles in a large quantity of boiling salted water for 15 minutes. Drain, and dry on absorbent paper. Then fry only a few noodles at a time in deep fat, kept hot enough to brown a cube of bread in 60 seconds (375 to 400 degrees Fahrenheit.) As soon as the noodles are light brown, drain on absorbent paper.

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WASHINGTON, D. C.

by
Bureau of Home Economics, U. S. Department of Agriculture

SOYBEANS AND PEANUTS

Emergency, like Necessity, often "mothers" a new way of doing things. Under its stress whole nations may begin to try out new foods, farmers turn to new crops.

America emerged from the Civil War with a new high regard for the nutritive value of the lowly peanut. When supplies ran low, soldiers and home folks alike found in this little legume a sustaining food.

During the past few years America has been acquiring a new appreciation of the soybean and its possibilities as a food for man and animals. Farmers of the corn belt states nearly doubled the nation's soybean production in one year--between 1934 and 1935. They found soybeans a satisfactory crop and a dependable source of livestock feed. This year the cornbelt states, leaders in soybean production, will harvest another record crop of soybeans.

"Soybeans for the Table," a leaflet fresh from the U.S. Government press, is a response to a steadily growing interest in the use of the soybean as food for man. In six clear, concise pages, the leaflet tells the homemaker exactly what she wants to know about the soybean. It answers her questions on nutritive value, tells how to select, "depod," and cook green soybeans; how to produce savory "baked" beans from those that have been harvested at the ripe stage. There are even detailed instructions for the making of soybean "curd," and a beverage named "milk" by its oriental originators. But Orientals do not stop with such simple dishes as

"curd." They use soybeans for many complicated, long-fermented preparations. Soy sauce, that has gained wide-spread use in America, is one of these fermented products. American companies are now using a short-cut chemical method of manufacturing this popular condiment.

A copy of the new leaflet, "Soybeans for the Table" is free while the supply lasts, if you write to the Department of Agriculture, Washington, D. C.

An analysis of the food value of the soybean indicates reasons why they have been a fundamental part of the oriental diet for thousands of years. In nutritive value, they outshine our common table beans. On the average, soybeans have half again as much protein as other legumes, and their protein is "efficient," that is, it can be used readily by the body. They are 12 times as rich in fat as other beans.

On the other hand, soybeans contain half as much carbohydrate as others and much of this cannot be well used by the body. Green shelled soybeans rank with kale and squash as one of the 6 percent carbohydrate vegetables, while the dry soybeans count as a 12 percent vegetable.

Green soybeans are very rich in vitamin A, a vitamin frequently associated with green coloring. And both the dry and green soybeans are good sources of vitamin B, and C. (Riboflavin). And if you sprout soybeans, after the oriental fashion, you will have vitamin C in addition to all other food values.

Unfamiliar foods are introduced but slowly into the diet of any people, even among those who pride themselves on being ready to adopt new ideas. Plant breeders have improved old varieties and developed new ones in their search for soybeans with good flavor and cooking qualities, good color, and even shelling speed. Food specialists have tested some 500 varieties and many cooking methods and recipes. They have found about 17 varieties of soybeans that make excellent table food when properly prepared. Some of these are best green, others when dry, and about half a dozen are good either way.

Always soak dry soybeans overnight before cooking, as soaking makes them cook more quickly, and gives the beans a better color, and of course, "plumps" them up. After soaking, drain, add fresh water, and simmer until tender. Some varieties will require 2 hours or less, others longer. Even then, many varieties of soybeans will be waxy and firm, rather than "mealy" like ordinary table beans.

A pressure cooker is a most handy piece of equipment in soybean cookery, since it greatly shortens the time of preparation. At 15 pounds pressure, soybeans will be tender after 15 or 30 minutes.

To the venturesome cook, soybeans offer many possibilities, especially after they have been put through a good grinder or coarse sieve. Some even like soybean pulp combined with milk, eggs, sugar, and spices in pie. Or the pulp makes good soups, croquettes, souffle, or soybean loaf. There are also sandwich possibilities, if you add minced onion or some other flavorful food and sufficient salad dressing, or milk to give a good spreading consistency. Green soybeans are a very good salad vegetable after boiling and chilling.

