

TARHEEL KITCHEN

By MISS E. YORK KIKER

Everyone knows the need for tender loving care, and now the pork industry reminds us to select Tender Lovin' Fare for fall menus. Throughout the nation October is observed as Porkfest month. Even though pork finds its way into our menus at any season of the year, Porkfest Month serves as a reminder that fall weather and pork just seem to go together. Both family and friends will appreciate this Tender Lovin' Fare treatment.

Today's pork is leaner and meatier than ever. The tireless efforts of researchers and pork producers have resulted in the "meattype" hogs. Fresh lean pork is now included in many diets which formerly excluded pork entirely. Pork is an excellent source of all the B vitamins, especially thiamine, and also it is a good source of high quality protein and iron. In addition to the high nutritive value, pork offers great versatility and taste appeal.

Pork may be purchased in a variety of ways, but understanding hams may be a puzzle to shoppers. The booklet "Pork Just for the Joy of Eating" provides helpful tips which are useful. "All ham comes from the leg of pork. It can be fresh, cured, smoked, or canned. Cured ham has been processed with a pickle cure. This acts as a preservative and adds flavor. Smoked ham has been cured, smoked and "partially" or "fully cooked" in the meat processor's kitchen. Canned hams are cured and fully cooked. They can be smoked or unsmoked, specially flavored and sometimes glazed. Some are shelf stable; some must be refrigerated.

Read the label to see what kind or type of ham you are buying. Smoked hams labeled "Fully Cooked" need only to be warmed to an internal temperature of 140 degrees F. "Cook Before Eating" smoked hams should be heated to an internal temperature of 160 degrees F. You will note that our familiar country cured type hams are not included and are another story.

Not all pork is ham by any means. Two menus from the same booklet feature other pork cuts and foods which have long been associated with North Carolina but the preparation is slightly different. Pork is plentiful at the present time. North Carolina is a leading pork producing state and currently ranks approximately seventh nationally.

For Tender Lovin' Fare two suggested menus featuring pork are worth trying. One requires pork blade steaks and the other features cubed pork loin.

- ORANGE-GLAZED PORK STEAK SUPPER**
 Sweet Potatoes Buttered Green Peas
 Coleslaw
 Butter
 Wholewheat Muffins
 Apple Pie Beverage

4 pork blade steaks, cut 3/4 inch thick
 1 tablespoon shortening
 1 clove garlic, halved
 3 tablespoons sugar
 2 tablespoons flour
 1 teaspoon salt
 1/2 cup water
 1/2 cup orange juice
 2 tablespoons lemon juice
 1/2 teaspoon rosemary
 2 cans (1 lb. 7 oz. each) sweet potatoes in syrup, drained
 Melt shortening in large skillet; add garlic. Brown pork steaks on both sides; remove from skillet. Discard garlic. Combine sugar, flour and salt; blend into pan drippings. Stir in water, orange juice, lemon juice and rosemary. Cook, stirring constantly until thickened. Place steaks in large shallow casserole. Pour sauce over meat. Cover and bake in 350 degrees F. oven for 45 minutes. Add sweet potatoes; spoon sauce over meat and potatoes. Cover and bake 15 minutes or until meat is tender. Serve garnished with thin orange slices, if desired. makes 4 to 6 servings. (Notice-You may wish to substitute fresh peeled baked or boiled sweet potatoes for the canned ones.)

**PORK KABOBS
 VEGETABLES ON A SKEWER**

- Fluffy Rice
 Lettuce-Favorite Dressing
 Garlic Bread
 Fresh Fruit
 Milk

Pork Kabobs

1 1/2 pounds boneless pork loin, cut in 1 1/2 inch cubes
 1/2 cup chutney
 1/4 cup catsup
 2 tablespoons salad oil
 1 tablespoon soy sauce
 1 tablespoon lemon juice
 4 drops tabasco
 Vegetables On A Skewer

In blender, combine chutney, catsup, oil, soy sauce, lemon juice and tabasco. Place pork cubes on skewers. Grill over medium coals 20 to 25 minutes, turning to brown all sides. Brush several times with sauce. Pass remaining sauce with meat, if desired. Serve with Vegetables On A Skewer. Makes 4 servings.

Vegetables On A Skewer
 2 medium tomatoes, quartered
 1 green pepper, cut in eighths
 8 mushrooms
 8 small onions, cooked
 2 tablespoons butter, melted
 Arrange vegetables alternately on skewers. Brush with melted butter. Grill over medium coals about 7 minutes, turning once and brushing with melted butter. Season with salt and pepper. Makes 4 servings.



CRAFTSMAN...Andrzej Sczerba of Poland, practitioner of the rarely seen, ancient art of burning intricate designs on ornamental wooden boxes, is typical of several iron curtain countries represented by artisans at the second international Crafts Exposition taking place this September at The Old Country, Busch Gardens, Williamsburg, Virginia.

