

Teatime Topics

Specially Written for
The Record
by Jean Sharp
Canadian Press
Women's Editor

Ham and bacon should not be stored for long periods, in spite of the fact that they are cured, say home economists at the Ontario department of agriculture.

Today's cured pork products are given only a light salting and as a result are perishable. Like any other fresh meats, they must be kept under refrigeration.

Vacuum packaged ham and bacon will keep safely for 10 to 14 days in the refrigerator if the package is not vacuum packaged.

Ham slices should be used within three or four days. Leftover cooked ham that has been smoked will keep

safely for one week in the refrigerator.

Don't refreeze ham — Ham and bacon may be frozen, but only for a short time. Long term freezer storage is not recommended for cured meats because the salt used causes flavor changes and the meat loses quality rapidly.

Recommended freezer storage time is one month. It is safe to freeze leftover ham for a month if it has been previously frozen. A ham that has been frozen, thawed and cooked should be used immediately. It is not considered safe to refreeze it or store it in the refrigerator.

Fresh pork chops or roasts should be given attention as soon as you bring them home from the store. Take off the store wrapper and pulp tray, wipe the surface of the meat with a damp towel and rewrap it

loosely in wax paper or plastic film. Loose wrapping allows some drying of the surface and this retards bacterial growth. Store the meat immediately in the meat compartment or coldest part of the refrigerator. Use the chops or roasts within three to four days.

May become rancid — Fresh pork will freeze well. Wrapped closely in moisture — and vapor-proof paper or freezer foil, pork roasts will keep for four to five months, and pork chops three to four months.

Pork has a shorter freezer storage life than beef because the fat of the pork has a tendency to become rancid more rapidly than beef fat, even when it is properly wrapped and frozen.

For convenience, package meat in meal-size portions and label the package with the date, cut and number of servings. Foam or plastic trays may be useful because frozen meat does not stick to them.

Leftover cooked pork roasts or chops should be cooled, wrapped well to prevent drying, and stored in the refrigerator for a maximum of two to three days.

The Food and Drug Act is designed to protect consumers from health hazards and fraud. It prohibits the sale of food which contains any harmful substance or is unfit for human consumption. It is also an offence under the act to sell a product that gives a false impression about its quality or safety.

A dispatch released by the food and drug directorate says meat regulations assure that meat will not contain harmful or useless substances.

Meat regulations require that meat and meat by-products come from an edible part of the animal. They require that the

animal be healthy at the time of slaughter.

The regulations hold that meat is adulterated if any color other than caramel or any preservative other than those allowed under regulations is added.

Horsemeat of food containing horsemeat cannot be offered for sale unless the label conspicuously declares its presence.

Standards for minced or ground beef, sold under any name, limit the fat content to not more than 30 percent. If the product is described as being lean, it may not contain more than 15 percent fat.

It is illegal to add any ingredient to fresh ground beef, including sulphite, which would help it retain a bright red.

All meat products other than those sold as fresh meat are in the processed meat category. Standards specify the type of meat that may be used in the product, other ingredients that may be added and the

amount of such ingredients. A variety such as cereals, milk powder, spices and other seasonings may be included in fillers and binders.

Sausage standards require wieners, bologna, liverwurst and pepperoni. They must be made from fresh or preserved meat which salt and spices have been added. They may be enclosed in a casing.

They may contain a limited amount of filler and binders. They may not contain product sold as sausage, more than 15 percent fat as determined by the FDD method.

The limit on fat, moisture and cereal tends to make a reasonable amount of animal protein (about 10 percent) in these products.

Potted meat, meat or meat spread, meat ground and cooked, meat preserved meat and meat containing additional ingredients such as binder, salt, sugar, and other seasonings, agent.

The standard for meat loaf, meat roll or luncheon meat is the same, except they may also contain eggs.

World Day Of Prayer

The 1971 World Day of Prayer was marked this year in Knox Presbyterian Church on Fri., March 5.

There was a good attendance with seven congregations represented on the program. The theme, a new people for a new age, was announced by women from Guyana, Jamaica, the Virgin Islands and the Caribbean, and women from 150 nations taking part around the world.

Parts of the service were taken by Mrs. R. A. Mack of the Presbyterian Church, Mrs. Raymond Montague, St. Anne's, Walpole, Earl Mackey of Church, Walpole, Mrs. Bentham represented Christian Reformation Congregation, Mrs. Hayes of Wesley United, Mrs. Gordon Cherry, Garnet United, Mrs. Dosser of St. Paul Anglican Church.

Mrs. Taylor-Munro gave a wonderful address followed by a duet "No one cared like Jesus by Mrs. Weidendorf and Mrs. Williamson. Mrs. Bruce Miller accompanied on piano throughout the afternoon.

Miss Frances Law, Mrs. Herman Fess of Presbyterian with Murray Biggar and Wilfred Roth of Church as reception committee, also received the offering.

