

## Ladies Have You Heard?

By Doris Thomas

Lancaster Extension **Home Economist** 

## **GROUND BEEF IS BUDGET STRETCHER**

When shopping for nutritious but lower-cost meat, chances are your choices will include ground beef one of the all-time meat favorites.

Most stores sell'several kinds of "ground beef." You may find it labeled as ground beef, ground chuck, ground round, and ground sirloin. The various kinds of ground beef should differ in the cut from which they are made, the amount of fat they contain and the

To be at its flavorful best, ground beef should be about 80 percent lean and 20 percent fat. Too little fat results is dry, crumbly and tasteless meat. Ground beef that is produced and packaged under Federal or state inspection at a packing plant or retail warehouse must have no more than 30 percent

Ground beef, sometimes called "hamburger." usually has the

BY GLENN KNIGHT LEBANON, PA - Cedar Crest

High School Future Farmers have given their top awards to Ed Zuck.

Gary Krall, Ann Lansberry and

Jon Boyer during their banquet at

Ed Zuck was selected as the Star

Chapter Agribusinessman and Gary Krall was named Star

Chapter Farmer. The Dekalb

Award for 1984 was presented to

Ann Lansberry. The chapter's Star

State FFA Secretary Jamie Frey

brought greetings from the state

association and challenged

members of the chapter to strive

for increasingly higher goals.

Harold Berkheiser, chapter ad-

viser, made the awards presen-

the middle school cafeteria.

Greenhand was Jon Boyer.

tations.

most fat and costs the least. It is a good choice for dishes like spaghetti, chili, meat loaf and casseroles.

Ground chuck makes an excellent beef burger or "salisbury steak." It usually has enough fat for good flavor and juiciness.

Ground round is especially good for weight-watchers if the fat is trimmed closely. It is usually quite lean and more expensive than ground beef or chuck. But because of its low fat content, ground round will not be as tender or juicy as the other kinds of ground beef.

Ground sirloin or chopped sirloin generally cost more than ground beef, chuck and round. Its excellent flavor does wonders for special recipes and deluxe burgers. But many people do not want to grind up good sirloin at today's prices.

Remember that ground beef should be used in a day or two after buying if stored in the refrigerator.

Degree Pins. Eight members were

recognized for scholarship: Gary

Krall, Ed Zuck, Gale Hitz, Brenda

Peiffer, Jere Patches, Thomas Wells, George Sheldon and Ann

Chapter production awards went

to: Gale Hitz, swine; Jeff Ruhl,

corn; Lisa Houser, poultry; Ann

Lansberry, horse; Brenda Peiffer,

dairy and Scott Schwear, beef.

Mike Wenrich got the agriculture

mechanics trophy and Lisa Houser

was named outstanding stockman.

given to Dr. Edward Phillips, Mr.

and Mrs. Donald Lansberry, Judy

Brightbill, Karl Hellerick and Jack

Reed. Guy Ruhl, Joseph Maxwell

and William Frazer received

Honorary memberships were

Lansberry.

If you freeze the ground beef,

package it in amounts to fit your family needs. Use air-tight, moisture-proof wrapping. You can keep ground beef frozen at zero degrees for two to three months with little loss of quality.

NEW BRUNSWICK, N.J. - The

Cooperative Extension Service of

Cook College, Rutgers University

will be conducting a conference on

the Role of Farmer Cooperatives presentations on the New Jersey in Our Economy, on Saturday, March 30, 1985, for FFA, 4-H members and other youth anticipating employment in agriculture/agribusiness.

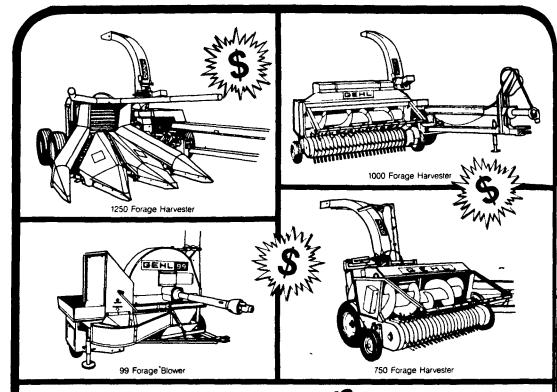
Rutgers plans youth parley

The conference will start at 8:30 a.m. at the Extension Conference Center, College Farm Road, Cook College, New Brunswick, New Jersey.

