



## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

**Thanksgiving**  
This week we celebrate Thanksgiving officially for the 111th time. President Abraham Lincoln, in 1863, issued the first national proclamation designating a specific date for Thanksgiving. He chose the last day of November. Nowadays we celebrate the fourth Thursday of every November.

Setting aside a day to offer thanks to a deity reaches back to antiquity. It seems man has always been aware of the fragility of his situation, of how dependent he is upon many circumstances beyond his control for his food supply.

Early mankind knew famine and starvation. For this reason, it isn't surprising that the struggling early colonists of America

were very grateful when things went well in terms of food.

### The Bradford Proclamation

Thus, Governor William Bradford of Plymouth Colony in the fall of 1621 issued a proclamation to his people declaring a day of prayerful thanks-giving for the harvest of that year.

America's celebration of Thanksgiving stems from that event, when the colonists feasted on wild turkey and other foods.

Credit for national observance goes to a woman, Sarah J. B. Hale, editor of Ladies Magazine and later Godey's Lady's Book, who promoted the idea. Through her efforts, some 30 states were officially celebrating Thanksgiving by 1859.

With famine and starvation in the world again today, Americans must

consider themselves fortunate. With all our problems, we do not have food inequities as intense as those elsewhere.

With most Americans, the problem is not so much getting enough food as it may be getting the right foods, or not too much food. Our average person needs to know much more about nutrition and he must be motivated to make better food choices for his own health and happiness.

With our overweight folks, most of the problems are simply that they eat too much.

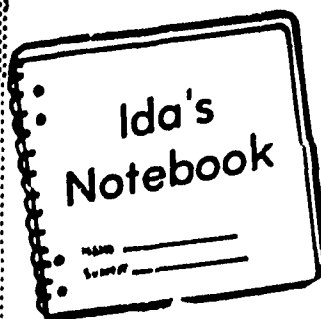
### Food Stamps Help

Food stamps, and other special programs, hopefully are helping people who really have severe problems with the family food budget.

Certainly, America cannot afford to let any one of its citizens go hungry.

My prayer is that today more families are sitting down to eat together. The trend has been away from the family table in favor of eating at separate times or eating out, kind of "on the fly."

Something "gets lost" when members of the family don't sit down together for at least certain meals.



Ida Risser

Our family took a day off and drove to the Blue Mountains. The menfolk got hunting licenses and said they were hunting turkeys but Cindy and I just went along for a nice day in the woods.

This is the first time that I didn't carry a gun and it really was much more relaxing as there was no need to check each tiny rustle of dry leaves. The sun shone, the sky was heavenly blue, the chipmunks were everywhere and the little witch hazel trees were covered with feathery yellow flowers. We didn't see any turkeys but we saw a deer and had time to notice other things too.

In the forest one often sees a young growing tree supporting an old fallen one. Its

roosted in the trees in a secluded glen and probably lost some poult to the foxes. In the fall we struggled to chase them into our corn barn or wagon shed. Once inside they flew to the rafters and were almost impossible to catch. We shared them with a neighboring farmer as they roamed on his land also.

## Farm Women Calendar

**Saturday, November 23**  
Farm Women Society 4 meeting at Hempfield Methodist Church beginning at 1:30 p.m.

**Monday, November 25**  
Reservations must be in for the Chester County Holiday Homemaker's Program at Kimberton.

**Tuesday, November 26**  
Homemaker's Christmas Meeting at St. Gregory's Church, 720 State Drive in Lebanon 9:30 a.m.-3:00 p.m. sponsored by the Lebanon County Extension.

**Saturday, November 30**  
Farm Women Society 5 meeting at 1:30 p.m. at the Brownstown Restaurant.

## Measure Ingredients Properly

Correct measuring of ingredients for baking and cooking is important. With accurate measurements, you can usually count on getting top-quality baked and cooked foods. Mrs. Ruth Buck, Extension foods and nutrition specialist at The Pennsylvania State University, offers some tips for more accurate measuring.

Unless you're using presifted flour, you may use up to two tablespoons more if you don't sift the flour first.

Except for the granulated variety, always pack brown sugar into the measuring cup. When you overturn the cup, the brown sugar should hold the cup's shape.

Pack butter, margarine,

or other shortening into a measuring cup to eliminate any air pockets. Remove from the cup with a rubber scraper to get the full measure.

Measuring liquid ingredients is simple and accurate when you look at the cup measurements at eye level. You may get too much or too little if you view the cup from any other level.

Glass cups with pouring spouts and handles are ideal for measuring liquids. Nests of measuring cups in different sizes are good for dry ingredients because they permit leveling off with a knife or spatula. Use standard measuring spoons instead of tableware for accurate measurements.

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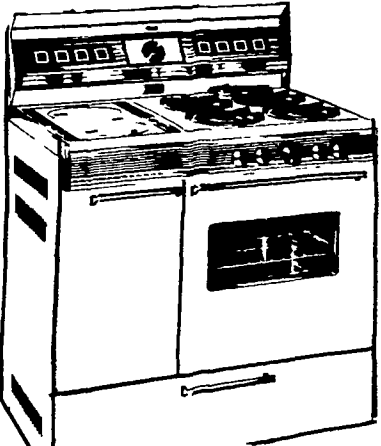
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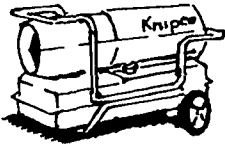
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