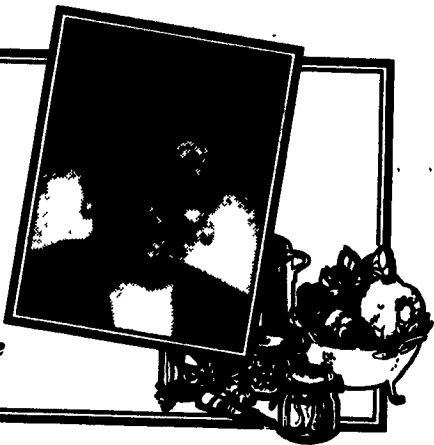


Consuming Thoughts
by
Fay Strickler

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Hey Mom, what's for breakfast? If your family doesn't ask this question any more, perhaps it's because the breakfast foods are basically the same day after day. If you've gotten into a routine and want to try something new and different, think about some bulgur for breakfast. Believe it or not, oatmeal is not the only hot cereal to be had on a chilly fall morning. Instead of your standard favorites, try nutritious hot cereals that are deliciously different. Here are just a few examples to get you started.

Bulgur—Bulgur is a delicious whole-grain with a light, nutty flavor. Because it is pre-cooked, it only takes a few minutes to prepare—follow the package instructions. Then smother it with strawberries, slip in a bit of honey and enjoy.

Couscous—This middle-eastern grain is a snap to prepare: just add to boiling water, remove from heat and let the covered pot sit for 15 minutes. Toss in some dried raisins, apricots and a few almond slivers for a real taste treat.

Kasha (Roasted Buckwheat)—Kasha has a nuttier, fuller flavor than regular buckwheat. Follow the cooking instructions

on the package and top with lots of bananas and a little brown sugar.

Barley—This is a mild grain with a slightly chewy texture. "Pearl" (refined) barley is the type found in most stores, although there are whole-grain varieties available. You can also try "quick cooking" barley (ready in 10 minutes) or barley flakes. Prepare according to package instructions and enjoy with a bit of maple syrup and cinnamon.

Cracked Rye—Whole rye kernels have a distinctive, robust flavor. Follow the cooking instructions on the package and top with a generous dollop of fruit preserves.

Wheat Berries—These nutty-tasting, whole-wheat kernels have a crunch/chewy texture. Prepare according to package instructions (hint: soaking overnight cuts the cooking time in half) and serve up with a little brown sugar and skim milk.

Hot "Cold" Cereals—Shredder wheat and grape nuts-type cereals are traditionally eaten cold, but milk and a few seconds in the microwave turns them into a hot treat. Add plenty of fresh berries or other fruit.

Muffins make a nutritious part of a nay breakfast. Unfortunately,

it's hard to find a store-bought muffin that's low in fat, nutritious and tastes good.

If you do try store-bought varieties, check labels for those lowest in fat. But why bother, when it's so simple to make delicious, nutritious changes to your own recipes? Take a look at the suggestions below, then make two batches of your favorite recipe and seal one in a freezer container. You can now enjoy healthful muffins for up to two months!

- Substitute one half of the all-purpose flour called for in a recipe with whole wheat flour or rolled oats; or substitute on fourth of it with bran. You will increase vitamins, minerals and fiber. And once you become accustomed to the heartier flavor and texture, you may want to use an even larger proportion of whole wheat flour.

- The use of eggs adds very little cholesterol to muffins (only about 25 milligrams per muffin). However, if this is still a concern, you may use two egg whites or an egg substitute for each egg needed.

- Try skim milk instead of whole milk—you'll cut down on fat.

- Replace the oil in a recipe with any of the following ingredients: applesauce; baby food fruits; or a mixture of one cup dried figs or dates pureed with three-fourths cup water and one teaspoon vanilla.

- Add grated vegetables like zucchini or carrots, or fruits like apples, raisins, bananas, blackberries, strawberries, cranberries or peaches (one-half to one cup).

- Spice things up with nutmeg, cinnamon, orange peel, allspice or lemon rind (1 to 1½ teaspoons).

- Lowfat spreads include jellies, jams, preserves or fruit "butters" like apple and pumpkin.



Lancaster Society 14

Twenty-two persons from Farm Women Society No. 14 enjoyed a delicious buffet dinner and the play "Beau Jest" at the Rainbow Dinner Theatre at Paradise for the October meeting.

The September meeting was an auction with Ellen Newswanger as auctioneer at the home of Dorothy Musser on Wheatland School

Road.

