

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 pie.

Beef - a dieter's delight? Yes indeed. Working with the National Live Stock and Meat Board's home 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 or not.

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

body gets nearly 100 percent 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 its classes.

Consomme with Mushroom Slices
Roast Sirloin or Top Round (Roast on rack so that fat drips away from the meat) Gravy

Cucumber Salad
3 Cucumbers Pared & Sliced Thin
1 Tablespoon Dried Onion Flakes
1 Packet Sweet 'N Low
1 Teaspoon Salt

1/2 Cup Vinegar
1 Tablespoon Lemon Juice
1/2 Teaspoon Minced Parsley
1/4 Teaspoon Salt
Mix all ingredients together. Marinate cucumbers several hours in refrigerator. Will keep two weeks. Serves 4.

Carrot Casserole
10 Medium Carrots, Peeled, Sliced in 1/2" Circles
1/4 Cup Dried Onion Flakes
1 Packet Vegetable Broth Mix

1 1/2 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
1 Packet Instant Chicken Bouillon

1 Teaspoon Fresh Parsley, Chopped
1 Tablespoon Liquefied Skim 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
1/2 Teaspoon Dried Onion Flakes

1/2 Teaspoon Celery Salt
1/2 Teaspoon Basil Leaves
1/2 Teaspoon Oregano
1/2 Teaspoon Prepared Mustard

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

Pumpkin Chiffon Pie (without Crust)

1 1/2 Cups Cooked or Canned Pumpkin
12 Packets Sweet 'N Low
2-3 Cup Dry Skim Milk
1/4 Teaspoon Salt
1/2 Teaspoon Ginger
1/2 Teaspoon Cinnamon
3 Eggs, Separated
1 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. Beat 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

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
1/2 Teaspoon Lemon Peel
1/2 Teaspoon Ginger
1/2 Teaspoon Cinnamon

Topping
1/2 Ounce Thin Dietslice White Bread

1 Small Egg
1-3 Cup Non Fat Dry Milk
1/2 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.

committee reported a get well card was sent to Mrs. Nelson Blatt. Berks Heim 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

Club of Tulpehocken High School at the December 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

Doctors today recommend a weight gain of 24 to 30 pounds during a normal pregnancy, the March of Dimes reports, depending on the mother's original weight.

NELSON WEAVER & SON

RD2
Lititz, Pa.

49% SOYBEAN MEAL

BULK or BAGGED

For the Lowest Prices in the Area
Call Today

PHONE 626-8538



DAVID BROWN
THE ONLY TRACTOR ON
THE MARKET OF ITS KIND

1212
DAVID BROWN



THE SUPER
POWERED
SWINGER
**CASE -
DAVID
BROWN**

- The only 65 h.p. tractor with a 4 speed on the go shift with no clutching
- The only tractor in its class with a power shift that can be towed for starting
- The only tractor with a power shift transmission that can be stopped in gear on a hill and won't roll
- 3 speed range
- Independent 540 per 1000 RPM PTO

DAVID BROWN TRACTORS IN STOCK

4 MODELS TO CHOOSE FROM

BINKLEY & HURST BROS.



FARM & UTILITY EQUIP.

Phone 626-4705

Lititz R.D.4, Pa. Rothsville Station Road
OPEN MON. thru FRI. 7 A.M. to 5 P.M.

EVENINGS AND SATURDAY
Call for Sales, Parts & Service — 626-4705

COMPLETE FARM PAINTING

SPRAY-ON AND
BRUSH-IN METHODS
For FREE
Estimates Write

DANIEL S. ESH
(C. RALPH MILLER)

BOX 351, RD1,
RONKS, PA 17572

Is this trip
really
necessary?

Not with a
Volumatic® II

silage distributor-unloader on the job!



**Fast feeding and less
climbing is what you get
with a Volumatic II
silage distributor-unloader**

**Jamesway works so
you can farm**

YOU CAN COUNT ON US

AGRI-EQUIP.

RD 2 Farmersville Ephrata, Pa
717-354-4271

M. E. SNAVELY

455 South Cedar Street Lititz Pa
717-626-8144

M. S. YEARSLEY & SONS

110 114 East Market Street West Chester Pa
215-696-2990

HENRY S. LAPP

RD1 Cains Gap Penna 17527
717-442-8134

CARL L. SHIRK

5 Colebrook Road Lebanon Pa
717-274-1436

DEPENDABLE MOTOR CO.

East Main Street Honey Brook Pa
215-273-3131

GRUMELLI FARM SERVICE

Robert Fulton Highway Quarryville Pa
717-786-7318

LANDIS BROTHERS

1305 Manheim Pike P O Box 484
Lancaster, Pa 717-393-3906

ERB & HENRY EQUIP., INC.

22 26 Henry Avenue New Berlinville Pa
215 367-2169