

# Veal contains vitamins low in calories

# York 4-Hers give talks

**By Sara Beck, Consumer Specialist**  
A lot for a little. That's what you get with veal — a lot of nutrition for few calories. A 3½ oz. serving of cooked lean veal (that's considered an average serving) provides not only 33 grams of protein but considerable amounts of the important B-vitamins and minerals as well, and all for only 213 calories.

Beef, calf and veal are all produced from cattle, but they come from animals of different maturity levels. The most desirable veal comes from milk-fed calves less than 3 months old. After this age, calves begin to eat grass and this darkens the flesh.

The U. S. Department of Agriculture shield-shaped grade mark can serve as your guide to eating quality when buying veal. U.S. Prime is the highest grade of veal, followed by U.S. Choice, the grade most commonly found at the retail level. These two grades are more flavorful than the lower ones.

Veal has grayish pink lean which is very smooth textured and velvet. The very little fat it has is clear, firm and white. The bones are porous, soft and red. Veal is prized for its delicate flavor. Like the flesh of any immature animal, veal is likely to be dry unless moisture is applied during cooking. For

this reason, even the most tender cuts should never be broiled.

Because veal has no natural fat covering and no marbling of fat in the lean, roasted cuts may need larding (covering or stuffing with bits of bacon or other fat before cooking.) Unlike beef, veal is always cooked well-done or until juices run clear with no traces of pink — about 170 degrees F. on a meat thermometer or 30 to 40 minutes per pound, depending on thickness of meat, in a 325 degree oven. Most veal cuts are best braised. However, thin cuts are delicious sautéed; and ground veal can be pan fried or broiled.

The retail cuts of veal are comparable to beef in shape but smaller in size.

Veal leg round steak is sometimes labeled as veal scaloppine when thinly sliced, pounded and cut into small squares. Escalope is the French equivalent of the Italian scaloppine and the English have changed escalope to collop — a term you may occasionally run into. Germans and Austrians call the same cut Schnitzel.

Like all foods, veal con-

tains some bacteria. Therefore, it should be cooked, stored and handled properly to destroy or to prevent the growth of harmful bacteria. Fresh veal chops, cutlets and roasts can be kept in the refrigerator at temperatures between 35 to 40 degrees F. or lower for 3 to 5 days. These same cuts will keep in the freezer at 0 degrees F. or lower for 6 to 9 months. Ground veal, stew meat and variety meats should be kept in the refrigerator for only 1 or 2 days, but they may be kept in the freezer for 3 to 4 months. If unground cuts of veal have been prepackaged in plastic film, they can be stored unopened in the refrigerator for up to one week or in the freezer for 1 or 2 weeks. Veal to be frozen should be wrapped closely and sealed tightly in moisture resistant materials.

To thaw raw veal, leave it in the freezer wrap and place it in the refrigerator. This method will keep the outside of the food cold while the inside thaws, thus preventing the growth of harmful bacteria.

One important thing to remember when handling

veal, as with all foods, is to use strict cleanliness for persons and surroundings. This is the best way to prevent the contamination of foods and the spread of foodborne illness in the home.

## Ag-safety Tip

Property losses sustained in farm fires annually top a quarter-billion dollars. The annual cost of all types of accidents on farms, including fires, is about \$3 billion.

Three York County 4-H Lamb members presented demonstrations at the Annual meeting of the Cumberland County Sheep and Wool Growers association at Schendurs Restaurant, Camp Hill. Laurie and Lisa Dobrosky, RD2, Glen Rock and Donny Flory, RD4, Red Lion presented a demonstration on Tanning Sheep Hides at Home. Laurie and Lisa also demonstrated spinning wool into yarn.

## PUBLIC AUCTION COMPLETE SELL-OUT OF SURGE DAIRY SUPPLY STORE AND SERVICE TOOLS AND HARDWARE SATURDAY, MARCH 20, 1976

10:00 A.M.

Location: Auction to be held at the New Quarryville Community Building, at the Quarryville Fair Grounds, South Lime Street, Quarryville, Lancaster County, Pennsylvania.

### VACUUM PUMPS

New Alamo 75 Vacuum Pump; New Alamo 40 Vacuum Pump; New Universal Senior Vacuum Pump; Used Alamo 50; Used Alamo 20; Used Sp11; Used Empire Model E; Some Vacuum Pumps without motors.

### DAYTON 500-POUND LIFT TRUCK

Electric Motors; Instant Reversible Motor; Transfer stations; 2 Milk Tank Compressors; New-Clay Milking Parlor Door; Surge Milking Parlor Water Gun; Surge Tank and Wall-mounted Electric Brains; Water Bowls; Clay Honey Wagon Vacuum Pump; Clay 1500 Honey Wagon Wheels; Spindle and other parts; Several Hundred Feet of M34R Milk Tubing, Single and Double ¼" to 2"; Air Compressor; Rigid 300 Electric Pipe Vise; Set of Dies; Pipe Cutter; Pipe Reamer; Hand Pipe Threader; Pipe Ratchet; Bench Vise; Pincor Alternator; Dayton Hammer Drill; Milwaukee Angle Drill; Electric Drills; 2 Drill Indexes; Galvanized Pipe and Fittings, ¼" to 3"; Copper and Brass Fittings; Refrigeration Copper; Genova Fittings; Plastic Pipe; Acetylene Torch; HILTI HAMMER GUN AND COMPONENTS; Metal Machinist's Cabinet; 2 Tachometers; Cabinets and Display Counters; 2 New Universal 70-lb. Milkers.