Remember, soybeans are rich in fat, so add only enough for flavor. A little diced salt pork, and plenty of celery, onion, and green pepper are a good combination for many soybean dishes.

Of the common American foods, peanuts probably bear the closest resemblance to soybeans in food value. Peanuts are legumes, too, not really nuts at all. Peanuts also are rich in fat and protein, and much of their protein is used to good advantage by the body. Peanuts also supply vitamins B and G.

Here's some good news for those who like peanuts. There will be more "goobers" this year than ever before in the history of the country. The crop now being harvested will be slightly larger than last year's harvest and nearly one third larger than the average crop for the past ten years, according to estimates of the U. S. Department of Agriculture.

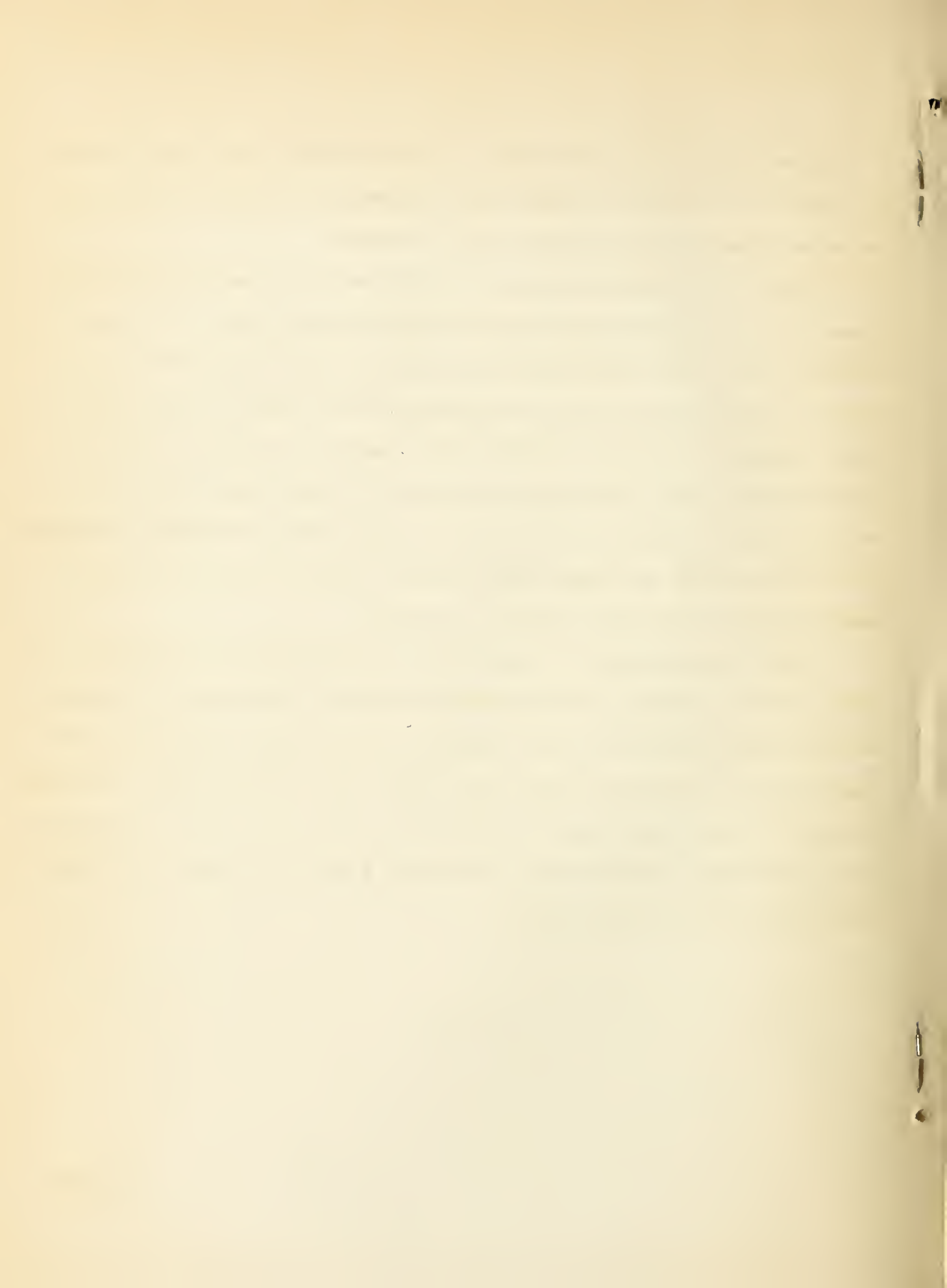
More peanuts will be used ground into peanut butter than in any other way.

