

The Steer That Goes to Market

The steer that goes to market is not all steak. It's not all beef either. From feedlot to packer to retailer, a 1,000 pound steer is reduced to approximately 440 pounds of edible beef.

There's a long road, a lot of feed, nutrients, care, and processing behind the beef you buy today. And today you're buying from an exceptionally large selection at prices trending downward in

the face of an increasing grocery price index, according to marketing specialists of the U.S. Department of Agriculture.

The road the steer will travel will involve thousands of miles. It will go from range, to feedlot, to packing house. It will be fed approximately 2,500 pounds of grain, about 450 pounds of protein supplement, and an estimated 12,000 pounds of hay, silage and grass. All this will take from 18 to 24 months.

Once it has reached the 1,000 pound weight the steer is considered ready for market. After slaughter and initial processing, the packer

generally sells the carcass, which will weight about 620 pounds. The retailer will then trim away about 180 pounds of fat, bone, and waste. He will cut, wrap, and sell the various cuts to the consumer.

Most cookbooks will contain illustrations of the various cuts of beef and suggest ways to use them most efficiently. It's a good time to become familiar with these cuts to be able to readily identify them at your meat counter. It will be helpful in making instant estimations of what your beef dollar is buying in the way of price per serving.

The most tender cuts will

be the rib steaks, tenderloin, porterhouse, T-bone, strip loin, club, and sirloin steaks. These are easily prepared by dry heat. Less tender cuts of meat are the balde, chuck, round steaks, arm chuck and flank steaks; they can be tenderized by marinating and preparing by moist heat.

Whether you're buying porterhouse steak or stew beef, you're sacrificing nothing in the way of

nutritive value. The same perfectly balanced protein power is contained in the same amounts in less expensive cuts as in the most expensive beef.

Bringing beef to your table is no accident. Neither is it quick. It is a well-programmed, highly efficient operation that is responsive to your eating habits and demands.

Preschooler Meetings Set

"You and Your Preschooler" will be the subject of a meeting for Berks County parents and Adults working with toddlers. It will be held at St. Luke's Lutheran Church, 9th & Green Streets, Reading, Pa. on April 1, 1975 at 7:00 p.m. and again on April 2, 1975 at 9:00 a.m.

The session, sponsored and conducted by the Berks County Penn State Cooperative Extension Service, will include a general session on "Children and Discipline", presented by a Family Life Specialist from The Pennsylvania State University. Participants will then select two of four workshops offered: How to develop creativity in the preschooler; How to select preschool educational programs; How to manage with a preschooler and How to use television as an effective teaching tool with preschoolers.

Workshop sessions will include "learn by doing" activities for parents. In addition, educational exhibits relating to the topics will be on display and handout material will be available.

Mrs. Fay B. Strickler, Extension home economist,

Berks County, says that the preschool years are the important ones in setting the stage for a child's future learning. She urges county parents of preschoolers to attend this program. For those parents wishing to bring their small children, a nursery and babysitting service will be provided at the meeting location.

To register for the program on "You and Your Preschooler," call or write Berks County Cooperative Extension Service Office, Berks County Agricultural Center, Leesport, Pa. 19533. Phone - 378-1327.

LATE MOVIES

Some of the late night movies on TV are so old they shouldn't be up that late

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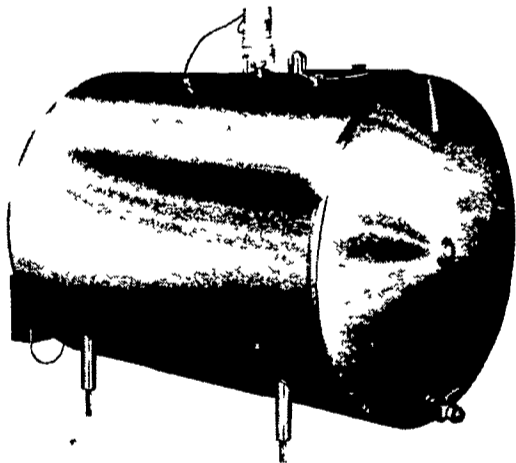
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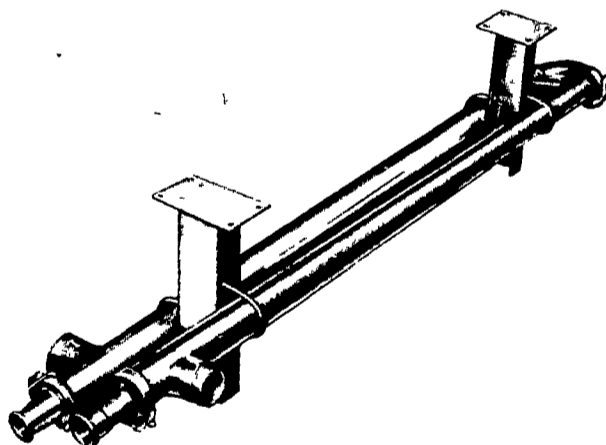
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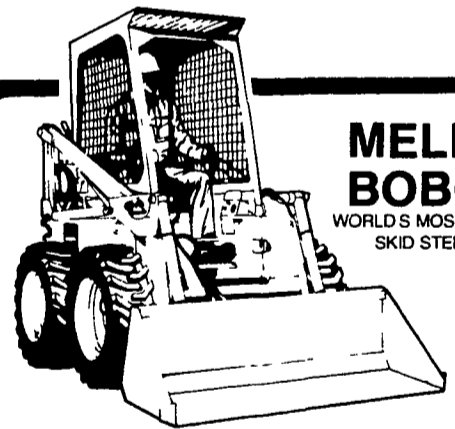
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