

Consuming Thoughts

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Shedding a few pounds and slimming one's waistline often become priorities when warm weather arrives. But, reducing calorie intake should not mean eliminating dairy products.

Dairy products provide many of the nutrients you need each day. Some of these are low in calories, others are not.

Because dairy products are so refreshing and tasty, they have the reputation with some people as being high in calories. Actually, they have fewer or the same number of calories and more nutrients than many of the products used in their place.

For example, butter and margarine have exactly the same number of calories — 34 in one teaspoon. The importance difference to many cooks is, of course, the flavor.

A calorie comparison of half-and-half and liquid coffee whitener gives similar results. One tablespoon (15 grams) of real half-and-half, which is a blend of cream and milk offers 65 International Units (I.U.) of vitamin A.

One-half fluid ounce (also 15 grams) of frozen liquid coffee

whitener contains the same amount of calories but only 13 (I.U.s) of vitamin A. All figures come from the United States Department of Agriculture.

Salads make up an important part of many summer menus. Raw vegetables, lettuce, and other greens are low in calories, but many weight and waist watchers often slip up when they add the dressing.

If you want to save on calories and at the same time have a fresh tasting topping for vegetables and fruit salads or a dressing for meat, egg and cheese, and pasta salads, try making some at home using sour cream and your own seasonings or a packaged dry milk.

Sour cream contains only 26 calories per tablespoon compared with mayonnaise-style "salad dressing" at 65. For those on more stringent kinds of weight-reduction diets, making dressing with low-fat or non-fat yogurt or sour cream can cut food energy intake even further while retaining the fresh taste of real dairy foods.

Low-fat yogurt and cottage cheese can form the protein foods; they cut calories while maintain-

ing protein quality. For example, four ounces of creamed cottage cheese, which has 4.2 percent milkfat content, provides about the same amount of protein as two ounces of cooked lean ground beef or two large (two ounces each) hard-boiled eggs.

This amount of cottage cheese contains 117 calories; ground beef, 122; and eggs, 164. If you choose low-fat dairy products for some of your meals, you'll be buying a product just as nutritious, while providing less fat and fewer calories.

No matter what type of diet you choose — weight reduction, sports, and fitness-oriented for outdoor activities, or a basic meal plan, always include milk or milk products.

Whole milk contains 150 calories per eight ounces and is a "nutrient dense" food, providing many nutrients in that one serving.

Someone in your family might want to choose low-fat milk with 2 percent milkfat which has 120 calories per eight ounces; with 1 percent milkfat, 100 calories.

Again, for those on more stringent weight-reduction diets, skim milk with 85 calories per eight-ounce serving makes an excellent beverage choice. All of these milks have approximately the same nutrient profile as whole milk, which makes them good buys in terms of both dollars and diet.

When you're watching what you eat, foods and beverages such as soft drinks, that use up part of your calorie allotment but provides few nutrients, can be costly to your own diet plan.

Milk and other real dairy foods give you the energy for summer

activities and many of the basic nutrients needed for good health,

as well as helping you meet the goal of your diet plan.

Pa. German Quilts On Exhibit

HERSHEY (Dauphin Co.) — A dazzling array of colorful, Pennsylvania German quilts dating between 1850 and 1940 are featured in the Hershey Museum's current, special exhibition, "A Quilt Family Album."

The title of the exhibit is drawn from the unique origins of the collection; each quilt was carefully designed, stitched, and preserved by the women of one rural, Lebanon County Pennsylvania German family.

In addition to the information about the quilts, the exhibit explores the lives of these quiltmakers who were also farm wives responsible for much productive labor in the household, dairy and garden. Quiltmaking was only one of the myriad of important tasks which made up the daily, seasonal, and annual cycles of these rural women.

Never before exhibited, the quilts were selected from more than thirty, heirloom, bedcoverings belonging to the family of Mr. and Mrs. Richard Kenneth Rohland of Cleona. The quilts were passed down from generation to generation by members of Mrs. Arlene Bomberger Rohland's family. While the quilts survived and were carefully preserv-

ed, the untimely deaths of two women of the family were responsible for the loss of the stories about the quilts and their makers.

During the research phase of the exhibit, guest curator Patricia Keller, museum consultant, researcher, and former director of the Heritage Center of Lancaster County, painstakingly reconstructed portions of the family history and the stories about the quilts and their makers' lives. Eneological date and the quilts' own physical evidence suggests these bedcoverings were the work of women from one or more generations of the Wengert, Bomberger, Steinmetz, Ulrich, Kettering, and Light families of Lebanon County.

Included in the exhibit are turn-of-the-century photographs taken from glass plate negatives of the farm communities in North and South Annville Township areas in which the women quilted. A treadle sewing machine, quilting frame, and quilting templates and patterns are also included.

The exhibit can be viewed daily from 10 a.m. to 6 p.m. Admission to the museum is \$4 for adults, \$3.50 for senior citizens, and \$1.75 for children 3 - 15. Group rates are available. For more information, call (717) 534-3439.

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