Once peanut butter almost invariably came in sandwiches or sandwich mixtures, but now it may appear in any course from soup to dessert.

Used in soups, peanut butter adds richness and body as well as nutritive value. The nutty flavor combines especially well with tart tomato for peanut butter and tomato soup. Good proportions are half a cup of peanut butter to a quart of canned tomatoes. For a smooth mixture, first simmer the tomatoes for about 5 minutes, then put them through a sieve, and make a paste of a little of the hot tomato and the peanut butter. Because of the thickening effect of the nut butter only 1 tablespoon of flour will be needed to give the right consistency. Mix the flour with $\frac{1}{4}$ cup of water and $\frac{1}{2}$ teaspoon of salt. Then boil the soup gently for about two minutes, stirring constantly.

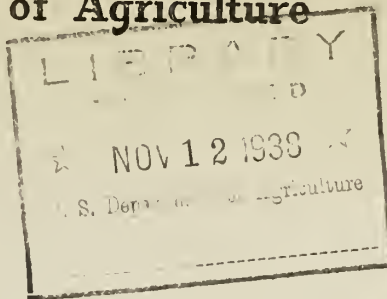
Peanut butter frosting is popular with many, especially the children.

Simply add the nut butter to a "seven-minute" frosting. But be sure to cook all the other ingredients in the top of the double boiler, beating constantly, until they "hold their shape" before adding the peanut butter. Then it will be necessary to cook the frosting again until it thickens the second time. Tested proportions are 1 cup of sugar, 4 tablespoons of cold water, $\frac{1}{4}$ teaspoon of salt, 1 egg white, and 2 tablespoons of peanut butter.



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THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

STUFFING THE BIRD

The old colonial squire who complained that though "there are divers ways of stuffing the holiday bird, it is an artte with but few" wrote modern sentiments, if not in modern diction.

"Divers" applies to tastes as well as stuffings. There are those who advocate "dry" stuffings, and those who want theirs "nice and moist", and those who crave oysters, or sausage, or some other highly flavorful ingredient in their stuffing. All are staunchly uncompromising; all equally ardent upholders of their school of taste.

Yet, despite these "divers" opinions, the Thanksgiving bird can't be stuffed but once--so select we must. The bird may be a turkey or chicken, guinea hen, duck, goose, or capon. Sometimes it even turns out to be crown roast of lamb or a boned ham. But stuffing is a part of the unwritten Thanksgiving tradition.

And although no two birds may be stuffed by exactly the same recipe, all poultry and meat stuffings are built on the same general pattern. First, there is a starchy base. Usually it is bread crumbs of various kinds--white, brown, or corn bread. Flaky, boiled rice, and well-seasoned mashed potatoes, are also popular with many

Second, melted butter, or some other good-flavored fat, is added for richness.

Then comes the seasoning, with its 101 possibilities. To the venturesome cook, stuffing seasonings furnish one of the year's most promising opportunities. Her selection lies first among the many herbs, then seasoning vegetables, and other interesting additions--mushrooms, dried apricots, prunes, or raisins, candied cranberries, sausage, diced salt pork, and tart apple cubes--to mention but a few.

For the perfect bread stuffing, first look to the quality of the bread crumbs. Use bread two or three days old. Cut each loaf in two and "fork" out the inside, leaving the crusts. Crusts may be handy for other dishes later, but their hard, brown lumps ruin the texture of stuffing.

After "forking" on the pieces of bread, continue to pick the larger ones apart with the tips of the fingers, until all crumbs are fine and even in size. Fineness is less important for a moist than for a dry stuffing, but it always makes for a complete blend of flavors.