The chairman asked all those who could might have a social chat, world being so small that all should try to know each other.

QUALITY
FARM DRAINAGE
BY
D.C. STEEL
FARM DRAINAGE
WATERFORD
PHONE
443-8002

Sports Camera

Specially Written for
The Record
by The
Canadian Press

Frank Howard signed with the Washington Senators for one year at \$140,000. It was a neat raise estimated at about \$20,000.

Howard, 34, in signing the contract, said hoped to play another four to six seasons. Last year he led the league in homers with 44 and runs batted in with 126.

Carl Yastrzemski recently signed with Boston Red Sox for an estimated \$160,000 and Johnny Bench of Cincinnati Reds, who had been seeking \$500,000 over three years, signed a one-year contract valued at \$80,000 to \$90,000.

But there are still plenty of league holdouts especially among the players in, or aspiring to be in, the \$100,000-plus class.

Johnny Bench, the National League's most valuable player last season, wanted to join the \$100,000 club, but gave in and signed for \$80,000.

Bench found out that the \$100,000 club, as well as being a worthwhile organization, is still a rather select group to join.

Gene Mauch, who annually comes up with a little slogan to summarize his Montreal Expos' ambitions for the upcoming season, may be setting too tough a goal this spring.

Mauch, manager of the National League baseball team, has said the Expos will be shooting for "81 in '71" — that's 81 wins in the 1971 season.

Meanwhile, at Pompano Beach, Fla., another 10,000-plus performer agreed to terms of a new contract.

Mauch then obviously must base his optimism on the hope that the majority

of last season's personnel will exhibit improvement over 1970.

Some undoubtedly will. In this category perhaps are several of his young pitchers — Mike Wegener, Steve Renko, Dan McGinn, Bill Stoneman, John Strohmayr and Balor Moore.

But it remains to be seen if Carl Morton, who came almost from nowhere to win 18 games in 1970, is good enough to repeat this season. Also the bullpen — led by Howie Reed and Canadian Claude Raymond — still appears a bit unstable.

A good hitter but mediocre fielder, Hunt is expected to take the second-base job away from Gary Sutherland and Marv Staehle who shared it last season.

The only other non-pitching newcomer who could make the team is outfielder Clyde Mashore, a 25 year old right hand hitter who spent the last few weeks of 1970 with the Expos after serving with the team's Winnipeg farm club in the International League.

New pitchers with a chance to make the team are Jim Britton, a 27 year old former Atlanta Brave who was out all last season with arm trouble, and Ernie McAnally, a 24 year old right hander who pitched for Winnipeg a year ago.

Mauch then obviously must base his optimism on the hope that the majority

of last season's personnel will exhibit improvement over 1970.

Some undoubtedly will. In this category perhaps are several of his young pitchers — Mike Wegener, Steve Renko, Dan McGinn, Bill Stoneman, John Strohmayr and Balor Moore.

But it remains to be seen if Carl Morton, who came almost from nowhere to win 18 games in 1970, is good enough to repeat this season. Also the bullpen — led by Howie Reed and Canadian Claude Raymond — still appears a bit unstable.

A good hitter but mediocre fielder, Hunt is expected to take the second-base job away from Gary Sutherland and Marv Staehle who shared it last season.

The only other non-pitching newcomer who could make the team is outfielder Clyde Mashore, a 25 year old right hand hitter who spent the last few weeks of 1970 with the Expos after serving with the team's Winnipeg farm club in the International League.

New pitchers with a chance to make the team are Jim Britton, a 27 year old former Atlanta Brave who was out all last season with arm trouble, and Ernie McAnally, a 24 year old right hander who pitched for Winnipeg a year ago.

Mauch then obviously must base his optimism on the hope that the majority

of last season's personnel will exhibit improvement over 1970.

Some undoubtedly will. In this category perhaps are several of his young pitchers — Mike Wegener, Steve Renko, Dan McGinn, Bill Stoneman, John Strohmayr and Balor Moore.

But it remains to be seen if Carl Morton, who came almost from nowhere to win 18 games in 1970, is good enough to repeat this season. Also the bullpen — led by Howie Reed and Canadian Claude Raymond — still appears a bit unstable.

A good hitter but mediocre fielder, Hunt is expected to take the second-base job away from Gary Sutherland and Marv Staehle who shared it last season.

The only other non-pitching newcomer who could make the team is outfielder Clyde Mashore, a 25 year old right hand hitter who spent the last few weeks of 1970 with the Expos after serving with the team's Winnipeg farm club in the International League.

New pitchers with a chance to make the team are Jim Britton, a 27 year old former Atlanta Brave who was out all last season with arm trouble, and Ernie McAnally, a 24 year old right hander who pitched for Winnipeg a year ago.

Mauch then obviously must base his optimism on the hope that the majority

Nanticoke News

Mrs. Lyle Somers and Miss Stella Pratten visited on Sunday with their aunt, Mrs. Mabel Gibson who is ill.