### 1970 CHEVROLET TRUCK WITH

12-FT. BOYERTOWN WALK-IN VAN-

### 1970 GMC VAN

### 1967 FORD ECONOLINE EXTRA LONG VAN

100' Nylon Rope; New pto Shaft; New Trailer Jack; 12'x20' Canvas; Detergents; Soaps; Acids; Chlorine; Udder Wash; Teat Dip, etc.; Inflations; 6½" and 15" Milk Filters; All Sizes Pipeline Filter Socks; Vacuum Pump Oil; Pulsator Oil; Fly Spray; Fly Bait; Boots and Rubbers; Mastitis Tubes; Barn and Stable Brooms; Dairy Brushes; All Types Electric Fuses; Electric Wire; Romex and Fittings; Calf Bottles; Chains and Snaps; Cow Wash Cloths; Gloves; Strip Cups; Twist Lock Silo Unloader Plugs; Surge and DeLaval Pulsator Timers; New and Used Surge, Universal, DeLaval, Clay, Bender, Kesco Dairy Equipment and Supplies; 1½" and 2" Pipeline Glass.

### OFFICE EQUIPMENT—HOUSEHOLD GOODS

### COINS

2 Office Desks; Chairs; Desk Lamps; HERMES CALCULATOR, like new; Typewriter; Typewriter Table; Amana Air Conditioner; Window Fans; Kenmore Washer and Dryer; Refrigerator-Freezer; 3 Electric Vacuum Cleaners; Sunbeam Mixmaster; Irons; Lamps; Dishes; Glassware; Mottoes; Pictures; Cooking Ware; Tables; 4 Lancaster County Map; Silver Dollars; Indian Head Pennies; Proof Sets and Grouped Coins; and many, many other items too numerous to mention.

SALE TIME 10:00 A.M.

Sale By

**WALTER B. GROFF**

D.B.A. Groff Equipment  
2 West State St., Quarryville, Pa.  
717-786-7225

### SALE CONDUCTED BY:

John E. and Paul E. Martin,  
717-733-3511 — 717-733-3305  
Lee Mummaw Auctioneers

NOTE: We have a lot of Good New Dairy Supplies and Used Service Tools. Plan now to attend this fine Auction.

FOOD AT SALE

## ROY EVARTS COMPLETE DISPERSAL

BENTON, PA. COLUMBIA, CO.

Located on Pa. Rt. 487, 2 miles N. of Benton, 6 miles S. of Red Rock & Pa. Rt. 118, 17 miles N. of Sloomsburg, Rt. 11 & 80, Watch for Bunnell Red Arrows.

SATURDAY, MARCH 13, 1976

10:00 A.M. Rain or Shine

72 Grade Sire Power Holsteins 72

Penna. & Interstate charts. 30 day T.B. & blood tested herd. Pregnancy checked. Inoculated for colds.

Majority all young, 42 milch cows consisting of 12 fresh, 13 handling calves, 17 bred late summer & fall. 4 - 2 yr. old heifers due in July & Aug., 12 nice Hols. heifers 4 to 11 mo. old, 7 open 15 mo. heifers, 7 Hols. feeder steers - 10 mo. old.

Sale Highlights: 9 daus. of Whirlhill Kingpin, 8 Shadyvale Royal Birch, 6 Pencor G. Ivanhoe Pabst, 3 Woodbine Ivanhoe Dandy and many other production sires.

Another top Columbia Co. dairy sale. Remember date Sat., March 13.

### 3 Farm Tractors

I.H.C. Model 656 Gas Tractor w-Torque Amplifier - L.P.T.O. & P.S. Ready for spring work, I.H.C. Super M Tractor - A-1, I.H.C. Super C Tractor w-Q-hitch - mt. plows, mt. cultivators, mt. corn planter - a top C Tractor; 2 Grove 16 ft. self unloading wagons, I.H.C. Model 550 chopper P.T.O. w-2 row corn head & pick up head, I.H.C. No. 56 Blower w-pipe A-1, 2 - I.H.C. Farm Wagons - A-1, I.H.C. Model 67 Pick-up baler, I.H.C. No. 540 Q-hitch - 4b. - 16 in. plows, New Idea No. 201 - 175 bu. Spreader, Sears power washer, Farmway 200 ft. Barn cleaner w-3 hp. motor, Marlow Irrigation pump w-1200 ft. 4 in. aluminum pipe, 600 ft. 6 in. alum. pipe, Dodge Farm Truck w-hyd. lift, Terrace blade, J.D. 30 ft. elevator, 2 tops for Grove wagon, Badger 16 ft. silo unloader w-5 h.p. motor, N.I. Side Rake, 1941 - 1½ T. - Int. Truck - only 19,000 miles, I.H.C. Model 175 self-propelled Windrower A-1, I.H.C. Hammer Mill, McCormick Binder - like new, I.H.C. - 16 ft. Harrow, False head, platform scales, garden tractor blade, Q-H draw bar, David Bradley flat bed wagon, 2 feed carts, 180 Amp. Welder, Surge Alamo 50 plus Vacuum pump, 3 Surge 50 lb. units, 52 gal. elec. water heater, all SS pails, strainers and milking utensils. Girton 300 gal. Bulk Tank - Wilson 300 gal. Bulk Tank.

