

Recipes For Healthier Meals

NEWARK, Del. — Many of us would like to change our diet—because of doctor's orders, the way we feel, or our reflection in the mirror. Standardized diets often seem too confining to promote a permanent change in eating habits. Fortunately, however, it is possible to reduce calories, sweets, cholesterol, fat or sodium without giving up favorite dishes. According to University of Delaware extension home economist Claudia Holden, many recipes can be modified for special diet needs.

Holden suggests the following modifications to establish permanent habits for better health.

To reduce cholesterol and saturated fats:

- Select lean cuts of meat.
- Serve moderate portions.
- Replace animal fats with vegetable oils (corn, cottonseed, safflower).
- Substitute low-fat dairy products for those made with whole milk.

To reduce calories and fat:

- Broil or bake instead of deep fat frying.
- Cook soups, stews, broths and sauces a day ahead so fat can be skimmed from surface.
- Trim fat from meat; remove skin from poultry.
- Serve the light meat of poultry, which is lower in calories than the dark.
- Buy fruit packed in water or its own juice, and tuna packed in water instead of oil.

To reduce sodium:

- Salt can be eliminated or reduced in most recipes. (In yeast breads, salt helps retard yeast activity and allows dough to rise more slowly. When salt is eliminated, attention must be given to rising time, which is cut in half.)
- Use herbs, spices, lemon juice and rind, orange juice or tomato juice instead of salt in recipes.

To reduce sugar:

- Serve fresh fruits as desserts.
- Buy fruits canned without sugar.
- Reduce sugar in recipes by using cinnamon, nutmeg or vanilla to suggest sweetness.
- Avoid highly sugared breakfast cereals, soft drinks, cakes, pies and other sugary desserts.

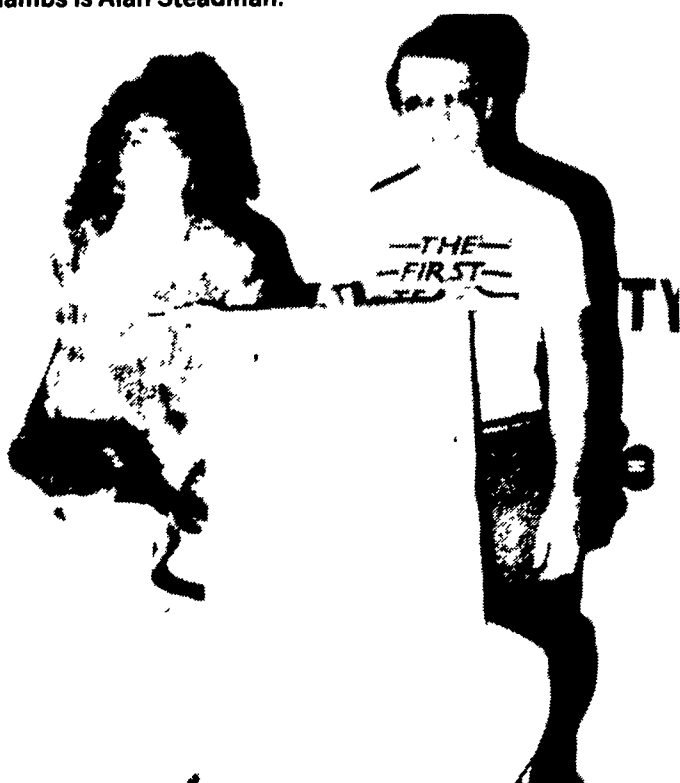
Venango County 4-H's Show Livestock Champions



Taylor Cotton, right, of Sandy Lake, sold his champion pair of lambs to Cochran Co-op for \$4.25. Helping Taylor with the lambs is Alan Steadman.



The champion steer at Venango Co. 4-H Livestock Show belonged to John Klingensmith of Franklin. Buyer Farrell Golden Don paid \$1.45 per pound.



April McQuiston, left, of Harrisville, showed the champion lamb at the Venango Co. 4-H Livestock Show, held recently at the County Fairgrounds in Franklin. First National Bank purchased her champion for \$11 per pound.



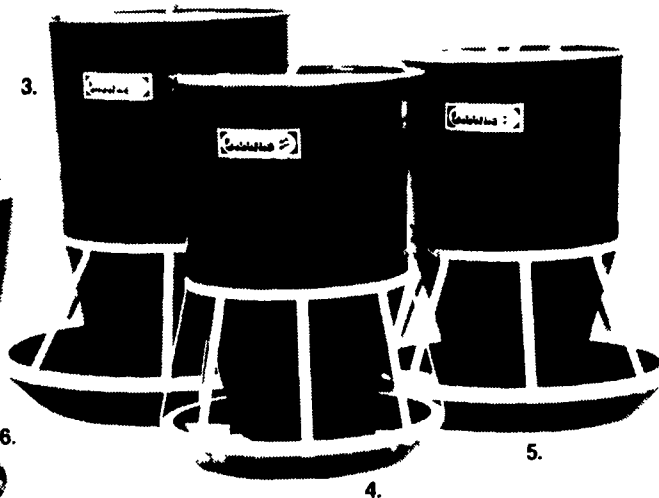
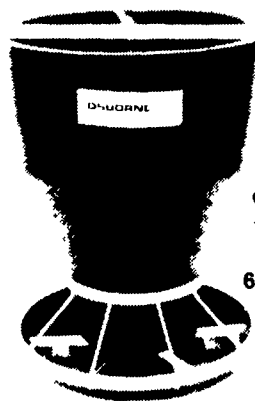
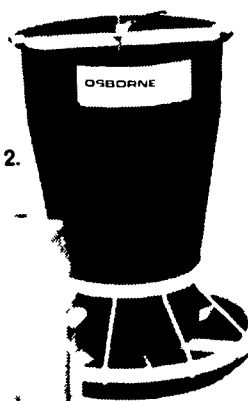
Brian Cotton, left, of Franklin showed the champion hog, which he sold to Mellon Bank for \$5.75 per pound.



HOG FEEDERS

FOR EVERY CONFINEMENT OPERATION

1. B310-1 GAL. CREEP FEEDER
2. RN4-1 BU. NURSERY FEEDER
3. RF1-7.5 BU. HOG FEEDER
4. RN1-4.5 BU. NURSERY FEEDER
5. RF2-4.5 BU. HOG FEEDER
6. RN3-3 BU. NURSERY FEEDER



TEST PROVEN: THE BIG WHEEL - Most Efficient Feeder, No Feed Waste

From Farrowing Crate to Market!

TRI-COUNTY SWINE SYSTEMS

608 E. Evergreen Rd. Lebanon, PA 17042
(717) 274-3488

Hours: Mon.-Fri. 7:00 to 4:30

BUY, SELL, TRADE OR RENT THROUGH THE CLASSIFIED ADS

PHONE: 717-626-1164 or 717-394-3047
Mon., Tues., 8 AM to 5 PM -
Wed., Thurs. & Fri. 7 AM to 5 PM

7

LIVESTOCK EQUIPMENT

FREE SAWDUST

(Green)

Loading & Hauling is Available

Contact

A.B. RENNINGER LUMBER CO.

PO Box 95, Richfield, PA 17086

717-694-3351

FOR SALE

WOOD SHAVINGS - KILN DRIED

\$2.00/Bag \$2.80/Bale

LUKE L. MARTIN, JR.

RD #3, Box 470

Ephrata, PA 17522

(717) 733-0653