

**Extra Pounds**  
(From page 6)

fruit with little or no added sugar, coffee and tea with little or no sugar and cream.

Budget your calories to take care of special occasions such as holiday meals and parties. Save on calories from other meals to allow extra calories for these. Snacks, too, can be part of your diet if you plan for them. For example, a piece of fruit or crisp vegetable, milk, or a simple dessert saved from mealtime can be eaten between meals.

Keep busy so you will not be tempted to eat foods that are not included in your planned meals.

Take advantage of daily opportunities to increase activities. For instance, walk rather than ride whenever possible.

Being calorie conscious does not mean that eating must be boring. Take, for instance, these recipes—

$\frac{3}{4}$  teaspoon almond flavoring  
2 bananas  
1 9-inch baked pastry shell  
Drain and remove pits from cherries, if any. Add water to cherry juice to make 1 cup. Combine sweetener solution, salt and cornstarch; gradually blend in juice. Cook, stirring constantly, until mixture thickens. Remove from heat; add cherries and flavoring; cool. Slice bananas over bottom of pastry shell; add thickened cherries. Chill before serving.

Makes 6 servings. Each serving contains 238 calories. If made with sugar, each serving would contain 367 calories.

**RED CHERRY BANANA PIE**

1 No. 2 can red sour cherries  
2 tablespoons non-caloric sweetener solution  
 $\frac{1}{2}$  teaspoon salt  
2 tablespoons cornstarch

**CRANBERRY - ORANGE TAPIOCA**

2 cups fresh cranberries  
1 cup water  
2 tablespoons non-caloric sweetener solution  
3 tablespoons tapioca  
1 cup boiling water  
 $\frac{1}{2}$  cup orange sections  
1 teaspoon vanilla

Combine cranberries, water and sweetener solution; cook until skins pop. Cook tapioca in boiling water, stirring constantly, until thick. Stir in the cooked cranberries, orange sections and vanilla. Cool until mixture be-

gins' to set; then spoon into dessert dishes. Chill. Makes 6 servings. Each serving contains 42 calories. If made with sugar each serving would contain 170 calories.

**SPICED PINEAPPLE JELLY**

3 tablespoons (or envelopes) unflavored gelatin  
1 tablespoon non-caloric sweetener solution  
1 $\frac{1}{4}$  cups pineapple juice  
1 stick cinnamon  
4 whole cloves  
1 $\frac{1}{4}$  cups lemon-flavored, non-caloric carbonated beverage.

Soften gelatin in sweetener solution and  $\frac{1}{2}$  cup of the pineapple juice. Heat remaining juice with spices. Remove spices and add juice to softened gelatin, stirring to dissolve. Add carbonated beverage; pour into a 3-cup mold and chill until firm.

Makes 8 servings. Each serving contains 39 calories. If made with sugar, each serving would contain 87 calories.

**APRICOT NUT DREAMS**

Dissolve three saccharin tablets (one-quarter grain each) in one teaspoon of lemon juice.

Mix one cup of finely ground dried apricots and  $\frac{1}{2}$  cup finely ground pecans, packed tightly into cup (about two ounces).

Add lemon juice mixture and mix thoroughly with your hand.

Shape into one half inch

**Best Food Buys**  
**Traditional Foods Featured**

New Years Day traditions will influence retail food prices and consumers' shopping lists this weekend, observes Tom Piper, Penn State Extension Marketing Agent. Since pork is the traditional meat for this holiday's fare, look for retail features on a variety of pork items at reasonable prices.

Ham prices will range widely depending on weight, method of cutting and the amount of promotional emphasis. There are many styles and methods of processing hams. Tenderized hams have been partially heated - but need further cooking. Ready-to-eat and canned hams are ready for the table but further cooking may bring out maximum flavor. Be sure to read the label and follow the packer's instructions carefully.

To get the best buy in ham, reduce the price per pound to a cost per serving basis. The number of servings per pound varies with the type of ham selected, so the price per pound may seem low.

$\frac{3}{4}$  teaspoon allspice

Combine sweet potatoes, butter and sweetener solution. Gradually blend in eggs evaporated milk, salt, vanilla, and spices. Pour into the unbaked pie crust. Bake in a hot oven (425 degrees) 10 minutes; reduce heat to 325 degrees and bake 40 minutes longer. Cool. Garnish top with cheese, if desired.

Makes 8 servings. Each serving contains 218 calories. If made with sugar, each serving would contain 308 calories.

Crush to a fine powder, using back of spoon, three saccharin tablets (one-quarter grain each).

Mix in one teaspoon of cinnamon and one tablespoon of non-fat dry skim milk.

Roll balls in cinnamon mixture. Chill in refrigerator. Makes about 18. Calories in one piece: 43.

**SWEET POTATO CUSTARD PIE**

9-in. unbaked pastry shell  
1 cup cooked, mashed sweet potatoes  
1 tablespoon butter  
2 tablespoons non-caloric sweetener solution  
3 eggs  
 $\frac{3}{4}$  cup evaporated milk  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon vanilla  
 $\frac{3}{4}$  teaspoon ginger  
 $\frac{3}{4}$  teaspoon cinnamon

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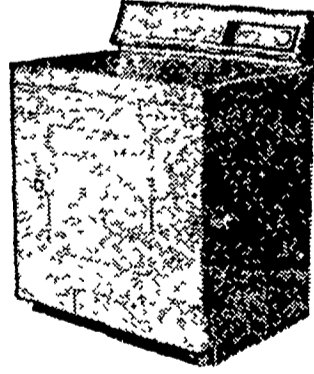
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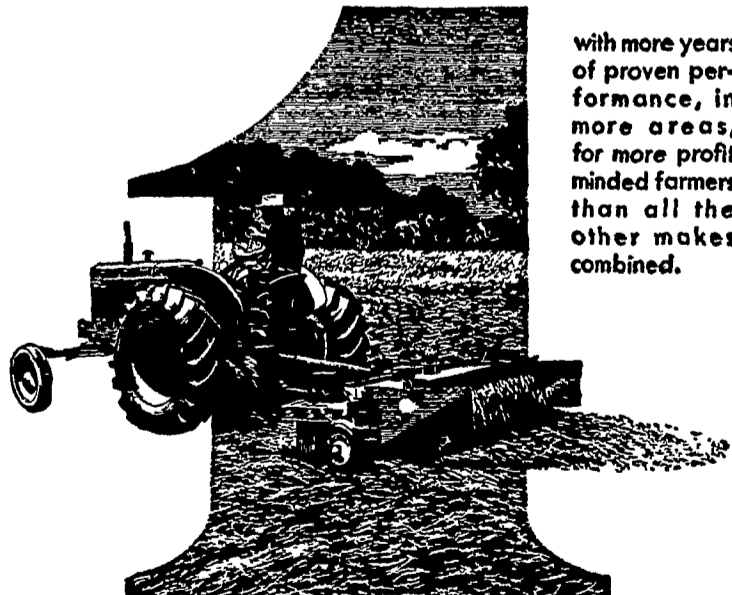
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