

Ground Beef good Budget Stretcher

When shopping for nutritious but lower-cost meat, chances are your choices will include ground beef—one of the all-time meat favorites.

According to a U.S. Department of Agriculture study on "Opinions About Selected Meat," 45 percent of the homemakers

surveyed served ground beef two or more times a week.

June Wilke, Chester County Extension home economist, explains that usually the less tender or less popular beef cuts are ground. However, ground meat is just as wholesome and nutritious as steaks or roasts.

More stores sell several kinds of "ground beef." You may find it labeled as ground beef, ground chuck, ground round, and ground sirloin. The various kinds of ground beef should differ in the cut from which they are made, the amount of fat they contain and the price.

To be at its flavorful best, ground beef should be about 80 per cent lean and 20 per cent fat. Too little fat results in dry, crumbly and tasteless meat.

Miss Wilke explains that ground beef that is produced and packaged under Federal or state inspection at a packing plant or

retail warehouse must have no more than 30 per cent fat.

However, there is no Federal regulation of the fat content of ground beef that is selected by the customer and then ground and packaged in the retail store. This practice gives the consumer a break because she knows exactly what she is buying

Ground beef, sometimes called "hamburger," usually has the most fat and costs the least. It is a good choice for dishes like spaghetti, chili, meat loaf and casseroles.

Ground chuck makes an excellent beef burger or "salsbury steak." It usually has less fat than ground beef, so it shrinks less in cooking. Ground chuck has enough fat for good flavor and juiciness.

Ground round is especially good for weight-watchers if the fat is trimmed closely. It is usually quite lean and more expensive than ground beef or chuck. But because of its low fat content, ground round will not be as tender or juicy as the other kinds of ground beef

Ground sirloin or chopped sirloin generally costs more than ground beef, chuck and round. Its excellent flavor does wonders for special recipes and deluxe burgers. But many people do not want to grind up good sirloin.

Ground beef should be used in a day or two after buying if stored in the refrigerator.

If you freeze the ground beef, package it in amounts to fit your family needs. Use air-tight, moisture-proof wrapping. You can keep ground beef frozen at zero degrees for two to three months with little loss of quality

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CULPEPER	1:00 P.M.	September 28	1,200 Head
Includes Rappahannock Co. Calves			
MARSHALL	7:00 P.M.	September 28	1,000 Head
STAUNTON	1:00 P.M.	September 29	1,200 Head

Health requirements and all qualifications conform to the high standards of the Virginia Feeder Cattle Association. Second series of Sales- October 31 - November 3, 1972

For Further Information Contact:

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Culpeper, Virginia

Telephone: Culpeper Area 703 825-2233

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Conserve Energy To Save Money

The alert to conserve the use of electrical power has been sounded again this summer, points out June Wilke, Chester County Extension home economist. Consumers are reminded that cutting back on the use of energy can help to lessen the threat of power shortages in many communities and cities. The conservation of power in most cases can help reduce utility bills, too.

To reduce energy use and save money, Miss Wilke suggests the following guidelines:

—When you use the oven, don't open the door unnecessarily. The oven can lose 20 per cent of its heat with each opening. Plan to bake two or more dishes at one time, even if they are to be served at different times. It takes less fuel to reheat a dish than to cook it from the start.

—If you plan to buy a new refrigerator-freezer, remember that a frost-free model uses more power than a conventional type. Consumers who want this advantage may be able to save electricity when using another appliance. For example, during good weather, they can hang

laundry out to dry rather than use an electric dryer

—Run your dishwasher when you have a full load, preferably in the morning or late evening when temperatures are lower and demands on electricity are not so high

—Be on the lookout for leaky hot water faucets. A leak that fills up a cup in 10 minutes wastes 3,280 gallons a year—water that took energy to heat

—Make sure your house is well insulated. This is important in summer as well as in the winter

—Use storm windows to reduce cooling bills up to 15 per cent

—If your house is air conditioned, keep windows and doors closed. Trying to cool the outdoors is costly and impossible

—Save chores that generate heat for the cooler mornings and late evening hours to make less work for the air conditioner

Turn off lights, radios and television sets when no one is in the room. Wasteful use of appliances not only uses electricity, but generates heat as well. Summer temperatures are high enough without adding to your discomfort.

PUBLIC AUCTION

100 HEAD REGISTERED & HIGH GRADE COWS & FIRST CALF HEIFERS

Sale to be held in the dairy barn arena at the ABERDEEN SALES CO. in Churchville, Harford Co., Md. located on Md. Rt. 22, 6 mi. east of Bel Air, Md. (via U.S. Rt. 1) and 6 mi. west of Aberdeen, Md. (via U.S. Rt. 40 or I-95) on

FRIDAY, SEPTEMBER 8, 1972

8 P.M. EDST

This sale features one of the better herds in Harford County. The herd consists of 60 head of high grade Holstein cows on D.H.I.A. testing for 10 years. The best sires from the Md. & West Va. Artificial Breeding Service have been used. At present, the cows average 48 lbs. of milk per day. Approximately 20 cows freshened within the last 60 days; 14 are close springers; and the balance is in full flow of milk and bred for fall freshening. The herd has been examined for pregnancy by Dr. Richard Cook.

SAMPLE OF COWS TO BE SOLD:

Chain No. 13 Registered daughter of Roburke Liza Prince - due in November -

250 days - 15,400 milk - 511 fat - 103 lbs. per day

Chain No. 26 321 days - 21,710 milk - 669 fat - 64.4 lbs. per day

Chain No. 20 360 days - 17,600 milk - 575 fat - 69 lbs. per day

Chain No. 131 107 days - 6,940 milk - 242 fat - 82.8 lbs. per day

Chain No. 40 99 days - 8,200 milk - 237 fat - 92.4 lbs. per day

Chain No. 38 259 days - 18,150 milk - 664 fat - 86.2 lbs. per day

Chain No. 1 365 days - 16,650 milk - 601 fat - 64.4 lbs. per day

Chain No. 138 58 days - 4,860 milk - 168 fat - 92.4 lbs. per day

Chain No. 46 164 days - 12,300 milk - 436 fat - 85 lbs. per day

Chain No. 9 251 days - 16,580 milk - 542 fat - 87.3 lbs. per day

Chain No. 33 305 days - 16,420 milk - 544 fat - 83 lbs. per day

Chain No. 125 262 days - 15,530 milk - 574 fat - 77.8 lbs. per day

Mr. John Bell of Catlett, Virginia, will sell another load of fine fresh and springing Holstein heifers. We have another consignment of local fresh and springing Holstein heifers of top quality.

This is the sale to attend to buy additional heifers or cows to make base or to improve your herd. Plan to be with us for this excellent offering of top Holsteins.

ABERDEEN SALES COMPANY
SALE MANAGERS & AUCTIONEERS
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Night: 301-734-7105
301-734-7978

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