The next meeting will be on November 8 at the home of Edna Groff on North Star Road. Marian Leaman, who has been to Lithuania, will be the speaker. Members will also be bringing non-perishable food to be given to the needy.

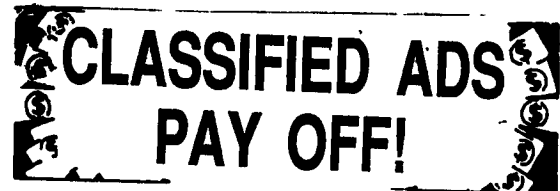
Berks Society 1

Nineteen members of Berks County Society of Farm Women Group 1 met at the Covered Bridge Hotel, Oley, for an October dinner meeting. Members were pleased to greet guest Mary Jane Holloway.

It was noted that Amy Woodell of Hummelstown, a granddaughter of member Agnes Noll, wrote a winning essay in a contest sponsored by the Society of Farm

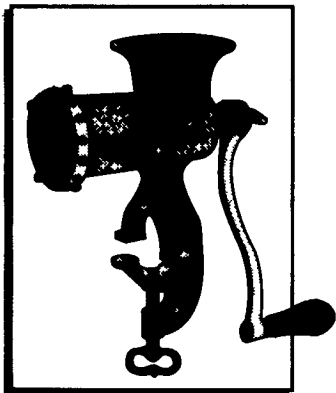
Women of Pennsylvania. The essay was read at the Berks County Society of Farm Women Convention, which was held October 7, at Berks County Agricultural Center, Leesport.

A Longaberger basket demonstration will be a special feature at the November 8 meeting to be held at 7:30 p.m. at the Oley home of Lillian Hetrick.

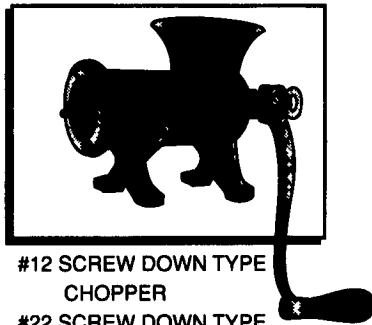


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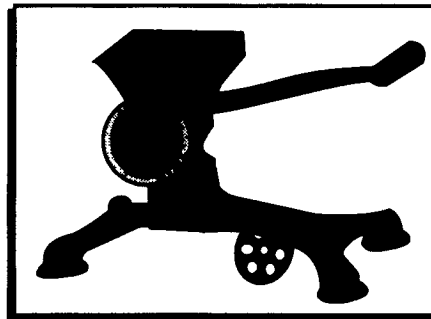
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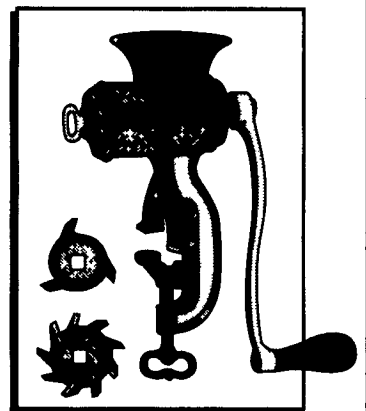
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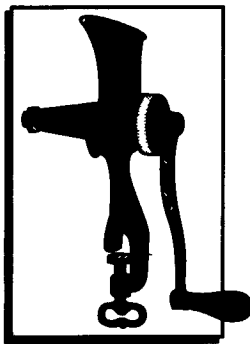
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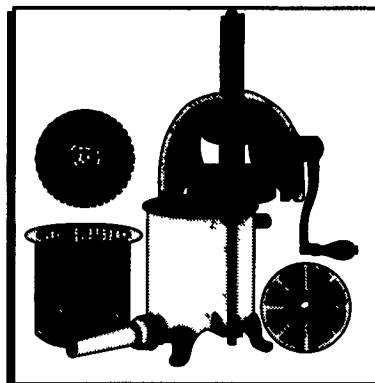
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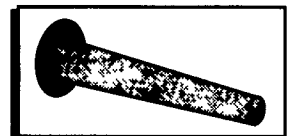
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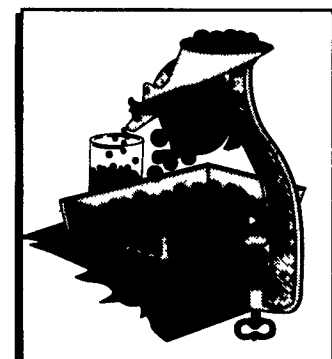
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