Specialists of the Bureau of Home Economics offer this rule on how many crumbs to allow for birds of different size:

"For every pound of a bird that weighs less than 10 pounds use a cup of bread crumbs, minus one. For a bird weighing 10 pounds or more, use a cup of crumbs, per pound of bird, minus two."

Count the weight of the bird as you buy it in the market, "dressed", that is plucked, but not drawn, and with the head and feet attached. Thus, for a 4-pound bird, whether chicken, duck, or guinea hen, you will need 3 cups of crumbs. For a 5-pound bird, allow 4 cups. And for a 12-pound turkey or goose, 10 cups of bread crumbs should be enough. Usually a one-pound loaf of bread makes about one quart of medium-dry bread crumbs.

Among the seasoning possibilities, herbs alone offer a wide choice. Some of our grandmother's favorites are back in fashion now with the revival of the

kitchen herb garden--summer savory, thyme, sweet marjoram. Mixed herbs, such as savory and poultry seasoning, are probably safest for the hostess who is not well acquainted with her guests' tastes. Sage still holds prominence, but is most effective in very small quantities. Celery seed is also excellent when used with caution.

Seasoning vegetables--celery, parsley, and onion--have a better flavor if chopped fine and fried in fat for a few moments. Try out some of the fat from the bird, if there is any to spare. Or sometimes enough fat comes in the bits of crisp salt pork, bacon, or sausage added to the stuffing.

And if possible, fry the seasoning vegetables in a skillet or pan large enough to hold bread crumbs and all. Then the stuffing can go into the bird piping hot. Putting the stuffing hot into the bird, speeds up the roasting and improves flavor. But if your time plan calls for stuffing the turkey on the day before the big feast, keep the stuffing cool, and the bird well chilled. If held over-night the turkey will absorb some of the flavor of the stuffing, sometimes a decided disadvantage.

If you want something just a little different for the 1938 Thanksgiving stuffing, add mushrooms to the bread crumb base. For mushroom stuffing, with a delightful flavor, allow a pound of mushrooms to every quart of crumbs. To get full benefit of the mushroom flavor, fry them in butter for 5 or 10 minutes, before adding them to the crumbs. A generous quantity of chopped celery and parsley are good with mushrooms, but it's better to reduce onion, herb, and other potent seasonings to a minimum, as they mask the mushroom flavor.

Nuts, in large or small quantity also do much to improve a plain bread stuffing. For a true NUT STUFFING, a good proportion is about one third as many chopped nuts as bread crumbs.

For the popular chestnut stuffing, the easiest way to remove the shells and brown skins is to boil the nuts for about 15 minutes. Then keep them very hot,

