

Steers Parade

(Continued from Page B18)

Rarick as her steer, Carlisle, received the reserve grand champion middleweight title. Her placing was the first time in over 25 years that a Berks County 4-H member has placed a steer in the top eight during the Farm Show.

Kenianne and her Angus-Chianina crossbred were working together throughout the year. At the Chianina Field Day in August, "Carlisle" placed sixth in his class. At the Keystone International Livestock Exposition he placed second.

"So you can tell, he kept getting better and better," Mrs. Rarick stated. "We changed our feed ration to feed him, "I think feeding's half the job."

"She kept telling us she was going to win, but we didn't believe her," Mrs. Rarick said.

"He was finished just right," the five year veteran of the Farm Show admitted. "I knew he was good. He would please the judge, the butcher, and the individual," Kenianne explained. The 16-year-

old 4-H'er said the judge thought he was a "very economical steer, right in the muscle pattern."

Kenianne received \$1.01 per pound for "Carlisle" after they placed 6th overall out of 107 entries.

The other Berks Countians also received above market price for their animals. Carol Strause, daughter of Harold and Marie Strause, received 88 cents for "Max" who placed sixth in his class. "He was over finished," 19-year-old Carol stated. This was Carol's last year of her six year Farm Show career and she was glad to be part of this promotion.

Greg Zook and "Tut" also placed sixth in their class. This marked Greg's second year at the Farm Show. "I fed him too good, he got a little over finished," Greg explained. Greg received 81 cents per pound for his 1215-pound steer.

First year exhibitor, Melanie Adamski, enjoyed it all and is looking forward to next year. Placing fifth with "Mr. T," 16 year old Melanie stated that she already

HARRISBURG — The week-long celebration of Pennsylvania Meat Week provides the meat industry an opportunity to salute the more than 200 million American consumers who have long recognized meat's important role in the diet.

According to State Agriculture

bought another calf for the showing. Melanie received 84 cents for her 1255-pounds steer from Weavers.

"The competition was really good," Shirley Stricker, one of the leaders exclaimed. She was proud of the club's high placings this year and enjoys the participation of the youth in the showing and club activities.

When the steers were on their way to a local butcher to prepare them for their debut in Weavers meat case, the 4-H'ers and parents again thanked Dave Weaver for his support. "We're going back again," Weaver replied. "I think every market that sells beef, poultry, or pork should be there."

Secretary Penrose Hallowell, fresh meat has always been the cornerstone of the traditional American meal. Variety, convenience and economy of processed meats have made them an important part of most American's contemporary lifestyles.

"Fresh and processed meat products are one of the richest dietary sources of iron, niacin, vitamin B₆," according to Joan Liesau, Coordinator of the Pa. Meat Marketing Program. "Red meats also contain all of the essential amino acids required for the maintenance of a healthy body. Beef, pork, lamb and veal have far more nutrients per calorie than most so-called diet foods. Weight watchers can fulfill their body's important nutritional requirements and still lose weight by including meat in their low-cal meal plan."

Meat can be prepared hundreds of ways, adding excitement to a meal. Any meat, including less tender cuts can be made tender,

juicy and flavorful delights by simply using the proper cooking method.

"Buying locally grown Pennsylvania beef, pork, lamb and veal helps strengthen out economy, and puts a fresher product on your table," says Hallowell.

For a free copy of PENNSYLVANIA MEAT-WISE GUIDE, a handy color kitchen cabinet guide to help you with daily meal planning, write to MEAT GUIDE, Pa. Meat Marketing Program, Pa. Dept. of Agriculture, 2301 N. Cameron St., Harrisburg, PA 17110.

LAMB CHOP DINNER

- 1 eggplant, peeled and thinly sliced
 - 1 large onion, thinly sliced
 - 2 tomatoes, sliced
 - 1/4 teaspoon dried oregano
 - 1/2 teaspoon salt
 - 1/8 teaspoon ground pepper
 - 2 tablespoons butter or margarine
 - 4 lamb loin, rib or shoulder chops, cut 1 1/2 inches thick
- (Turn to Page B21)

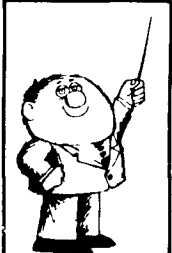
COMING FEBRUARY 7 & 8

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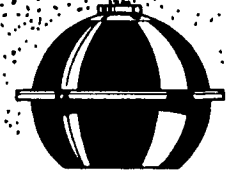
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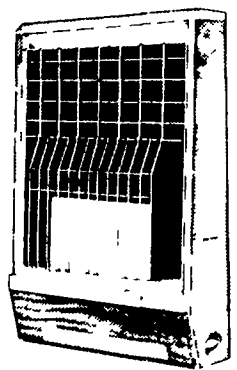


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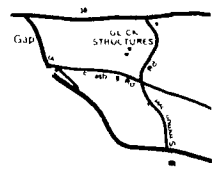
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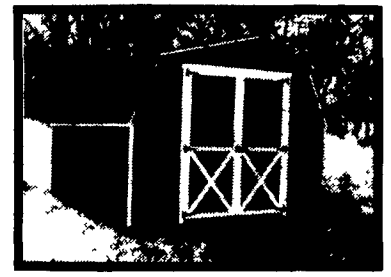
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