



Have You Heard?

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Home Economist

Eat, Drink And Be Healthy This Holiday Season

We Americans take a great deal of pride in our food heritage — especially at holiday time. However, you don't have to play Scrooge and avoid all your favorite foods if you want to eat, drink and be healthy. To get you started thinking about some small, but positive changes you can make this year, let's look at the options. Maybe this will be the first time you won't have to deal with an extra five or ten pounds on New Year's Day.

Exercise Your Options

If you simply must indulge in all your fattening favorite foods, plan to get additional exercise to compensate for the calorie overload. The average person burns about five calories per minute walking briskly, 11 calories a minute swimming and 19 calories for each minute spent jogging. So if you walk one hour you can burn off that extra piece of pie.

Participate in sports rather than reclining on your favorite chair watching them on television. Organize a football game or

neighborhood hike when your family clan gathers for holiday meals.

Recipe Makeovers

You can save calories by making some minor changes in your favorite holiday recipes. Try substituting evaporated milk for evaporated whole milk in your pumpkin pie. Whip nonfat dry milk rather than heavy cream to top your pie. To do this dissolve 1/2 cup nonfat dry milk in 1/2 cup cold water and chill. Whip until mixture stands in peaks. Add 1 tablespoon lemon juice and whip again until peaks are soft. Beat in lightly 2 to 4 tablespoons of granulated sugar and 1 teaspoon of vanilla. Skim the fat from your turkey juices to make non-fat gravy. Leave the nuts out of fudge and cookies and save a whopping number of calories. Season your vegetables with fresh lemon juice, spices or herbs instead of butter, margarine or heavy cream sauces.

Of course, recipes handed down through the generations, like "Aunt Laura's Triple Rich Fudge Cake," are not the ones you want to change. Instead, look for ways

to add new traditions that lean more toward lighter fare.

Party Strategies

It always seems difficult to restrain our eating at parties. Try some of the following suggestions the next time you are invited to a party.

Eat before you go so that you do not arrive famished. This does not mean you need to eat a complete meal ahead of time, but plan a small snack such as a salad or cup of soup to tide you over.

Offer to bring a fruit platter or tray of vegetables so there will be something there, that is not loaded with calories, for you to munch on.

Focus on the reason for the celebration — to talk with friends, meet new people and share the spirit of the holiday. Make socializing, not eating, the highlight of the party.

Dealing With Leftovers

Overeating at one holiday meal will not turn you into a blimp overnight. But, nibbling on the fattening leftovers for days afterward may tip the scales in the wrong direction. One way to deal

with the problem is to get rid of what's left:

Buy disposable aluminum pans and custom make your own TV dinners to eat later. Seal them first with plastic wrap and then aluminum foil before placing them in the freezer.

Package any nibbles, such as chips and snack foods, into small sandwich bags and limit yourself to one bag a day.

Mix leftover nuts with popcorn for late night munching; the low calorie popcorn will help "dilute" the high calorie nuts.

Cut extra rolls and bread into small cubes and sprinkle with garlic or onion powder. Toast in your oven to make croutons.

There is only one thing to do with leftover cookies, cake and pie — make up "doggie bags" for each of your guests to take home.

These are just a few suggestions to get you started on the road to a merry and healthful holiday. Plan now for those small changes that can add up to a big difference in your waistline on New Year's Day.

This year try to focus more on the spirit of the holiday season and less on the food. If we start more healthful and meaningful new family traditions, such as taking a walk after mealtimes or sharing stories about our family history, we might have the happiest and healthiest holiday season of all.

THANKSGIVING Greetings

Cumberland Farm Women Societies Observe 50 Years

Cumberland County Society of Farm Women held their 50th annual convention on November 11 at the Best Western Inn, Carlisle.

Margaret Smith, county president, opened the meeting by recalling the dream of Mrs. Frank Black, the founder of Farm Women societies in 1914.

The state president, Edith Diehl installed the county officers. They include: Linda Brandt, president; Fran Westbrook, vice president; Patricia Lehman, second vice president; Lois Weary, recording sec-

retary; Carol Williams, corresponding secretary; and Sara Jane Cohick, treasurer.