1969 Harvestore 20 x 60 w-lge. Goliath

Unloader - recently completely overhauled.

All the above equipment is the kind you would find on a modern up-to-date farm.

Lunch

Terms: Cash - Cashiers check or approved check only.

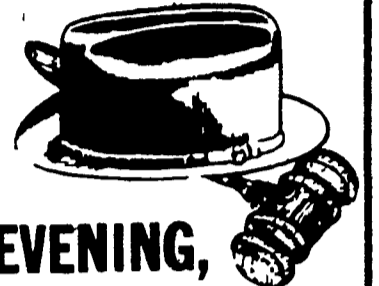
Owners

**MR. & MRS. ROY A. EVARTS**  
Benton, Pa. Rt. 2

M. L. Bunnell, Auctioneers & Sale Mgr.  
Wayne Weaver, Auctioneer  
Ph: 965-2375

## HAT & GAVEL AUCTION CO.

1 Mile North of Lititz on  
Route 501



THURSDAY EVENING,

MARCH 11, 1976 5:30 P.M.

COLLECTIBLES, HOUSEHOLD AND COINS

Coins will be sold at 8 P.M.

This is part of a coin collector's collection.

Rocker, pot belly stove, milk cans, pictures and frames, oak dresser, 4 burner 30" electric stove, record player, pressed glass, china. This is only a partial listing.

WE SPECIALIZE IN PUBLIC AUCTIONS,  
ESTATES AND ANTIQUES.

**WILBUR H. HOSLER**

306 Owl Hill Rd., Lititz

**Harold K. Galebach, Partner**

HAT & GAVEL AUCTION CO. SELLS  
ON COMMISSION—CALL 626-0254

Receiving Hours: Monday, Noon to 9 P.M.;  
Wednesday, 9 A.M. to 5 P.M.; Tuesday, Pickup Day.

Wickard and Runshaw, Clerks  
Not Responsible For Accidents

## DISPERSAL SALE OF FARM MACHINERY

WED., MARCH 10, 1976

11 A.M.

Located 2½ miles north of Shippensburg on Cumberland County, along Route 533. Sale signs posted along Route 11 one mile north east of Shippensburg, or take Route 533 from Newville.

Due to having sold our farms

We will sell the following:

### FARM MACHINERY

4 Tractors: Case 730 deisel, with cab, Case 400 deisel, both fully equipped; A-C, gas; D.C. - Case with 3 pt and p.t.o., good; Case 4 - 16 in bottom reset plow; No. 700 Brady chisel plow, 7 ft. (can be extended to 9 or 11 feet), used one year; No. 469 N.H. 9 ft. haybinder; M.H. 10 ft. self-propelled combine, overhauled, like new; No. 56 ICH 4 row corn planter; Case baler with ejector; 2 Kaston self-unloading wagons; 3 favorite Gravity bin wagons; Lundell 11 ft. unloading auger with 7 H.P. motor, fits any gravity bin; 2 Grove high rack wagons; 2 row N.I. 310 corn picker with sheller attachment; N.I. P.T.O. Manure spreader, used 2 years; J.D. 13 - 7 disc drill; J.D. hay fluffer, about new; Case trail mower, good; N.H. 33 flail chopper; N.H. 56 side rake; IHC 9 ft. disc, used 2 years; 10 ft. Coby pulverizer; 24 tooth perry harrow, about new; 30 ft. Owtonna elevator; 21 ft. grain auger with motor; IHC No. 16 ensilage cutter with pickup; blizzard silo blower with shaker table; grain tank to fit pick-up; over cab box cover, fits pick-up truck; clipper wind mill; tractor seeder; front-mount wood saw; one hole corn sheller, 2 sets false endgates; 3 hydric cylinders; DeLaval No. 75 milker pump with 2 H.P. motor; 3 units.

### WAGON LOAD OF SMALL ARTICLES

Above items are in very good condition and many items are nearly new.

ORDER OF SALE: Items off of wagon will be sold at 11:00 a.m. - Machinery at 12:30

**M. BRICKER AND JANE PUGH**  
R.D. 5 Shippensburg, Pa.

ARTHUR RIFE, AUCT.

Phone 776-3645 - Box 366, R.D.1, Newville, Pa.

Terms: Cash

Lunch Stand Upper Strasburg Church of God