

New Horse Club

There is a new equine 4-H Club starting in January. Meetings will be held in Ringoes/Flemington area. The main focus will be Arabian Horses. You do not need to

own a horse to be a member of the club, but you do need to become an active and involved member. You must be between the ages of 9-19 to join. For more information

please contact the 4-H Department of Rutgers Cooperative Extension, Hunterdon County at 788-1340, Faye Haber at 788-5663, or Mary Afferty at 609/466-3426.

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Farm Women Societies

Lancaster Society 24

LANCASTER — Farm Women Society #24 met at the home of Mrs. Marvin Martin, 120 Oak Ridge Drive, New Holland, December 27, at 7:30 P.M. The business meeting was conducted by Carolyn Groff, president, and the roll call was answered by re-

vealing the most unusual Christmas gift received this Christmas. Plans were made for members to attend the State Convention to be held at Harrisburg, (January 9 and 10). Members sang Christmas carols that were recorded and then played back while they exchanged presents from secret sisters.

Berks Society 3

The Berks County Society of Farm Women, Group 3, held its December meeting at the Washington Inn, Bechtelsville. President Mary Bartholomew presided.

A thank-you note was received from the Soup Kitchen of the Reading Urban Ministeries for the donation of groceries.

Five members will attend the state convention in Harrisburg on January 9.

Following the business meeting, a New Year's Day meal was raffled. Gifts were also exchanged by members.

The next meeting will be held at the home of Mary Hill, Fourth Street, Boyertown.

Pork Industry Investigating New Cooking Recommendations

CHICAGO — The pork industry is closer to updating recommendations for cooking today's leaner products, thanks to research conducted with checkoff funds. The project looked at both flavor and nutrient retention.

Hildegard Heymann, Ph.D., recently completed an extensive research project at the University of Missouri examining various cooking methods and temperatures for fresh pork roasts and chops. She presented preliminary findings to the Pork Industry Group, a division of the National Live Stock and Meat Board, in December and is currently completing further evaluation of the results.

To ensure that the research results reflect the pork available to consumers today, roasts and chops from 100 hogs were tested. Laboratory tests were used to determine nutrient retention, fat and cholesterol content. A consumer panel taste-tested the roasts and chops for flavor and visual appeal.

"Interestingly, we found that many of the consumer panel members liked the pork cooked to a

lower internal temperature, but they had reservations about eating pork with a pink color," Heymann said.

According to Janet C. Williams, Ph.D., R.D., associate director of product development at the Meat Board, the pork industry may need to make separate recommendations for individual cuts.

"A uniform cooking temperature for all pork may do some products an injustice by either overcooking or undercooking. For example, it would be difficult to come up with the same recommendation for cooking a bone-in pork roast and an America's Cut," Williams said.

From these findings, plus input from the National Pork Producers Council, USDA and other organizations, the pork industry will work to establish uniform cooking recommendations for consumers.

The Pork Industry Group of the Meat Board conducts demand-building programs in nutrition and product development/meat science research, education and consumer information, funded by producer checkoff dollars.

Wayne County Capon Roundup

The 1988 Wayne County 4-H Capon Roundup was held recently at the Wayne County Extension Office in Honesdale.

Melissa Nebzydoski of Pleasant Mount, a member of the Pleasant Mount Go-Getters 4-H Club, had the grand champion capon at the roundup. Her pair of dressed capons weighed 11 pounds each and received a score of 17 points out of a possible 20 points from judge Doyle Thomas, Susquehanna County extension director.

Keith Hauenstein of Aldenville, a member of the Aldenville

Adventurers 4-H Club, had the reserve grand champion capon. Keith's pair of dressed capons each weighed more than 11 pounds and received a score of 16 points.

A blue ribbon was awarded to Christy Hauenstein of Aldenville for her dressed turkey, while Manuel Seeley of Lake Ariel received a red ribbon for his dressed turkey.

The results of the roundup were:

Junior Division

1. Melissa Nebzydoski, 2. Stephen Nebzydoski, 3. Owen Kapalsky

Intermediate Division

1. Mark Nebzydoski, 2. Matt Nebzydoski

Senior Division

1. Keith Hauenstein, 2. Dave Nebzydoski

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