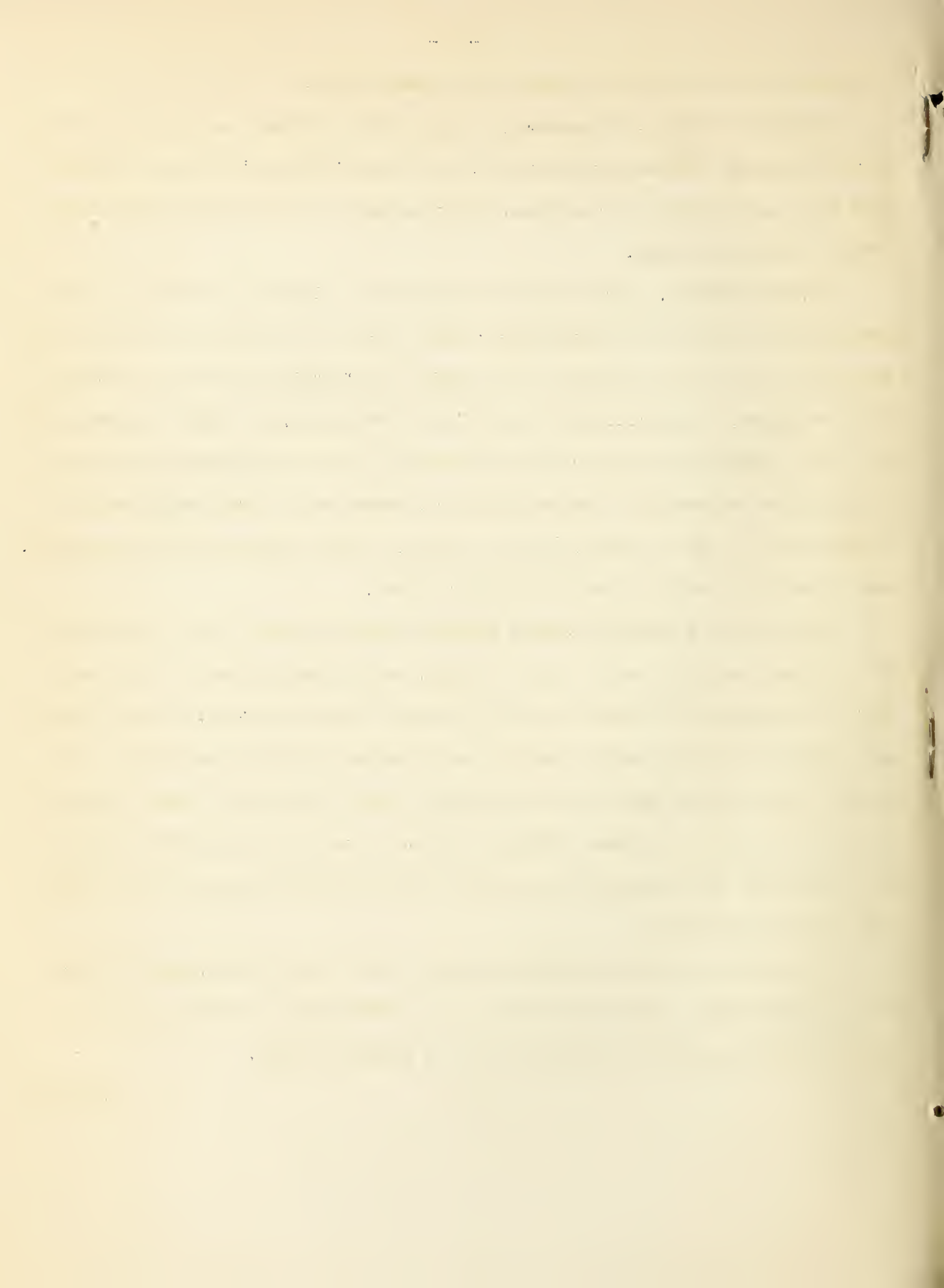
while you cut off the outside layers with a sharp knife.

Blanched filberts, or blanched, sliced almonds or Brazil nuts give a pleasing bit of crispness. Pecans are very rich, and are best broken in pieces. Peanuts, pine nuts, and walnuts are also good. Stir the nuts into the crumb mixture, just before stuffing the bird.

APPLE STUFFING, popular with those who have a slightly sweet tooth, is especially good with duck or stuffed spare ribs of pork. The stuffing will have more apple flavor and be less compact if the apples are "candied" before they are added to the mixture. To do this select very firm, tart apples, and after they are pared and cubed, sprinkle with sugar, and cook slowly in fat in an uncovered skillet until the juice evaporates. Good proportions to every cup of bread crumbs are 5 or 6 tart apples, $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup of celery, a little chopped onion and parsley, and if desired, diced salt pork fried until crisp.

And here is a RICE AND APRICOT STUFFING especially delicious in roast duck. For a 5-pound duck use about 3 cups of flaky, cooked rice; $\frac{1}{4}$ pound of dried apricots; 3 tablespoons of butter; one cup of chopped celery and tops; one small onion and a sprig or two of parsley, chopped; and $\frac{1}{2}$ teaspoon of savory seasoning. The rice is sure to go on swelling inside the duck, even if you let it expand over hot water after cooking. So leave plenty of room. For the apricots, simply wash and dry them first, then snip them into strips with the scissors and mix them in with the rice and seasonings.

And here are some last minute warnings. Taste the stuffing again to check the salt and pepper. And whatever else you do DON'T PACK the stuffing into the bird. Stuffing swells as it cooks so give it plenty of room.



