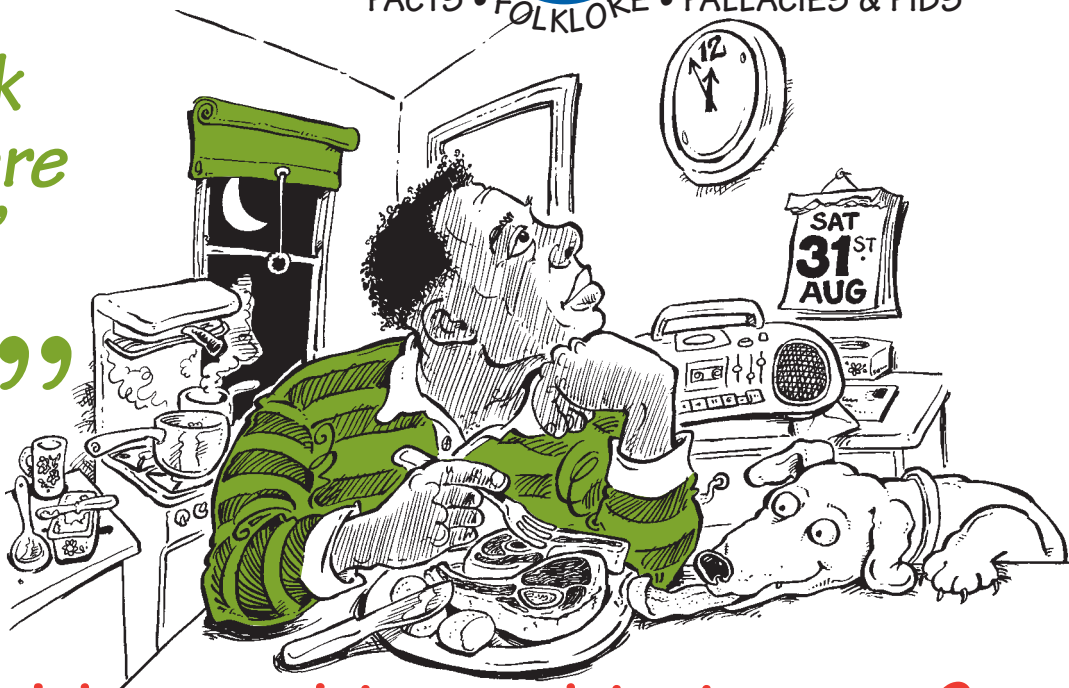


COOKING **FOOD**

FACTS • FOLKLORE • FALLACIES & FIBS

“Only
eat pork
when there
is an ‘r’
in the
month”



Who told you this and is it true?