



Women's Institute members who received their leadership badges in the recent Food For All Seasons course, sponsored by the Ministry of Agriculture and Food are from left Nellie Bromley,

Gwen Kidd, Vi Millar, Eva McLaren, Mary Chamberlain, Irene Clark and Patricia Dick. In the back row are Beulah Wilson, Beulah Collins, Shirley Collins, Caryl Yokale, Isobel Fletcher and Lizzie McLaughlin.

Summary Of Homemakers Course

Food for all seasons

Over 100 women attended the summary of Food For All Seasons, a Ministry of Agriculture and Food sponsored program designed to teach area homemakers new, inventive recipes and shopping tips.

The summary session was held at Memorial Hall, Cobden on Wednesday, Dec. 9 featuring Walter Reiche of Reiche Meat Products of Pembroke, as guest speaker.

Mr. Reiche displayed

several cuts of meat and showed his audience how to recognize beef carcasses from feedlot operations, and those finished on grain and silage. Cattle finished on corn have a yellowish tinge to the fat while grain-fed carcasses have whiter fat. Silage finished beef also has a sweeter taste, Mr. Reiche said.

He pointed out that Simmental cattle often have lighter bone structures than Charolais and Herefords

sometimes have a tendency to be fatter than other breeds.

Mr. Reiche said some dairy calves, treated with hormones, produce good loin steaks. On the other hand, the livers of these animals are often enlarged and unfit for human consumption.

"The consumer has no way of knowing if an animal is feedlot, hormone or grass fed," Mr. Reiche said, commenting on labelling practices. "Everything is graded on the same scale," he said.

Presentations

The summary gave the Women's Institute groups from Renfrew County the chance to report and express their feelings on the Food For All Seasons course. Skits and songs highlighted that portion of the afternoon. Some groups set up displays and issued recipes to those in attendance.

Renfrew County home economist, Susan Humphries praised the groups for their participation and promised to send their comments to the ministry office in Toronto.

She outlined upcoming programs in the county. "Fund Raising with Food and Crafts" will be held in the spring of 1982 and "Fitting and Sewing Pants" will be taught again in Cobden and possibly Killaloe in March or April.

The 4-H homemaking clubs are invited to register for "Bread Winners", a course in making bread and related products. The leaders' workshops for this course will be held in January.