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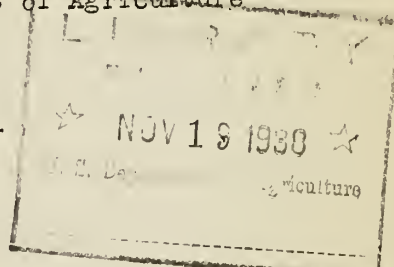
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

ARTICHOKES COME TO MARKET --
BOTH GLOBE AND JERUSALEM



There's something in the air these days that's of special interest to almost everyone. For sports lovers it's the end of football -- the beginning of skating -- good duck hunting. For foresighted holiday givers these are the "shopping early" days. For stay-at-homes it's perfect weather for an open fire and a book. And to many a food connoisseur, it's artichoke season.

Artichoke season -- as a lot of grocery clerks will testify -- invariably means some confusion at the vegetable counter. For to many persons an artichoke is an artichoke. It doesn't occur to them to specify "globe" or "Jerusalem." Yet the first name is necessary -- because it would be hard to find two vegetables with the same family name more unlike in looks.

One is an unopened flower bud, which grows on a strong, thistle-like plant. Some call it the globe artichoke; others call it the French. Botanists know it as *Cynara scolymus*; and still others, less technically informed, refer to it as an "educated thistle."

The other, a tuber that looks something like a small gnarled potato and has a plant that resembles a sunflower, is the Jerusalem artichoke. However, this has no connection with the Palestinian city of the same name. The "Jerusalem" is merely an English corruption of the Italian word for sunflower "girasole."

Both kinds of artichokes come to market in the fall. Commercially the globe is the more important. These artichokes do not grow successfully in the northern part of the United States, and California is the only state that grows them in quantities for shipping.

Time was, before modern means of transportation had been developed, that very few families could even taste these globe artichokes. Now, there are artichokes in the markets in larger cities throughout most of the year. Shipments are heaviest all over the country from mid-October to mid-April. And price has dropped lower as the supply has grown larger.

Jerusalem artichokes are sold chiefly on local markets. But they are grown extensively for home use in many parts of the country, especially in the South. Because the tubers are thin-skinned and dry out quickly they should be used soon after they are harvested, or stored in a cold, humid place. For home use the best and easiest way to store them during the winter is to leave them in the ground. Even freezing there does them no harm.

In food value the two artichokes as we eat them are not so unlike. The tuber of the Jerusalem artichoke contains a greater proportion of carbohydrate -- almost as much as potatoes. It ranks as a 15 percent carbohydrate vegetable. In the edible portion of the globe artichoke there is also a fair amount of carbohydrate, enough to make it count as a 9 percent vegetable.

Much of the carbohydrate in the Jerusalem artichoke is in the form of inulin rather than starch as is the case with potatoes. To most persons this is not especially significant, however. For although there is evidence that there is some difference in the way inulin and ordinary starch are utilized by the body, for all practical purposes inulin may be considered to have the same food value as any other carbohydrate.

In mineral content, apparently the globe artichoke has a slight edge on the Jerusalem. It ranks as a good source of iron and calcium, two minerals lacking in many diets. There have been very few studies to measure the calcium and iron in Jerusalem artichokes. But it is probable that like other tubers it rates no better than a fair to good source of both. The globe artichoke is a good source of vitamin C and a fairly good source of vitamin A. The Jerusalem is a good source of vitamin B.

Just as any other flower bud, the globe artichoke shows its quality in its color and its outward appearance. One that's topnotch will have tightly clinging, fleshy leaf scales of a good green color. It will be compact and therefore fairly heavy for its size. An artichoke that's discolored, is brownish or has dark spots on it, will turn black when it is cooked.

As soon as the bud starts to get old the scales spread out, the tips become hard. These overmature artichokes may have centers that are fuzzy and are dark pink or purple. When cooked they'll have a strong flavor.

The best way to keep globe artichokes in the home is to store them in the refrigerator -- in a vegetable box if possible.

Selecting Jerusalem artichokes is about the same problem as buying good potatoes. It's a good idea to get them nearly the same size as possible. And, of course, wilted and diseased ones should be avoided.

Memorable to many a person is the first time he ever ate a globe artichoke--cooked and served whole. Usually the first reaction is a feeling of social uncertainty, a wondering just what to do with the dark green "flower" set before one on the plate -- whether to attack it with knife, fork, or fingers. But this uneasiness soon disappears, gives way to enjoyment.

