

Bradford Co. Exhibitor Dominates Poultry Competition

HARRISBURG (Dauphin Co.) — Rev. Roland Romig of Gillett, Bradford County, came to the Pennsylvania Farm Show well prepared. With 750 entries, he was the largest breeder of exhibition poultry at the annual show.

Romig's entries were named best of breed 56 times on the first day of competition, along with 11 class champions. He also exhibited the largest variety of geese, with 110 out of 120 entries.

Romig said he buys quality breeders from all over United States and Canada, so he's worked for good quality birds for years. His flock numbers about 5,000

and he said he spends about \$500 on feed each week. He keeps about 2,000 on his own property and others keep about 3,000 for him.

He raises birds for exhibition and for selling to other breeders looking to enlarge their flocks. He also runs a baloot egg business, half hatched eggs preferred for consumption by some individuals.

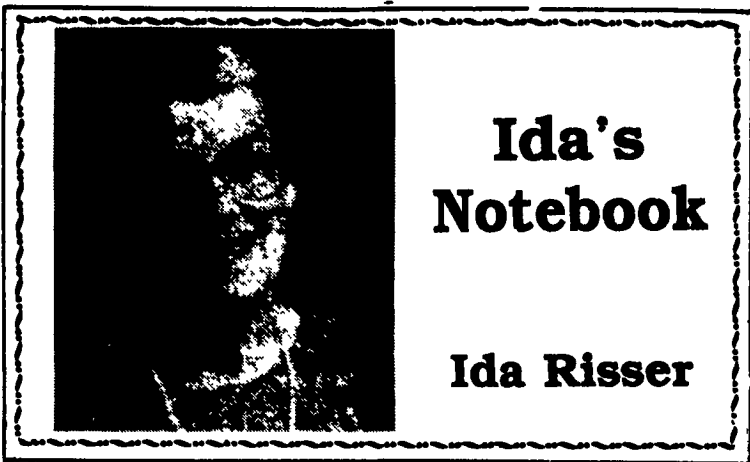
Romig helped his father in the bird business since the age of eight and also worked for a large poultry exhibitor in New York, so he's got more than 40 years in the bird business. A minister for 29 years, Rev. Romig currently runs a Bapt-

ist church in Elmira, New York. "Winter is a bad time of year for exhibitors to bring their birds out," Romig said about his dominance in the poultry competition. "Some exhibitors can no longer attend the Farm Show due to the rescheduled program, and some don't exhibit due to all the health requirements."

- Dressed Poultry**
Turkeys, Large Tom 18 Lbs. And Over
 1,2. Esbenshade Turkey Farm, Paradise;
 3. Strockland Farms, Mechanicsburg.
Large Hen Over 16 lbs.
 1,3. Esbenshade Turkey Farm, Paradise;
 2. Strockland Farms, Mechanicsburg.
Medium Hens 12 to 16 lbs.
 1,2. Strockland Farms, Mechanicsburg.
Dressed Capons, Open
 1. Rebecca Hunt, East Berlin; 2. Eugene

- Hunt, East Berlin; 3. Ray Hoover, York.
Waterfowl, Young Ducks, Open
 1. Eugene Hunt, East Berlin; 2. Rebecca Hunt, East Berlin.

- Dressed Capons, 4-H**
 1. Chad Broderick, Conestoga; 2. Sam Lowe, Shermansdale; 3. Mike Frey, Washington Boro.



Ida's Notebook

Ida Risser

Rules For Cooking Contests

CHICAGO, Ill. — It takes more than luck to be a winner in a national cooking competition. Winning hinges on careful observation of contest rules and current culinary trends, as well as being able to prepare a great-tasting recipe.

Here's a summary of competition entry tips compiled by judges of the National Beef Cook-Off, which food experts recognize as one of the nation's premiere cooking competitions:

- ✓ Read and re-read the competition entry form, to understand all rules. Even veteran competitors tend to skim this step, which provides critical information about contest categories, judging criteria and changes from previous years.

- ✓ Type or clearly print a detailed version of your recipe, with instructions for all steps. Detail even the most obvious directions, such as specific equip-

ment to use and how to test for doneness.

- ✓ Create a catchy, descriptive recipe title to attract judges' attention.

- ✓ Be sure your recipe showcases the competition's main ingredient, such as beef. Use flavors and cooking methods that complement this product.

- ✓ List all recipe ingredients in order of their use; indicate how many it serves.

- ✓ Follow your own recipe, as written, several times to be sure it includes all steps and ingredients.

- ✓ Ask a friend to prepare your recipe at home. See if it comes out as well from another kitchen.

- ✓ Keep today's cooking trends in mind, such as interest in convenient, nutritious and/or ethnic-style meals. But be realistic. Use basic preparation methods and common ingredients that are readily-available and suitable for amateur cooks.

- ✓ Use simple garnishes to enhance your recipe's final appearance and be sure it can withstand at least 30 minutes at room temperature (that's generally how long recipes wait to be judged).

- ✓ Keep trying. Winning has a lot to do with practice. Many finalists in previous National Beef Cook-Offs entered several times before their breakthroughs.

Finalists in the 1995 National Beef Cook-Off will prepare their dishes at the National Beef Cook-Off Final, to be held Sept. 21-23, 1995, in Little Rock, Arkansas. Finalists will compete for an all-time high \$45,000 in cash prizes, including a \$25,000 grand prize. Entries are due June 1, 1994.

For more information or an entry form, contact your state beef council or write to National Beef Cook-Off Entries, P.O. Box 3240, Chicago, Ill., 60654, or call 1-800-621-7011.

Recently I found a 1920 almanac printed by The Lititz Express. The manager, John G. Zook, states that he printed 5,000 of the nearly 150,000 distributed as there was a strike by printers in New York.

Besides the calendars there are a number of advertisements. The copy that I have was sold by P.M. Bard for ten cents. He owned a general store in Oregon, Pa. The Ideal Cocoa & Chocolate Co. of Lititz had a full page ad and so did the Farmers National Bank. Some companies sold coal, fertilizer, lumber, shoes, and jewelry.

In the classified advertising one ad stated that they would print 100 name cards for one dollar. Another listed a book "Seeing Lancaster County from a Trolley Window" — price ten cents. Another was for umbrellas, parasols and canes by Rose Bros. Umbrella Shop in Lancaster. Another person wanted to sell his barber shop with tobacco and cigar store in-

cluded. Even a 170-acre farm in Virginia was listed for \$6,500.

Other contents of this 1920 almanac were not only weights and measures but an article declaring what a hat tells about a woman while another explained the difference in the feet of different races — narrow and long, high arches, flat and square, large, fleshy and webbed. One table showed how long foods remain in the stomach. Apples and celery were shown as 1 hour and 30 minutes while nuts and fat pork were five hours and 15 minutes.

No almanac would be complete without giving health hints. One page lists "doses for an average-sized man." Some are castor oil 1 to 8 tsp., epsom salts 1/2 to 1 ounce, paregoric 1 tsp., turpentine 10 to 40 drops, bloodroot 1/4 to 1/2 tsp. and quinine 1 to 10 grains.

I certainly would not recommend that any of these instructions be followed!

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