

State lamb cook-off set

HARRISBURG — Dust off your favorite lamb recipes or whip-up a new creation for the Pennsylvania Lamb Cook-Off contest June 9, at the Appalachian Lamb Company, Greencastle, Franklin County.

Any non-professional chef, 18 years or older, who is a resident of Pennsylvania and has not owned sheep for at least ten years, is eligible to compete. Contestants must submit three copies of their original lamb recipe and include their name, address, and phone number. Entries will be screened by a panel of three judges, with ten finalists selected for the cook-off.

Each contestant must use fresh Pennsylvania lamb from shoulder, breast or shank cuts. Retail cuts may include: square cut shoulder, shoulder blade chop, round bone chop, saratoga chop, precarved shoulder, shoulder cubes, neck slices, patties, cube steaks, riblets, shanks, spare ribs or rolled breast. No cuts may be used from the leg, loin or rib.

The first place winner receives \$50 and a half of fresh American lamb; second prize \$35 and selected lamb cuts; third prize \$20 and selected lamb cuts; fourth through tenth, \$10 each. All finalists receive a lamb cook-book. Recipes become the property of the Pennsylvania Department of Agriculture for use in lamb promotion.

Entry forms and rules can be obtained by writing to LAMB COOK-OFF, PA Meat Marketing Program, PA Department of Agriculture, 2301 N. Cameron St., Harrisburg, PA 17110-9408. Official entries must be postmarked by April 30, 1984.

Finalists will be notified by May 8. Finalists must bring their prepared lamb recipe to the Appalachian Lamb Company, 8642 Molly Pitcher Highway North, Greencastle, Franklin County on June 9, for final judging. Microwave ovens will be provided to reheat the dishes.

A panel of three professional judges will rate the final recipes on the following basis: 40 points for taste; 20 points for appearance of the dish and recipe presentation; 20 points for originality; and 20 points for ease of preparation and practicality of recipe.

The Cook-Off contest will be held

in conjunction with the grand opening of Appalachian Lamb Co., the east coast's newest lamb slaughtering facility which specializes in fresh carcass lamb, boxed lamb and Kosher trade.

The Pennsylvania Lamb Cook-Off contest is sponsored by the Pennsylvania Meat Marketing Program, Appalachian Lamb Company, and the Pennsylvania Sheep and Wool Growers Association.

Some people aren't built to wear padded shoulders. Others need a hem to touch the kneecap rather than to ride below. To cuff or tuck, to pleat or dart? These are the questions the new tailoring unit of the 4-H clothing project addresses.

"Tailoring is the molding and shaping of fabric to fit the body," says Wendy Hamilton, state program associate for 4-H foods and clothing projects. "Depending on material and pattern choice, tailoring is approached from different directions. But the major

emphasis is always the same, making sure the garment suits its wearer. Not every fad fits every person."

The goal of the tailoring unit is to teach participants to analyze their specific clothing needs.

"We're trying to teach consumer skills as well as basic construction," says Ms. Hamilton. "The garment may suit a person's build while being totally wrong for the lifestyle. If the fabric requires dry cleaning, can the person foot the bill? Can stains be removed or

is the outfit limited to very few wearings?"

This level nine project is new to 4-H, and its addition is accompanied by a level 10 independent study. Both units were added to meet the needs of older youth.

"The teens look for guidance, but often do not need direct supervision," says Ms. Hamilton. "We're trying to encourage them to be creative and to think for themselves." For more information on 4-H Programs, call 277-0574.

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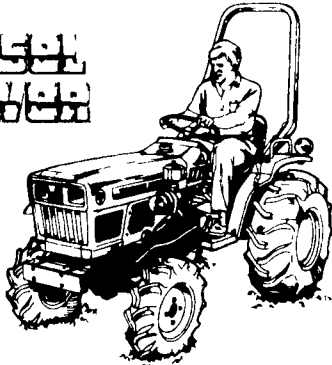
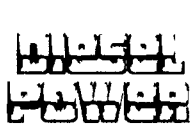
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