An artichoke really is not so formidable as it looks at first. At the bottom of each scale is a small, lighter portion, good for eating. The green

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part of the scale is Nature's handle for manipulating the eatable part into the sauce and from there to the mouth. On the scales near the center, the eatable part gets larger. After the scales are all removed comes what to many is the climax. It is only a small matter to scrape off with a knife the beardy part or "choke" to get to the artichoke bottom or heart.

The cook, too, usually has a slight feeling of uncertainty when she prepares her first globe artichoke. But this is as simple as the eating. Wash the artichokes in cold water and trim off the stems. Remove some of the outer leaves and trim the top. Then drop the artichokes into lightly salted boiling water to cover. Simmer for 20 to 30 minutes.

To see if the artichoke is done, pull on one of the scales. If it comes out easily, the artichoke is usually cooked enough. One artichoke ordinarily makes an individual serving. Each is served on a plate separate from the rest of the meal -- often as a separate course. If it is served hot, individual dishes of melted butter, drawn butter sauce, or Hollandaise sauce are provided. Served cold, they are good with French dressing or mayonnaise.

Canned globe artichoke hearts add an unusual taste to many different salads.

Jerusalem artichokes are similar to potatoes, not only in appearance and composition, but also in the ways they may be prepared. They may be creamed, baked, scalloped, or cut in slices and fried in deep fat. They also make a suitable substitute for Brazil nuts or water chestnuts in chop suey recipes. Jerusalem artichokes are sometimes used for pickles.

One of the best ways to prepare Jerusalem artichokes is to bake them. Scrub them well first. Then scrape the artichokes and put them in a casserole. Sprinkle with salt and pepper. Dot with butter. Cover and bake in a moderately hot oven for 45 to 60 minutes or until the artichokes are tender. Add no water.

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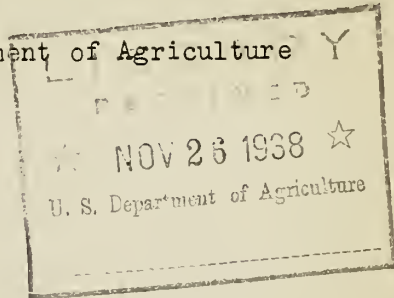
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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

Pork and Sausage
Enrich December Menus



Icy wintry winds -- rich pork, or crisp, brown sausage -- tart apple sauce.

Perhaps this happy association was first discovered by accident. When freezing weather prompted the slaughter of the family pig, a basket of newly gathered apples stood ready to serve up with the roast. Keen cold-weather appetites pronounced the combination ideal, and the "pork and apple sauce" custom became firmly fixed.

And the tart of the apples does make a pleasing flavor contrast with the bland richness of the pork, whether the apples are baked, fried, broiled, glazed, or served up in fancy circles, centered with nuts, raisins, or candied cherries.

But modern cooks are no longer bound by the pork-apple tradition for they have learned that many tart fruits will give an excellent flavor "accent" with pork -- pineapple, peaches, cranberries, oranges, and dried apricots, to mention but a few.

Refrigeration now makes good fresh pork available throughout the year, but it cannot put a winter edge on the appetite. So pork persistently holds its place as a cold-weather favorite.

Market reports bring a note of good cheer to those who especially enjoy fresh pork. There will be more pork on the market this year than there has been

for several years. The statisticians tell us that 7 million more pigs were born last spring and summer than in the same seasons of 1937. And many of these little pigs, grown fat on plenty of good corn and other feed, are now on their way to market. And early winter prices on fresh pork are lower than they have been for the past five years.

So December 1938 should usher in its quota of pork menus. Roast pork is at its best when well-done, rich, and juicy to the center and with a tender, crisp, brown crust. Thorough cooking not only develops the best in pork flavor, but it is also necessary to destroy the trichinae, a parasite occasionally found in fresh pork.

And for those who like their pork roasts -- or any roasts -- done to a turn without a bit of over-cooking, the meat thermometer gives the surest test. Unknown in the home kitchen until a few years ago, meat thermometers are now offered for sale in hardware and equipment stores throughout the country as an investment in satisfactory in meat cookery.

