Beef - Dieter's Delight

Christmas is one the way, and dieters across the nation are soon to be faced with the yearly dilemma of giving up holiday treats to maintain their hard-fought-for figures.

Well, dieters...try this menu on for size: Roast Sirloin or Top Round, of beef, cucumber salad, carrot casserole, "whipped potatoes" (actually a cauliflower dish), tossed green salad, pumpkin chiffon pie, one crust apple

Beef - a dieter's delight? Yes indeed. Working with the National Live Stock and Board's home Meat economists, the Diet Workshop has worked out a Christmas dinner menu that is diet-safe, easy to prepare, adjustable for non-dieting family members.

Lois L. Lindauer, National Director of the Diet Workshop, a national organization of weight control classes, announced the Beef holiday menu. She said: "Beef is a valuable must for any diet. Not only does it taste good and satisfy the appetite, it is a major source of complete protein, vitamins and other nutrients needed by everyone - dieting

"Like all red meats," added Lindauer, "beef is almost completely digestable. This means the

body gets nearly 100 percent 12 Cup Vinegar of the benefits available in

each serving."

John L. Huston, Vice

President of the Meat

Board's Beef Program, said. "The psychological effect of a good beef roast - a traditional Christmas serving - is not to be overlooked. Serving beef should help make a dieter's Christmas all the merrier. We are extremely pleased with the Diet Workshop's using a beef roast in their holiday menu recommendations."

Huston said that beef prices for the holiday period should continue to be attractive making it an economical dish, easy to prepare on what is sure to be a busy day. "These beef roasts require no basting or stuffing and are easy to carve with little waste.

The Diet Workshop is currently teaching the use of beef for diet control in all of 1 Tablespoon Liquified Skim its classes.

Consomme with Mushroom Slices

Roast Sirloin or Top Round (Roast on rack so that fat drips away from the meat)

Cucumber Salad 3 Cucumbers Pared & Sliced Thin

- 1 Tablespoon Dried Onion Flakes
- 1 Packet Sweet 'N Low 1 Teaspoon Salt

Tablespoon Lemon Juice 2 Teaspoon Minced Parsley ¹s Teaspoon Salt

Mix all ingredients Marinate together. cucumbers several hours in refrigerator. Will keep two weeks. Serves 4.

Carrot Casserole 10 Medium Carrots, Peeled,

Sliced in ½" Circles 14 Cup Dried Onion Flakes 1 Packet Vegetable Broth

Mix 1½ Cups Water

Put carrots in one quart baking dish. Sprinkle with rest of ingredients. Bake covered at 325 degrees until tender, about one hour. Add water if needed. Serves 4.

"Whipped Potatoes" 1 10-Ounce Package Frozen Cauliflower

- Packet Instant Chicken Bouillon
- 1 Teaspoon Fresh Parsley,
- Chopped
- Milk 1 Cup Water

Dissolve bouillon in water, add cauliflower and cook. Place in blender with other ingredients. Do not overblend. Serves 4.

Tossed Green Salad with Vinaigrette Dressing 1/2 Cup Wine or White

Vinegar

- 1/4 Cup Water 4 Packets Sweet 'N Low ½ Teaspoon Dried Onion
- Flakes 1/2 Teaspoon Celery Salt
- 1/2 Teaspoon Basil Leaves
- ½ Teaspoon Oregano Teaspoon Prepared Mustard

Freshly Ground Pepper Shake all ingredients in a jar and store in refrigerator. Rolls and Butter,

Pumpkin Chiffon Pie (without Crust)

- 1½ Cups Cooked or Canned Pumpkin
- 12 Packets Sweet 'N Low
- 2-3 Cup Dry Skim Milk
- 1/4 Teaspoon Salt
- 1/2 Teaspoon Ginger ½ Teaspoon Cinnamon
- 3 Eggs, Separated
- Envelope Unflavored
- Gelatin 1/4 Cup Cold Water

6 Packets Sweet 'N Low

Combine pumpkin in top of double boiler, with 12 packets sweetener, milk, salt, ginger, nutmeg, and cinnamon. Mix well. When hot, add to egg yolks, slightly beaten. Return to double boiler and stir; cook until thickened. Sprinkle gelatin on cold water to soften, and add to hot pumpkin. Mix well and cool. When mixture begins to stiffen, beat egg whites until stiff. kBeat in remaining sweetener and fold into pumpkin mixture. Pour into pie plate. Chill and serve. Sprinkle top with cinnamon and nutmeg.

Apple Dessert

2 Apples, Peeled and Sliced 2 Teaspoons Brown Sugar

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Berks County Society 2

The November meeting was held in the home of Mrs. Elliot Ziegler on the 26th. The hostess had charge of opening devotions, flag salute and Lords Prayer. Helen Schmehl, song leader led the group in singing a song of Thanksgiving praise. President, Arlene Hershey had charge of the meeting. The minutes were read and approved by secretary, Marie Gettel. The treasurer Martha Klahr, gave her report and it was accepted.

A new member, Mrs. Mildred Emerich, was installed into the group by Mrs. Ziegler. The Sunshine

Substitute

- ½ Teaspoon Lemon Peel
- 1/2 Teaspoon Ginger 1/2 Teaspoon Cinnamon
- Topping Ounce Thin Dietslice
- White Bread 1 Small Egg
- 1-3 Cup Non Fat Dry Milk ½ Teaspoon Baking Powder 1 Packet Sweet 'N Low
- 1. Mix spices with apple slices. Place in 8" pie plate. Cover with foil, bake 15 minutes at 400 degrees.
- 2. Beat bread, egg, milk powder, baking powder, and sweetener together. Pour over apples. Bake in 350 degree oven for 15-20 minutes or until rust is lightly browned. Serve warm or cold. Serves 4.

well card was sent to Mrs. committee reported 4 members attended Bingo night Nov. 12th and 2 cakes were donated by the group. Donations of things to be donated to Hamburg State Hospital shall be given to Mrs. Carl Seiverling. The Group's bed is in use with someone in the community.

Twelve members attended

a night of entertainment by Group No. 10, Berks Co. on Nov. 20th at Camp Swatara. Anyone interested in going to the state convention should contact Martha Klahr by December 14. Convention is January 6 & 7. It was decided to have a needy box and donate to a family in the community. A motion was made and seconded to increase the traveling expense for the president. A motion was made and seconded to discuss a donation to the newly organized Booster

committee reported a get Club of Tulpehocken High School at the December Nelson Blatt. Berks Heim meeting. The highlight of the meeting was tasting all the Christmas dishes brought by members and later a silent auction on the recipes was conducted. A good profit was recognized.

Each member is asked to bring 1 dozen cookies plus canned things they care to put into the needy box, to the Family Christmas Party December 14, 6:30 P.M. Salem Lutheran Church, Bethel.

The December meeting will be held at the home of Mrs. Harvey Zimmerman.

Secretary, Mrs. Quentin A. Gettel

XXX

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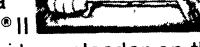
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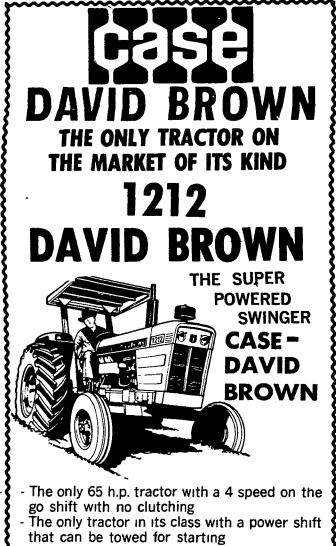
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