

Family Living Focus

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CHOOSING THE RIGHT SPREAD FOR YOU

At the risk of sounding like a TV commercial, I'm telling you—I hate dry sandwiches! I really enjoy mayonnaise on sandwiches, and I like sandwich spreads made with mayonnaise such as tuna and chicken salad. Are you aware, though, that mayonnaise is almost 100 percent fat? The challenge is coming up with alternatives.

With school back in session, sandwich making is an interest of many families. Healthy, tasty sandwiches are enjoyed by most

of us year round, so we want to choose spread that adds the flavor we enjoy while maintaining a healthy diet!

One alternative to mayonnaise is "salad dressing," and it's been on the market for years. Salad dressing is made by replacing some of the oil in mayonnaise with water and starch or other thickeners. Therefore, salad dressings contain less fat and almost half as many calories.

What if your taste buds demand mayonnaise? Try using less. Some people blend mayo with plain low-fat yogurt.

Another tip is to add chopped pickle to either mayo, "lite" mayo, or plain yogurt.

Mustard is usually the dressing of choice for those looking for a low-fat spread. If you are on a low-sodium diet you need to be aware that mustard contains a fair amount of sodium. Do you know that Dijon-style mustard contains twice as much sodium as prepared yellow mustard? You can make your own mustard by combining dry mustard powder, vinegar, and water.

Horseradish adds a strong dash of flavor with no fat. Americans are experimenting more with salsa as a sandwich spread. An Austrian dish combines horseradish with applesauce to serve on roast beef.

Cucumber and cream cheese is one of my favorites. Using low-fat cream cheese and limiting the amount used does control the fat content. I cut my cucumbers thick since I know they can be liberally added to a healthy diet.

Don't forget that tomatoes and

lettuce can add zip to an otherwise dry sandwich. Did you ever try tomatoes, lettuce, cucumbers, and cream cheese on pita bread? It's another of my favorites.

Natural Shields Control Rot In Apples

KEARNEYSVILLE, W. Va. — Apples and peaches are getting a helping hand from friendly yeast and bacteria that protect the fruit from rotting.

U.S. Department of Agriculture scientists are finding that the natural microorganisms can act, in effect, as a shield against diseases that cause the fruit to rot.

One defense is a protective coating made from a yeast that fends off attacking fungi after the fruit is harvested. Biotechnology Research and Development Corp. of Peoria, Ill., and USDA's Agricultural Research Service have signed a cooperative research and development agreement to devel-

Sandwiches are such a convenient meal. With thought and experimentation you can make sandwiches that are tasty as well as healthy.

op and commercialize the coating. Plant pathologist Charles L. Wilson of USDA's research agency said the yeast is a natural ingredient of the fruit's surface. Not enough yeast is present to control rot, but adding sugar in the coating prompts the yeast to multiply and combat the fungi.

Wilson said synthetic chemical fungicides have been used to control rot-producing fungi and other post-harvest diseases. But many of these fungicides have been taken off the market because of food safety concerns, leaving growers with few weapons to fight these diseases that can destroy about 25 percent of their crop.

TOURS

* 4M Tour

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* Annual Reunion

November 4 to 6 Join our family of travelers and friends for an exceptional weekend of fellowship at an exceptional resort, the Mirror Lake Inn, deep in New York's Adirondacks in famous Lake Placid. Unforgettable as always. Lots of fun too.

* Reunion At Sea

November 19 to 26. This "triple header" combines a 1-week cruise vacation with our first annual Reunion At Sea and Thanksgiving aboard Holland America Line's beautiful ship, the Nieuw Amsterdam. In addition to shipboard activities, Reunion activities you will cruise calm Caribbean waters visiting Grand Cayman Island, Jamaica and Mexico's Yucatan Peninsula. All expenses included!

* Australia & New Zealand

February 1 to 22 See *more* of "Down Under" in Australia and New Zealand with our group than you might have imagined. The Great Barrier Reef, The Outback including Ayers Rock and Alice Springs, Melbourne Canberra, Sydney then to New Zealand... Christchurch, Mt. Cook, Te Anau, Milford Sound, Queenstown, Rotorua, Auckland, *farm stays* with "real people" and more.

* Golden Southwest

March 21 to 31. The wonders of nature and man-made marvels in the sunny Southwest make this tour a "must". Your fully escorted tour includes ghost towns, Death Valley and famous Scotty's Castle, the Mojave Desert, Lake Havasu City and London Bridge, Phoenix and the Valley of The Sun, quaint Sedona, Montezuma's Castle, Oak Creek Canyon, the Grand Canyon, Hoover Dam and Las Vegas. Reasonably priced. Don't miss it!

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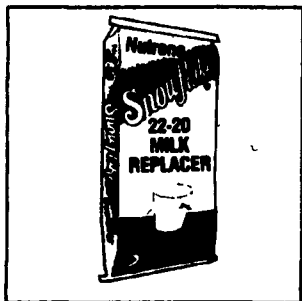
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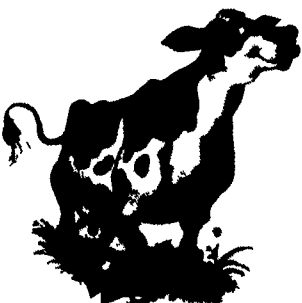
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