Properly placed, the bulb of the thermometer goes into the center of the thickest, fleshiest part of the meat. To insert, make a small incision with a skewer or sharp knife in the rind or top fat of the roast and cut short gashes around it with the scissors.

Pork will be done when the center of the roast reaches 180 to 185 degrees Fahrenheit. Today some meat thermometers come plainly marked with the words "pork", "lamb", or "rare beef", thus eliminating any misunderstanding or misreading of blurred figures on the thermometer.

For those who have no thermometers, the general rule to cook pork 25 to 30 minutes to the pound in a moderate oven still holds good, with slight variations. Long, narrow loin roasts will be well-done at the center more quickly than thick butts, and boned roasts require more time than those with the bones left in. Test

for "doneness" by thrusting a skewer into a thick, fleshy part. If the meat is tender and there is no suggestion of pinkness in the juice, no further cooking is necessary.

But whatever the test for "doneness",--pork--and other roasts--should be cooked at moderate temperature at least most of the time. Slow cooking makes for tenderness and juiciness in meat, which like other protein foods toughens and shrinks under high temperature.

Constant, moderate roasting temperature (350 degrees Fahrenheit) does the trick nicely for a pork roast. Add no water and no cover. If placed fat side up, the pork roast will be self-basting.

If you sear pork to develop the deeper brown and crisper crust that some people relish, use a slightly lower temperature than for other meats. Sear at 450 to 480 degrees Fahrenheit, and then reduce the heat quickly to 300 or 325 for the remainder of the cooking period.

As for the various cuts, shoulder or butt will give you more meat for your money; but many prefer the flavor and fine grain of the loin, or the greater meatiness of fresh ham.

Strange as it may seem, fresh ham cooks more quickly if the rind is left on. To remove the rind easily after cooking, break through the fleshy side at the hock, then turn the ham over, and lift off in one piece. Fresh ham and shoulder slice more attractively, hot or cold, if they are boned, and boning makes a place for delicious savory stuffing. Roast loin of pork is more easily carved, if the bones are cracked.

Many prefer their pork as chops, richly browned on all surfaces. One favorite combination is "Stuffed rib chops with apples." The browned and stuffed chops are topped with the halves of red apples, left unpared for color, and baked cut side down on the chops. The resulting blend of flavors is most delightful. To prepare,

have the chops cut $1\frac{1}{2}$ inches thick and make the stuffing "pocket" by slicing through the center to the bone, so the stuffing comes sandwiched in between two layers of "chop". Season, flour, and brown the chops on all sides before inserting stuffing. For the stuffing, one cup of dry bread crumbs will make enough for six chops. Season to taste with chopped celery, onion, parsley, savory herbs, and a little celery seed, salt and pepper. This dish should be baked well-covered and slowly until the pork is thoroughly done, about 45 to 60 minutes.

In pork sausage--links or patties--we have the delicious pork flavor in small, handy packages. The label "pure pork" means that no other meat has been added.

Cook all sausages partly covered to help give them the slow, thorough cooking that pork requires. When preparing link sausages, first prick with a fork to prevent bursting. For small links, place in a moderately hot skillet and immediately sprinkle with a tablespoon or so of water to prevent browning before the sausages are heated through and through. Turn them frequently and let them brown slowly. Large links are sometimes first simmered in a little water, and as it evaporates the sausage acquires that desirable, rich brown color.

A happy main-dish combination is "Sausage with cabbage and apples en casserole." Place sliced apples and shredded cabbage in alternate layers in a baking dish, seasoning as you go, and top with nicely browned sausage cakes. Rinse out the sausage pan with a tablespoon of vinegar and pour over all. Cover, and cook until the cabbage and apples are tender.

Sausage and broiled peaches or fried pineapple are "company" variations of the popular "sausage-and-fried-apple" idea. Peaches are best baked or broiled pit side up until lightly browned. Spread with a little butter and sprinkle with a few grains of salt. Fry pineapple or apple rings in the sausage fat after the cakes have been browned and removed. The rings of golden yellow pineapple topped with browned sausage cakes make a most attractive picture.

