

# Cookbook combines recipes and history

CHICAGO, ILL. — It's no coincidence that beef is America's most liked food. The history of our nation and that of the beef industry is intertwined.

Beef cattle first appeared in the American Southwest in 1540; in the East the first cattle arrived in 1624 - only four years after the Mayflower. As our population grew so did the need for more cattle for nourishment as well as for oxen to pull plows, and by-products such as hides for leather and tallow for candles.

Keeping this in mind, it is fitting for the Beef Industry Council of the Meat Board to publish a special beef cook-

book celebrating our nation's 200th birthday. "The Bicentennial Beef Cookbook" features 100 of the greatest beef dishes from America's first 200 years," says Reba Staggs, Director of Home Economics for the National Live Stock and Meat Board. "Some originated in pioneer kitchens, some traveled to our shores with our European, Asiatic, or African ancestors. But they are all uniquely American."

Recipes included range from Beef Jerky to Beef Wellington; from Red Flannel Hash to a Rib Roast with Yorkshire Puddings. The book includes 16 full-color pictures; facts about beef such as carving, care

and storage, freezing and defrosting; the six basic beef preparation methods; tips for the outdoor chef; a chart showing where retail cuts come from; information on labelling and nutrition; and a glossary of beef terms.

Additionally, scattered throughout the book are historical tidbits such as the fact that although most people associate "range wars" with the West, the first such conflict in the U.S. was waged on Manhattan Island. Early Dutch settlers battled to keep Indians from stealing their cattle and built a wall to keep the Indians out. Where this wall was built is now known as Wall Street.

A cookbook was chosen to headline the Council's bicentennial promotion because of the proven popularity of such books with consumers. "It's an ideal way to encourage people to try new beef dishes," says Staggs. "Also it is the logical method to illustrate the versatility of beef, and at the same time provide a valuable service to the consumer."

"In the Bicentennial cookbook we were forced to choose from an immense assortment of beef recipes tested and developed over the past 53 years by the Meat Board," added Staggs. "I think we have succeeded in presenting those recipes that

best represent our nation. From the simple to the elegant to the exotic - there is something for all tastes in the cookbook."

The book is being made available in fall editions of Family Circle, Woman's Day and Good House-keeping. Copies can also be purchased by sending a check or money order for \$2.00 to Beef Industry Council, Dept. TC, 36 S. Wabash, Chicago, Illinois, 60603.

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Bologna and peanut butter, those all-american favorites, unite in this savory filling, proving two good ideas make one great sandwich. Blend 1 chopped seeded green pepper, 1/2 cup peanut butter and 3/4 cup ground bologna. Refrigerate in covered container.

# York Central Club

The Central Dairy 4-H Club of York County met on August 7 at the home of Gary, Tommy, and Joey Welsh, Rt. 1, East Berlin. The American Pledge was led by Tommy Welsh and the 4-H Pledge was led by Timothy Eisenhart. Roll call was answered by the age of the animal to be shown at the 4-H Dairy Roundup on August 19 at York Fairgrounds.

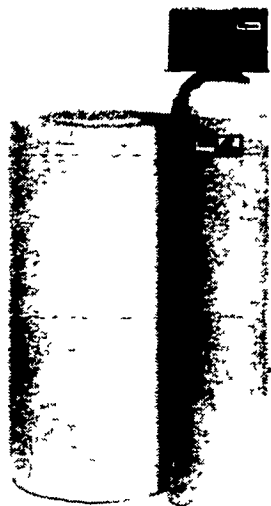
Tommy Welsh showed members the equipment that is necessary for their showbox. Leo Rutter and Mrs. Jane Thompson, leaders, discussed requirements for the Roundup and York Fair. Plans were made for meetings for next year.

Tommy E. Welsh

# Myers

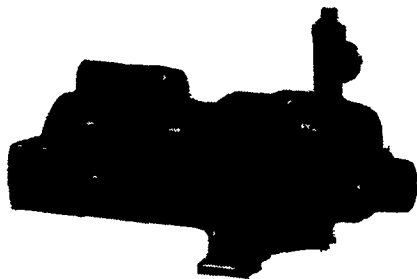
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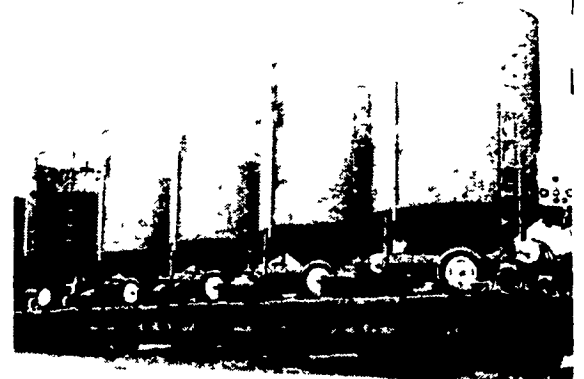
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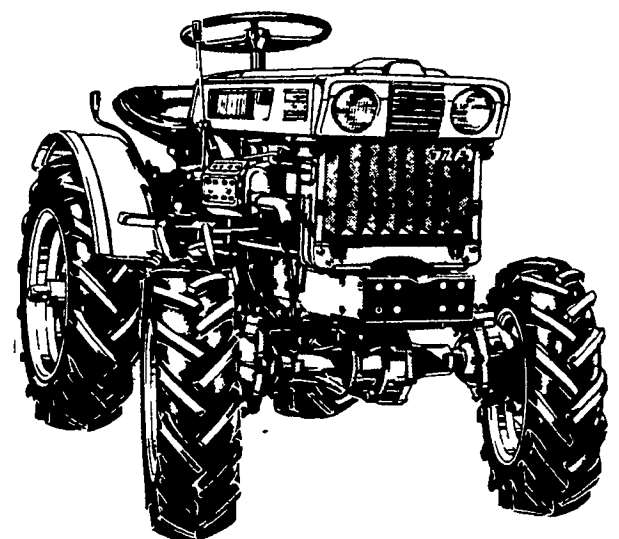
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