Mrs. Howard Dennis spent Tuesday visiting her cousin, Mrs. Helen Thompson of Caledonia.

Mr. and Mrs. William Crawley spent Monday evening with Mr. and Mrs. Cecil Hedges.

Mr. and Mrs. Mike Pears and Mrs. Reg Hedges of Port Dover were dinner guests of Mr. and Mrs. James Pond of Sandusky.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

evening at the home of Mr. and Mrs. Harry Evans.

Mrs. George Saunders, Mr. Delbert Saunders were dinner guests on Monday at Mrs. Alta Saunders.

Mr. and Mrs. Cecil Hedges, Mr. and Mrs. Cameron Thomson, Dennis, Marie, Gail and Todd of Nanticoke, Mr. David Simmons of Port Dover, John Thomson of Rockford, and Mr. and Mrs. James MacAlpine and Allison were Sunday dinner guests of Mr. and Mrs. James Pond of Sandusky.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.

World Day of Prayer was held Friday afternoon in the Anglican Church, Nanticoke.



JOIN THE "TOYOTA TEAM"
SEE THE
"HONEST" CAR

NEW 1971's NOW ON DISPLAY
INCLUDING THE
COROLLA — CORONA — MARK II — CROWN

PRICED
AS LOW AS **\$1,990** DELIVERED
IN SIMCOE

NOTTINGHAM'S "TOYOTA"
NO. 3 HIGHWAY W. SIMCOE

426-3471

HEASLIP MOTORS LTD.
HAGERSVILLE 768-3393

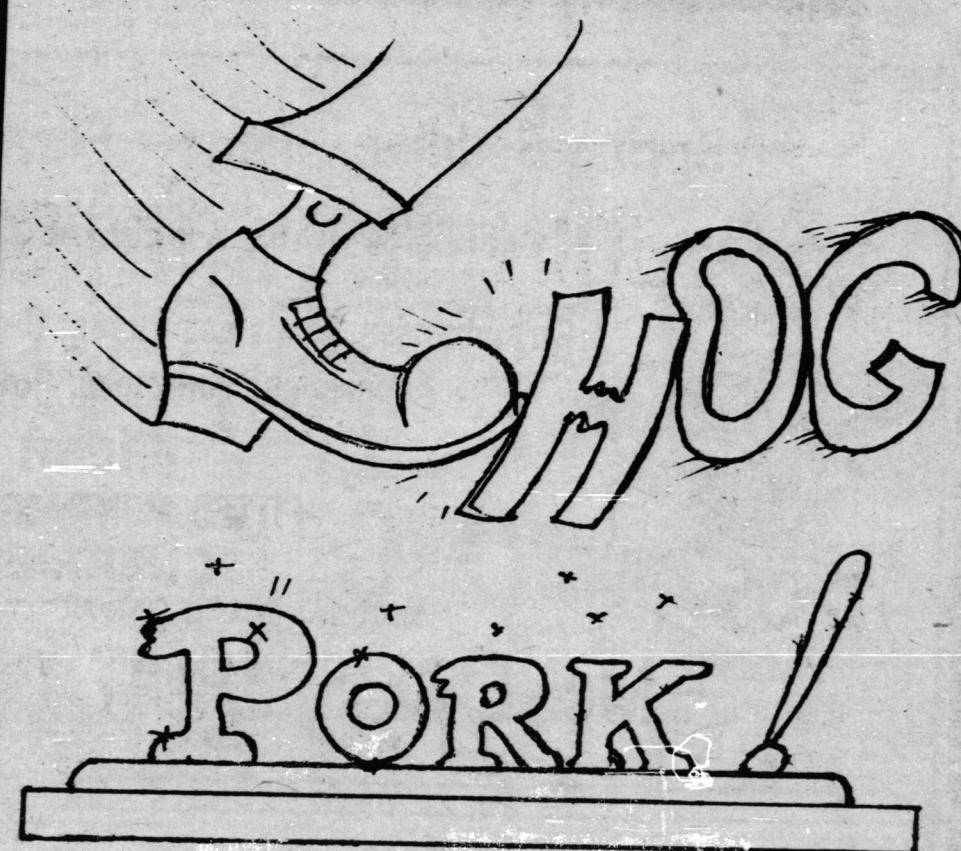
THIS WEEK'S
SPECIAL!



1968 RAMBLER
AMBASSADOR
4 DR. SEDAN 8 CYL. AUTOMATIC

WAS \$1795. SALE **1495.**

HALDIMAND PORK PRODUCERS



We are in the business of producing quality Pork,
here in Haldimand.

We are now known as Pork Producers
... We're interested in our product.
and we're proud of it!

"Have a broiled Pork Chop for Supper"

PRES.
CHAS STADDLER
SELKIRK

SEC. TREA.
E. LATTIMER
YORK