CRISP GREEN CELERY 27¢ STALK
RUBY RED GRAPES 39¢ lb.
3 LB. BAG SPICY MED. YELLOW ONIONS 45¢
U. S. FANCY RED APPLES 79¢ doz.
 SAVE YOUR TAPE - WIN CASH
GAME JACKPOT \$150 CASH
 \$5000 CASH
 YOU HAVE UNTIL MIDNITE 10:00 TO MATCH TAPES IF NO ONE MATCHES JACKPOT GROWING PROFITS

IGA

220 S. MAIN ST. • WARRENTON
 • We Accept Food Stamps
 • We Accept WIC Orders • We Sell Money Orders

TABLERITE SLICED BACON
 89¢ 12 OZ. VAC PAK

USDA CHOICE TABLERITE
FULL CUT ROUND STEAK 99¢
 Boneless ROUND STEAK, LB. 1.09
 Boneless Round Steak-Cubed, LB. 1.29
 Boneless RUMP or SIRLOIN TIP ROAST, LB. 1.49

FRESH FROZEN TURKEY PARTS NECKS
 39¢ LB.
 DRUMSTICKS LB. 49¢

SMITHFIELD PORK Bar-B-Que
 \$1.19 12 OZ. CUP

WISCONSIN MEDIUM SHARP RED RIND CHEESE
 \$1.79 LB.

- FRESH FROZEN PORK BRAINS** 1 LB. CUP 19¢
SIGNAL SLICED BACON 12 OZ. PKG. 69¢
GWALTNEY "GREAT DOGS" 1 LB. PKG. 79¢

- GWALTNEY PORK SAUSAGE** HOT OR MILD - 1 LB. PKG. 79¢
PHILADELPHIA SMOKED SAUSAGE HOT OR MILD LB. 89¢
GWALTNEY SLICED BOLOGNA 1 LB. PKG. 99¢

ROYAL GUEST FROZEN POTATOES
 "SUPER WEEKEND SPECIAL"
 2 LB. BAG 39¢

IGA FRESH BREAD 3/\$1
Milk 1.59
MARGARINE 29¢
JENO'S PIZZAS ALL 13 OZ. 93¢
MEADOW GOLD FRUIT DRINKS ALL GAL. 69¢
KRAFT SLICED AMERICAN CHEESE 12 OZ. 1.40
KEEBLER DELUXE GRAHAMS 12 1/2 OZ. 79¢
KEEBLER FUDGE STICKS 7 1/2 OZ. 65¢
ROSE PORK BRAINS 10 1/2 OZ. 46¢
BEVERLY BREAKFAST SAUSAGE 10 OZ. 50¢

BALLARD SWEETMILK BISCUITS
 "REBATE PRICE"
 4 PAK 59¢

DEL MONTE VEGETABLES 3/\$1
SHORTENING 1.35

KRAFT MAYONNAISE
 99¢ 32 OZ. JAR

RAVIOLI 55¢
FLOUR 69¢
GRITS 40¢

IGA GRAPEFRUIT JUICE
 "SUPER WEEKEND SPECIAL"
 46 OZ. CAN 49¢

CHILI 56¢
GRAVY MIX 21¢
PINEAPPLE 35¢
ROYAL GUEST PEACHES 55¢
DREAM WHIP 59¢
KOTEX TAMPONS 2.00
HARTNESS CHOICE FLOUR 2.69
DUNCAN HINES CAKE MIX 65¢
Dog Food 2.83

SOFT & PRETTY BATHROOM TISSUE
 "SUPER WEEKEND SPECIAL"
 4 ROLL PKG. 69¢

EVERYDAY LOW PRICES!!!!

- IGA ORANGE JUICE** 6 OZ. CAN 33¢
KELLOGG'S RAISIN BRAN 11 OZ. 71¢
DOMINO SUGAR 5 LB. BAG 99¢
BEECHNUT BABY FOOD All - Strained 2/27¢
IGA TOMATO JUICE 46 OZ. 59¢
TWIN PET DOG FOOD NO. 300 CAN 19¢
CHARCOAL EMBERS 5 LB. 63¢
TABLERITE MARGARINE 1 LB. PKG. 39¢
Kellogg's FROSTED FLAKES 10 OZ. 65¢
WESSON OIL 16 OZ. BOTTLE 75¢
ARMOUR TREET 12 OZ. CAN 99¢
IGA SALT 26 OZ. BOX 19¢
SAV-MOR BLEACH GALLON 59¢
GALA TOWELS BIG ROLL 63¢
KELLOGG'S SUGAR POPPS 10 OZ. 81¢
QUAKER QUICK OATS 18 OZ. 59¢
HI "C" DRINKS ALL - 46 OZ. 55¢
LIPTON TEA BAGS 48 CT. 1.25
IGA VIENNA SAUSAGE 5 OZ. 33¢
COMET CLEANSER REG. SIZE 29¢
TIDE DETERGENT GT. SIZE 1.43

WISK LIQUID DETERGENT 32 OZ. JUG \$1.35

PRICES EFFECTIVE OCT. 20-21-22, 1977