

Berks Co. Youth find success at Md. State Fair

TIMONIUM, Md. — Berks County 4-H and FFA participants were successful in the Junior Dairyman of the Year Contest held Aug. 30, at the Maryland State Fair in Timonium.

One-half of the contestants placing in the top ten hail from

Berks County including three of the four scholarship winners. Scholarships were awarded to the top four finishers for use toward further education or investment in dairy projects.

Placing second overall and winning a \$250 award was Carol

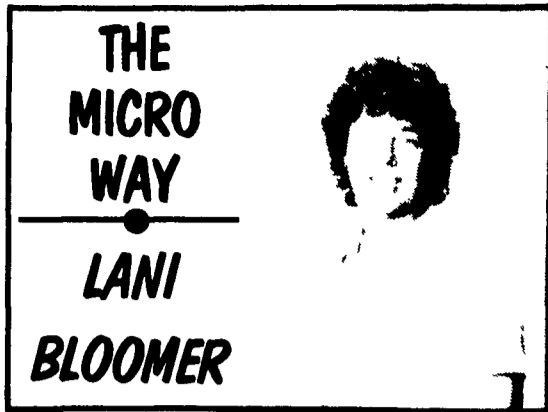
Dreisbach, daughter of Dr. and Mrs. Robert Dreisbach of Hamburg. Third place finisher and recipient of \$150 was Sandy Moser, daughter of Mr. and Mrs. Laverne Moser of Bally. Rounding out the scholarship winners receiving \$100 and placing fourth was Mark Price of Yellow House, son of Mr. and Mrs. Jere Price.

Others placing in the top twenty from Berks County include: Charles Seidel, Lenhartsville, seventh; Mark Moser, Bally, ninth; Todd Miller, Hamburg, thirteenth; and Joanne Kunkel, Kutztown, eighteenth.

In team competition the group comprised of Mark Price, Charles Seidel, and Todd Miller placed second. Members of the team placing third were Carol Dreisbach, Sandy Moser, and Ann Kopfer of Fleetwood. The team from Queen Anne's County FFA won the contest and included Kevin Leaverton, the first place and \$500 scholarship winner.

Sponsors of this years contest were Savage-Leigh Farm of Germantown, Md., Coldsprings Farm of New Windsor, Md. and the Eastern National Livestock Show, Inc. The competition quizzes contestant knowledge of many aspects of the dairy industry ranging from dairy cattle and goat judging and dairy product identification to feedstuff identification and evaluation. Written exams and interviews round out the contest dealing with animal health, feeding, breeding, genetics, herd management practices and the dairy industry in general.

Coaches for the Berks County participants were Christine Williams of Leesport, Carl Brown of Douglassville, George Merrill of Berville, and Jere Price of Yellow House.



Try cooking meatloaf in your microwave

"A Donut Shaped Meatloaf? You've got to be kidding!" This is probably what you'll hear from your family along with lots of giggles when you first serve a round meatloaf. But if you use your family's favorite recipe, they will soon get used to its new shape.

Now, why would you ever make a round meatloaf? Because it will cook more evenly on high power in your microwave, that's why. A donut shaped meatloaf (using two pounds of meat) will take about 15 minutes to cook on high. The same meatloaf in a loaf shape would take 40-45 minutes to cook on medium power.

When you use high power on your microwave for cooking speed, the basic microwave techniques are very important. One of these "basics" is cooking in a donut shape, or arranging your food so there's a hole in the middle. A meatloaf cooked in the traditional loaf shape will not cook evenly in the microwave on high power. The ends will be overcooked (hard and dry) before the center is cooked through.

Since microwaves cook food from the outside in, the center is

the last place to cook. On high power, using a donut shape is one way to avoid overcooked edges and an undercooked center. If you don't have a ring mold, use a two quart casserole dish and put a custard cup or glass in the center.

If you think a donut shaped meatloaf is just too weird, use the conventional loaf shape, but it will take longer to cook. To cook a loaf shaped meatloaf, use medium power (50.5). Slowing the cooking speed down gives the center of the meatloaf time to cook before the edges get overcooked.

If you need to cook a loaf shaped meatloaf on high power, shield each end with 1" wide strips of aluminum foil to prevent them from overcooking on high power. Foil, even though it is metal, CAN be used in most microwave ovens for shielding. When you use foil for shielding, keep it in the center of the oven, 1" or more away from the walls, and look through the window to check for arcing (sparks) when you turn the power on. If you see any arcing, stop your oven and reposition or remove the foil.

Does your microwave have a temperature probe or sensor? (It's

that stick with a wire on it that came with your oven.) A probe or sensor doesn't cook the food. It's a thermometer that measures the temperature of your food, and makes cooking a meatloaf a snap. Put it in the center of the meat and set it for 160°F. The oven turns off or switches to "hold" when the meat reaches 160°.

Meatloaf is easy to cook in a microwave, and turns out well. But there are many ways you could cook it, depending on your time and your oven's capabilities. Choose a method from the chart that suits you best. Use your own recipe, or try mine (it's a cooking school favorite!).

Meatloaf Cooking Chart

These times are for a recipe using 2 pounds of ground meat, and a microwave with 600-700 watts of power:

Shape	Power	Minutes	Probe	Shield ends
donut	high	14-15	no	no
donut	high	(14-15)*	160°	no
loaf	high	18-20	no	yes
loaf	high	(18-20)*	160°	yes
loaf	medium	40-45	no	no
loaf	medium	(40-45)*	160°	no

* These times are only approximate, because you do not set a time into the oven with a temperature probe. The probe turns the oven off, or switches to hold when the food reaches the temperature set.

Note: These times are for microwaves with 600-700 watts of power. For 500-600 W add 10 seconds to each minute; for 400-500 W add 20 seconds to each minute.

Meatloaf

2 pounds ground meatloaf mix (beef, pork, veal) or ground beef
 3/4 cup dry bread crumbs
 1 egg
 1 cup milk
 1 tablespoon Worcestershire sauce

1 small onion, chopped
 1/4 teaspoon dry mustard
 1/4 teaspoon pepper
 1 teaspoon salt
 1/8 teaspoon garlic powder or 1 clove, minced

Topping (optional):

1/2 cup ketchup
 1/4 teaspoon dry mustard
 1 tablespoon brown sugar
 1. Combine meatloaf ingredients in a large bowl and mix. Pack lightly into a 6-8 cup microwave ring mold. (Use a 2-quart casserole with a glass in the center if you

don't have a ring mold.) OR, pack meatloaf into a loaf pan.


2. If topping is desired, combine ingredients in a small bowl and spread over meatloaf. Cover with wax paper.

3. Choose one of the cooking methods from the chart, and cook as specified. If you are using a probe, poke it right through the wax paper into the center of the meat.

4. If your oven cooks unevenly (one side or spot cooks faster than the rest) rotate the meatloaf a quarter turn halfway through the cooking time.

5. At the end of the cooking time, cover the meatloaf with foil or a casserole lid and let stand for 10 minutes before serving.

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