

**On being
a farm wife
- And other
hazards
Joyce Bupp**



Glum. If animals can possibly be described with that word, Bossie is glum.

She stands in a corner of the pen, her head stretched to the limit out of one corner. The jet black eyes follow every move I make while feeding and bedding the weanling and baby calves.

Believe me, a more baleful expression would be hard to find.

It's pretty easy to guess the thoughts that she must be mulling through the rough-clipped head....if heifers have thoughts. I'm convinced they do. And they're not all good ones.

"Why do I have to be penned up here?"

"Why can't I run around in the pasture with my friends?"

"Why won't they bring me a couple big scoops of that tasty, sweet grain?"

Bossie's a show heifer - or actually a composite of show heifers we've known and loved. Like most youngsters pampered and petted from infancy, she's taken on the personality of the proverbial "spoiled brat."

Sure she's lovable and affectionate, and will stand for hours to be stroked on her smooth neck. Bossie also tends to be on the,

ah,.....shall we say, chubby side?

That comes from her attachment to feed. What she likes to chow down best is grain, sweet with molasses, and full of all kinds of good cow foods with vitamins and minerals. Bossie's not picky though. She'll also wolf down corn silage, nibble non-stop through a stack of haylage and roar through a bale of tender alfalfa like a prairie fire.

We two-legged eager eaters worry that such mealtime indulgence would go straight to our hips.

On Bossie it doesn't travel that far; it just collects around her shoulders. And cattle judges are real particular about heifers needing good, sharp, smooth shoulders.

There's a reason for that. It shows an animal will likely put her feed consumption into production, not layers of body fat. Fat cows also have greater calving and health problems, so this is all based on sound, economic, logic.

What it all boils down to is that Bossie is put on a diet. Slim-down programs for cattle focus heavily on a "salad" menu of plain old common hay, fulfilling her nutrient and fiber needs, but

LAKEWOOD, NY - Lentsey M. Carlson, a retired nurse who "loves to cook," has been named winner of the New York Beef Recipe Contest for her entry "Chinese Beef Brisket."

As winner of the statewide contest Mrs. Carlson will represent New York at the National Beef

cutting down those nasty, fat-shoulder calories.

Being put in the diet pen has a bonus benefit-penned heifers are considerably easier to catch and halter for practice show walking. Having to chase a heifer through a wide pasture, with soggy spots and manure piles, doesn't win any awards here as a favored pastime. So showing practice can get short shrift in a hurry.

Actually Bossie, instead of pouting over the diet, should feel honored that she's even being considered for showing status and glamour.

A recent heifer line-up to make show selections brought comments that could be real blows to a heifer's budding ego: "Ugh, what awful legs," and "Those shoulder's aren't nearly smooth enough," and "This one has a saggy back."

Perhaps the painful look on Bossie's face has to do with remembrances of past show events - clipping, scrubbing behind the ears and between the toes, practice walking and standing sessions, bunking in strange beds of straw, drinking unfamiliar-testing water and having to parade in front of all those people.

Probably it's just as well that we can't actually read Bossie's thoughts. They might not be printable anyway.

Cook-Off Sept. 24-26 at Wichita, Kan.

Her prize-winning recipe was one of 111 entries submitted in the state contest. Judges were Cornelius O'Donnell of Corning and John Haight of Morrisville and judging was on the basis of taste, ease of preparation, practicality, originality, and appearance.

Both the state Beef Recipe Contest, which is sponsored by the New York Cattlewomen, and the National Beef Cook-Off, which is sponsored by the American National CowBelles and the Beef Council of the Livestock and Meat Board, are designed not only to promote beef but to encourage use of the more economical cuts of beef.

Mrs. Carlson was a registered nurse at Deaconess Hospital in Buffalo before retiring to follow her hobbies of gardening, golf, bridge, and cooking at her home on Lake Chatauqua. her husband, Ragner, share her interest in cooking.