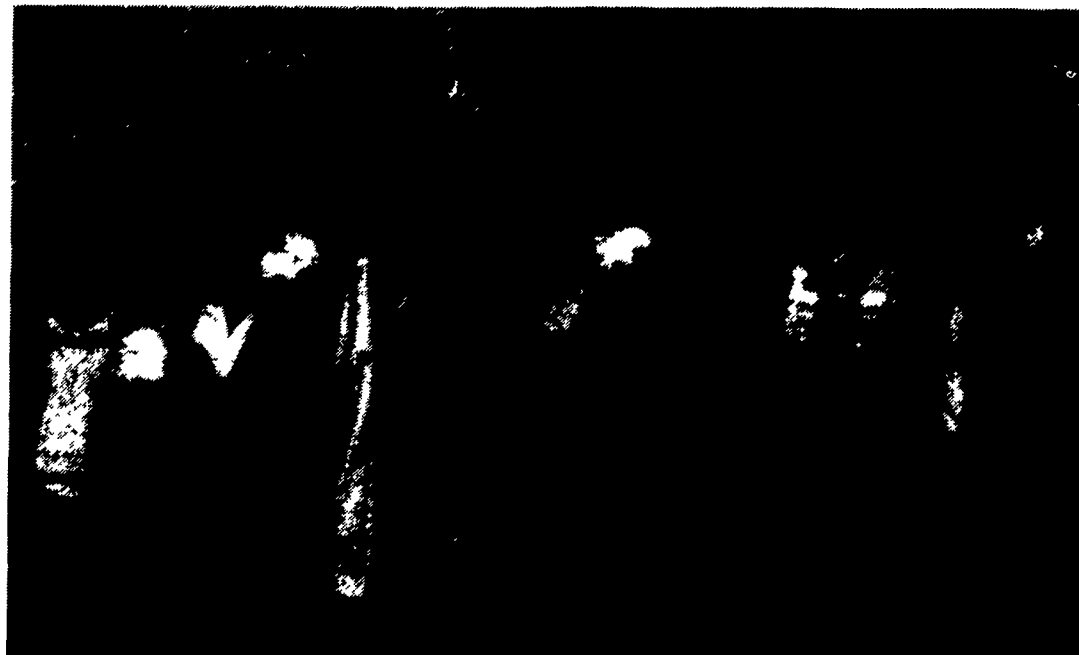
A memorial service for members who had died during the past year was led by Group 22. Those deceased include: Cora Mentzler of Group 4; Emma Deitch of Group 16; and Audrey Magee of Group 19.

In recognition of their many years of membership, several women were awarded eighty-year pins: Helen Musser of Group 2; Mary Kohler of Group 2; Pearl

Weigle of Group 2; Nellie Basehore of Group 6; Nellie Yeingst of Group 8; Mary Frymire of Group 19. A 90-year pin was presented to Mary Sunday of Group 1.

Cumberland County Junior Dairy Representative Christine Young spoke during the convention. Mr. and Mrs. Merle Hummel entertained the audience with an "Amish Wedding" skit.

Nancy Keasey displayed and spoke about her collection of First Lady Dolls that were dressed like those in the Smithsonian Institute.



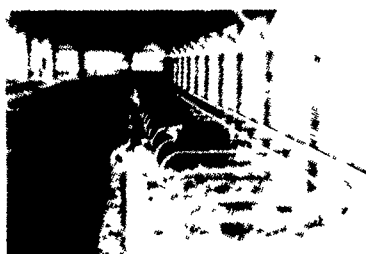
Newly elected officers for the Cumberland County Society of Farm Women include (from left): Linda Brandt, president; Fran Westbrook, vice president; Patricia Lehman, second vice president; Lois Weary, recording secretary; Carol Williams, corresponding secretary; and Sara Jane Cohick, treasurer.



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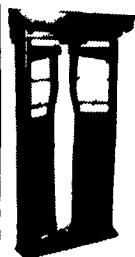
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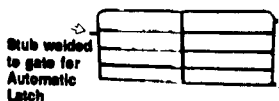
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