



Ladies Have You Heard?

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Keep Control of Holiday Eating. Christmas and "visions of sugarplums" are synonymous to most of us. Nearly all Christmas festivities — even the traditional caroling — involve food.

Think about it. Hot cocoa with marshmallows, fruit cake, marzipan candy, gingerbread men, eggnog, mince and pumpkin pie, turkey with all the trimmings.

The result may be not only an expanded waistline, but frayed nerves and overtiredness. That's because it's easy to get so filled up on the treats that we have no appetite for the foods that contain the nutrients we need regularly.

Don't spoil your holiday by ignoring your basic nutritional needs. Even if you are not watching your weight, be sure to include foods from the fruit/vegetable group; bread/cereal group; milk/cheese group; and meat/poultry/fish/beans group in your daily diet before you start in on the goodies.

The "groaning board" approach isn't necessary to a successful meal or party. Too many choices actually detract from one another. Concentrate on a balanced meal that you and everyone else can enjoy.

And consider the calorie conscious in your planning.

For appetizers, you might serve fresh vegetables with a lowfat yogurt dip. Yogurt has almost twice the protein and calcium, one-twelfth the amount of fat and one-fourth the calories (145 per cup) of sour cream (495 per cup).

Another nutritious, calorie-wise choice is crackers or apple slices and cheese. Make a cheese ball using Bleu cheese, lowfat cheddar, neufchatel, and plain yogurt rolled in chopped nuts.

If your main course is ham, count a three-ounce serving as 320 calories; three ounces of white turkey meat has only 150 calories; dark meat 175 calories. Add 75 calories for every three tablespoons cranberry sauce, and 180 calories for every three tablespoons of gravy. The old favorite, bread stuffing contains about 150 calories per cup.

A baked sweet potato will also have 150 calories while a candied yam supplied 175 calories for every two-inch piece.

For dessert you'll save 90 calories and get plenty of vitamin A if you choose pumpkin pie (275 calories for each piece of a 7" pie cut into sixths) instead of mince.

Farm Show schedule available

HARRISBURG — A wide variety of events are on the calendar to make the 1982 Pennsylvania State Farm Show, January 10-15, an exciting, entertaining and educational experience for all.

"Activities for the six-day show in Harrisburg have been conveniently listed in detail and are available to the public," according to Horace Mann, director of the Pennsylvania State Farm Show. "Included are the livestock show schedules, meetings to be held at the Farm Show Complex and the Harrisburg area, and evening activities during show week."

More than 30 meetings are scheduled, along with 60 shows and sales of beef cattle, sheep, swine and horses — both day and evening.

Evening features at the Farm Show include Monday evening,

the Tammy Wynette Concert (reserved tickets), presentation of the Farm Show Family, Senior Farmer and Pennsylvania Agribusiness Awards. Also slated as evening attractions are the Future Farmers of American Band Concert and Folk Dance Festival (Tuesday); the crowd pleasing horse pulling competition and Sheep to Shawl Contest (Wednesday); Pony Pulling Competition and Cumberland County 4-H Horse & Pony Demonstration (Thursday).

The 66th Pennsylvania Farm Show schedule of events can be obtained by sending a postcard to: Farm Show Schedule, P.O. Box 3365, Harrisburg, PA 17105.

The Pennsylvania Farm Show is sponsored by the Pennsylvania State Farm Show Commission.



(Continued from Page B10)

Cumberland Co. Society 5

Cumberland County Society 5 met at the home of Donna Duncan in Carlisle recently.

Maye Wertz presented the evening's program by showing her Hummel figurine collection. She also gave a biography of Berta Hummel and a description of the factory in Rodendale in Germany.

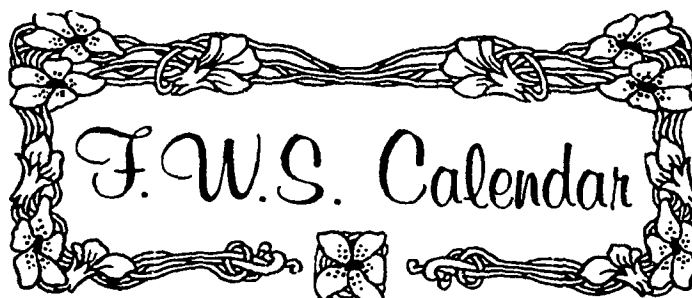
Plans for the January meeting include making bibs for the Cumberland County Nursing Home. The meeting will be at the home of Mary Kelso.