She said they both like to try out new recipes and to develop original recipes. "When something new turns out really well, we invite the neighbors in," she said, adding, "when a dish is not so good-well there are our three cats and a pet raccoon to feed."

Mrs. Carlson said she likes to enter contests, not only culinary ones but "jingles and word puzzles as well."

She has competed in other national cooking contests including a Pillsbury Bake-Off. In 1977 she won a trip to Hawaii and a large cash prize for her pineapple salad recipe.

She said she submitted her "Chinese Beef Brisket" recipe because "it has a different flavor and is easy to prepare." She often thickens the marinating sauce for "a delicious gravy" and often serves the cold roast sliced very thin for "beef-on-a-wick."

At the National Beef Cook-Off in Wichita, Mrs. Carlson will be competing for a first prize of \$5,000; a second prize of \$2,500; a third prize of \$1,000 and five honorable mention prizes of \$300 each. Although the prizes are tempting, Mrs. Carlson said she is going to the national competition "for the good time and the opportunity to meet other people from all across the country."

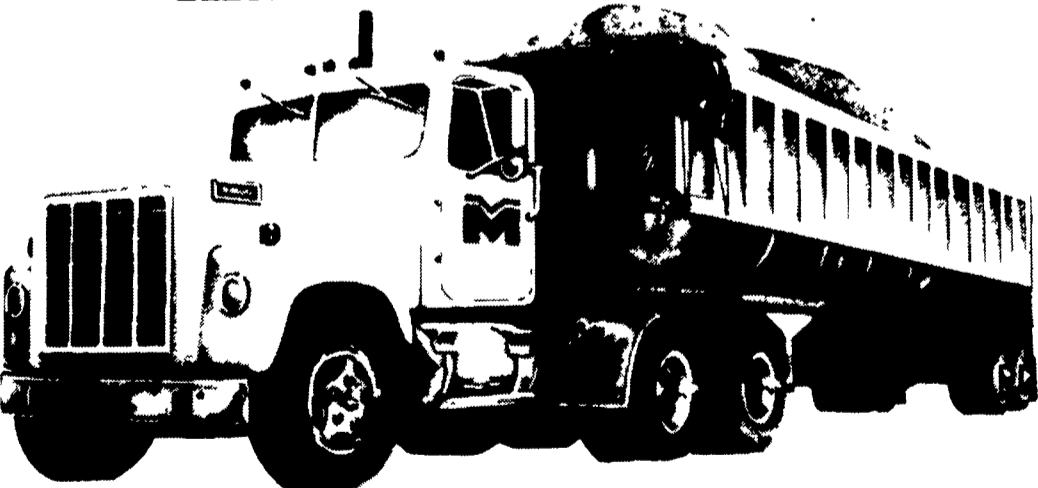
The National Beef Cook-Off annually receives nationwide media attention. Judges this year include Merle Ellis, syndicated food columnist; Margaret Happel, food and nutrition editor of "Redbook"; Nancy Byal, food and nutrition editor for "Better Homes and Gardens," and four other food editors.

As state winner, Mrs. Carlson received an engraved silver tray and \$500 towards her expenses to the cook-off.

For a delicious and easy-to-prepare spread that's great on whole wheat or brown breads and whole grain muffins, try this. Beat one cup of cottage cheese until smooth, blend in half a cup each of raisins, chopped pecans and chopped dates.

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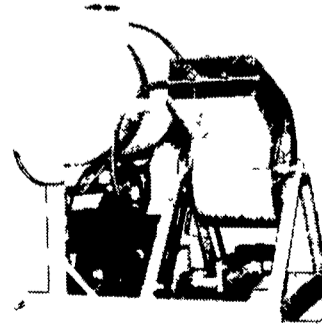


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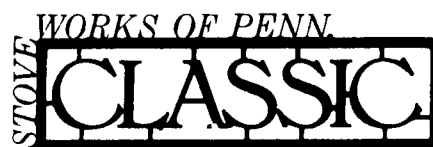
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