The conference will have

Council of Farmer Cooperatives, basic cooperative principles, and briefings from several farmer cooperatives concerning their operation

For registration information, contact Dr. Morris Fabian, Extension Specialist in Marketing, Cook College, P.O. Box 231, New Brunswick, New Jersey 08903, or phone (201) 932-9171.



## Double cash bonus Cedar Crest FFA up to \$1,000 on a Lansberry and Ed Zuck were presented with their Keystone

What's better than owning a new Gehi? Answer: Owning a new Gehl AND getting a double cash payoff!

Now you can do both Select a new Gehl forage harvester of your choice (Models 1250 1000 750) or a new Gehl 99 forage blower Make your purchase between February 1 1985 and June 30, 1985, and Gehl will give you the cash bonus shown below

Gehl 1250 Forage Harvester \$500 bonus Gehl 1000 Forage Harvester \$350 bonus Gehl 750 Forage Harvester \$250 bonus Gehl 99 Forage Blower \$100 bonus

You can deduct the amount of the bonus from the final dealer price Gehl will match the amount of your bonus with a cash certificate you can apply to the purchase of one of these new

- ☐ Round Baler 1460/1860
- ☐ Mower Conditioner 1090/2130/2160/ 2230/2262

- ☐ Disc Mower Conditioner 1080/2330/2350 ☐ Mix All Grinder Mixer 100/135
- ☐ Skid Loader 3310/3410/3510/3610/4510/4610☐ Forage Box 640/650/960☐ Flail Chopper 7200☐

new Gehl!

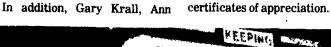
Your second purchase must be made between February 1 1985 and December 15 1985 in order to redeem the cash certificate

Take advantage of this double bonus payoff offer And get that equipment you've been needing Talk to your Gehl dealer right away

You can't buy better equipment anywhere. Make us prove it with a demonstration.



Gehl Company West Bend WI 53095





Gary Krall accepts the Cedar Crest Chapter Star Farmer award from Harold Berkheiser, chapter adviser, March 5 during the annual banquet.

Until July 1, 1985 Hay and Forage Equipment Have Interest Free Waiver **Until September 1, 1985** 

Ask Your Dealer About Rebates Instead of **Delayed Payment** 

Skid Steer Loaders and Mix-Alls Have Interest Free Waiver

PEOPLE'S SALES & SERVICE Jakland Mills, PA 717-463-2735

A. L. HERR & BRO.

Quarryville, PA

717-786-3521

CLAIR J. MYERS Lake Road R1 Thomasville, PA

717-259-0453

**ARNETT'S GARAGE** Rt. 9 Box 125 Hagerstown, MD 301-733-0515

R.E. SMELTZER EQUIPMENT CO. RD 2, Box 2 Centre Hall, PA 814-364-1419

J & M MACHINERY Greensburg, PA 412-668-2276

> BENNETT MACHINE CU.

1601 S. Dupont Blvd. Milford, DE 302-422-4837

EQUIPMENT Bloomsburg, PA 717-784-7731

**NICHOLS FARM** 

STOUFFER BROS. INC. Chambersburg, PA 717-263-8424

GEO. W. KINSMAN, INC

516 Main Street Honesdale, PA 717-253-3440

**LEBANON VALLEY** IMPLEMENT CO., INC.

Richland, PA 717-866-7518

DAYTON EQUIPMENT COMPANY Dayton, PA 412-783-6990

UMBERGER'S OF FONTANA

Rt. 4 Lebanon, PA (Fontana) 717-867-5161

**ECKROTH BROS.** FARM EQUIPMENT RT 2 Box 24A

New Ringgold, PA 717-943-2131

MILLER EQUIPMENT CO. RD 1 Bechtelsville, PA 215-845-2911

ELDER SALES & SERVICE, INC.

RT 1 Box 619 Stoneboro, PA 412-376-3740

BINKLEY & HURST BROS.

133 Rothsville **Station Road** Lititz, PA 717-626-4705

PETERMAN FARM EQUIPMENT, INC. 225 York Rd

Carlisle, PA 717-249-5338 HINES EQUIPMENT

Cresson, PA 814-886-4183

Bellwood 814-742-8171