Fulton Grange 66

Fulton Grange 66 held their Christmas meeting on December 14 at Oakryn.

The program for the evening included group singing. Also, members brought ornaments which were of special value to each and placed them on the Grange tree.

No meeting is scheduled for December 28.



F.W.S. Calendar

Wednesday, December 30
Lancaster Society 4 meets at the home of Lois Will for a covered dish luncheon

Thursday, December 31
Lancaster Society 11 meets for a gift exchange and a Christmas party

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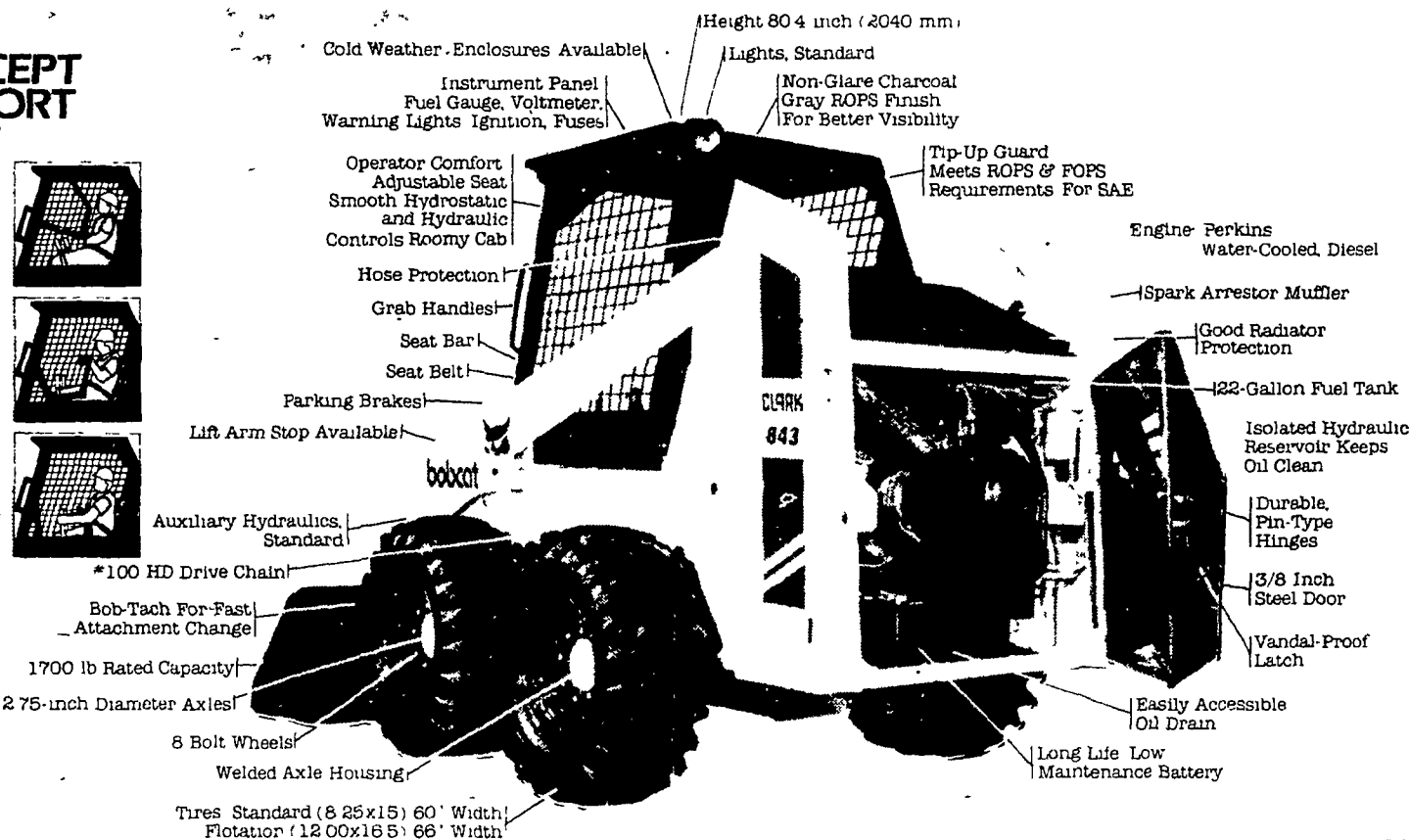


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