

TIPS FOR HOME MAKING

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BE IN THE KNOW ABOUT CHOPS

**WHY DO PRICES DIFFER?**  
There's more to an animal than chops. For example, from a pig weighing 210 pounds, only seven pounds will show up as center-cut pork chops. Because the supply is limited and many shoppers want them, the price per pound is naturally going to be higher than for more plentiful less popular choices. But a store must sell all of its fresh meat, so to attract buyers it sets a lower price on slower-moving cuts. Get the most for your money by considering all prices and cuts in terms of your meal plans. As an example: Shoulder veal or lamb chops or end-cut pork chops will be the thriftiest of all, yet they will fit just as smoothly into everyday menus as the higher price cuts

do, without short changing either good eating or good health. Another reminder: Because shoulder chops are often on special, you'll save even more.

**WHAT'S IN A NAME?** From place to place, or even from store to store, names of chops vary. That's why the shape of the bone--the same for veal, pork, and lamb--is a good clue to identification, tenderness, and cooking style. For the four leading kinds of chops, here are the facts:

**Loin**--Sometimes called tenderloin or center-cut loin chops. These are easily recognized by their T-shape bone that corresponds to the one in porterhouse and T-Bone beefsteaks. Each has a generous "eye" of lean meat with some tenderloin.

**Rib**--Also sometimes tagged center-cut rib chops. They contain a part of the rib and backbone. Though they have a "rib-eye" that's the meaty part, there is no tenderloin.

**Sirloin**--In lamb or pork, some stores call these steaks. Each has a wedge or round bone with more lean in comparison to bone than any other type of chop.

**Shoulder**-- You'll find two kinds: Arm and blade chops. Arm chops have a small round bone; blade chops, a long thin bone. Both are economical, but blade will usually cost less.

**WHAT ABOUT AT HOME CARE?** Like all fresh meat, chops need special treatment to be at their flavorful best. If you plan to use them within a day or two, just place the store package in the refrigerator without breaking the seal. Have a few extra minutes? Get them ready for cooking this way: Trim off any excess fat, then place the chops on a tray, cover loosely with waxed paper or transparent wrap to allow the air to circulate around them, and chill. For storage beyond two to three days and up to about three months, look to your freezer.

**HOW DO YOU COOK CHOPS?** Generally speaking these favorites can be broiled, pan-broiled, panfried, grilled, braised, or baked. However, it's good to remember these few basic rules:

\*Pan fry or pan-broil pork or lamb chops that are less than an inch thick to keep them moist and juicy.

\*Braise all shoulder chops. This means to brown them first in a frying pan, then cook slowly, covered, until tender in a small amount of liquid. Flavorful choices: Bouillon, fruit juice, tomato juice, cocktail, or soup.

\*Cook pork chops well-done, however you fix them. When broiled or grilled outdoors, keep the heat low so the meat will be cooked through to the center (no traces of pink) by the time the outside is browned. To test for doneness, cut a small slit in the center of the

Cheesecake Tarts  
Winning Hand at  
Bridge Club Meet

You can have the winning hand in creating an elegant dessert next time the bridge club meets at your house. The girls will be bidding for your recipe all afternoon or evening when you serve luscious Pineapple Cheesecake Tarts, according to Mrs. Evelyn D. Raper, home

chop near the end of the cooking time.

\*Pan-fry, bake, or braise veal chops until well-done to bring out their delicate flavor and juiciness. Because veal is lean, broiling only toughens and dries the meat.

\*Bread pork or veal chops, then chill the chops after adding the coating. This helps it to stick to the meat--not to the pan--during cooking.

economics extension agent for Wayne County.

Because these cheesecake tarts are so rich, she suggests making them in individual muffin tins (so the servings are small). And they're so quick and easy to create. You can make them the morning of the party if you like; or in advance and refrigerate; they should be served well-chilled.

A crumb crust goes into each muffin cup, lined with an attractive paper cup for neat serving. The satin-smooth filling is a blend of pineapple, egg and cream cheese, sweetened and spiced.

For tantalizing, tangy flavor, top each tart with sweetened sour cream and a sprinkle of crumbs for garnish.

So walk away with honors for your next bridge party. Serve Pineapple Cheesecake Tarts... a different dessert that's especially delicious.

**PINEAPPLE CHEESECAKE TARTS**  
1-1/2 cups graham crackers crumbs, (about 20 squares),  
1/4 cup sugar, 1/2 cup (1/2

stick) butter, melted, 1 package (8 oz.) cream cheese, 1 package (3 oz.) cream cheese, 1/2 cup sugar, 1 egg, 1/8 teaspoon cinnamon, 1 can (1 lb. 4 oz.) crushed pineapple, well drained, 1/2 cup dairy sour cream, 1 tablespoon sugar.

Line 12 cup, 2-1/2 inch diameter muffin pan with paper liners; set aside. In a bowl combine crumbs, 1/4 cup sugar, and butter; blend thoroughly; set aside 2 tablespoons for topping. Press remaining crumbs on bottoms and sides of paper cups to form shell. In mixing bowl beat cream cheese until smooth, add 1/2 cup sugar, egg and cinnamon; beat until thoroughly blended. Add pineapple; beating at low speed only until blended. Spoon into crumb shells. Bake in a preheated 375 degree oven 20 minutes.

Meanwhile, combine sour cream and 1 tablespoon sugar. Remove tarts from oven and top each with about 2 teaspoons sour cream mixture; sprinkle with reserved crumbs. Allow to cool at room temperature.

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