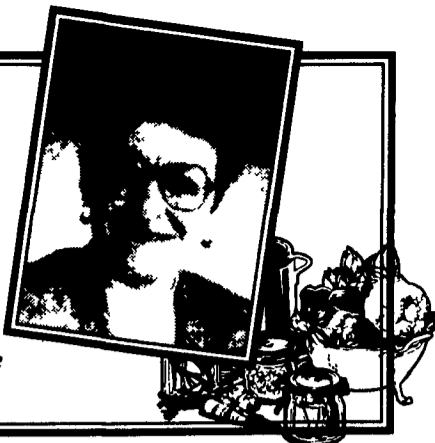


## Consuming Thoughts

by  
Fay Strickler

Penn State Extension Home  
Economist For Berks Co.



The first Thanksgiving was a celebration to give thanks for the bountiful harvest. Today, Thanksgiving has become the "pigout" holiday, where people enjoy overeating. In fact, Thanksgiving heralds in the holiday season of festivities that usually includes over-indulging

in many favorite holiday foods that are high in fat and cholesterol. By the time January comes around, many of us find we have wider waistlines and tighter clothes. It doesn't have to be this way. You can come through this holiday season unscathed by using modified recipes and fol-

lowing these suggestions:

- Don't starve yourself before a big dinner. It is too easy to overeat when you are very hungry.
- Start the meal with clear soup such as chicken or vegetable soup. These relatively low-calorie soups will fill you up so you don't overeat other high calorie foods.
- Take a walk. Walking after a meal can aid digestion and help burn off some of the calories.
- Modify recipes when-ever possible. If you must serve creamed dishes, make the sauces without added fat and use evaporated skim milk instead of cream. Try finding alternatives for high fat, high calorie foods. Try reducing the fat or sugar in a recipe. In some recipes, solid shortenings can be replaced by

vegetable oil, reducing the amount by 1/4 — 1/2 of amount called for in the recipe.

- Plan before you go to a party. Have a cup of soup and a salad just before you go. Try to eat conservative amounts of foods, and drink plenty of water or seltzer. Try these modified recipes of old holiday favorites:

### Low-fat, Low Cholesterol Pumpkin Pie (makes one 9-inch pie, 8 servings)

- 3/4 cup packed brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 1-1/2 cups (canned or fresh) pumpkin
- 1 can evaporated skim milk
- 3 egg whites, beaten until foamy
- 1 unbaked pie crust

Mix brown sugar, spices and pumpkin together. Add milk and egg whites and beat until thoroughly mixed. Pour into pastry lined pan. Bake in preheated 400° oven for 45-50 minutes, or until knife inserted near center of pie comes out clean. Calories: 265 per serving.

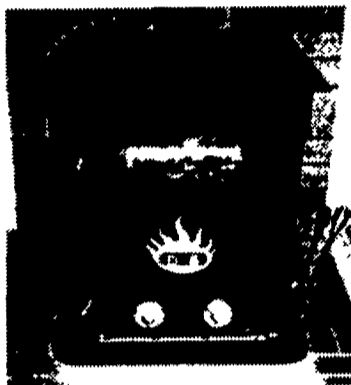
### Half and Half Pie Crust

- 1/2 cup whole wheat flour
  - 1/2 cup white flour
  - 1/2 teaspoon salt
  - 2 tablespoons margarine
  - 3 tablespoons corn oil
  - 2-3 tablespoons ice water
- Mix flour and salt together. Cut in margarine. In a liquid measuring cup, mix the oil and water. Add the oil and water mixture to the dough a little at a time, stirring the dough with a fork. Roll out the dough and fit into a pie plate.

### Hot Air Circulator (Needs NO Electricity)

- Special top-vents create a natural draft
- Burns wood or coal
- Cast Iron Doors & Grate
- Exterior handle for clean shake-down

Optional Electric Fan for the maximum heat circulation.



- All DS Stoves have hot air (or hot water) regulators
- All DS Stoves have cast iron doors and grates
- All DS Stoves have exterior shaker handle for dust-free shake down

D.S. Machine Shop  
Stoves & Chimneys

238B Old Leacock Rd., Gordonville, PA 17529  
717-768-3853

Nippenose Stove  
& Chimney  
Rt.3, Box 367

Williamsport, PA 17701  
717-745-3253



### Canning Jars & Lids

All shapes and sizes!  
Factory direct pricing!  
Distributor inquiries  
welcomed!

Fillmore Container Inc.  
2316-B Norman Rd.  
Lancaster, PA 17601  
Ph (717) 397-4131  
Fax (717) 397-0941

## Share The Secret Of Holiday Baking

Land O'Lakes offers baking help for the holidays. Land O'Lakes Holiday Bakeline, 1-800-782-9606, will be available for questions or suggestions from Nov. 1-Dec. 24,

seven days a week, from 10 a.m.-10 p.m. (EST).

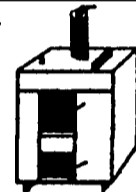
Bakers also are invited to visit [www.landolakes.com](http://www.landolakes.com), where recipes can be downloaded and questions can be

asked via e-mail with a response from a home economist. All callers receive a free recipe leaflet that includes secrets of making delicious home-baked goods.

### Mahoning Outdoor Furnaces

Cut Your Heating Costs With Our Outdoor Furnace

- Standard Model Burns Wood, Coal or Wood by-products
- Multi-Fuel Model Burns Wood, Coal, Oil or Gas

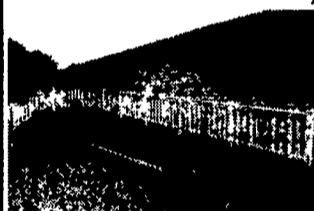


Adapts to any existing heat system Installation & Accessories Available

Gertysburg-New Oxford  
(717) 624-3639 (717) 624-4188

## MAINTENANCE FREE RAILINGS FOR PORCHES, DECKS OR BALCONIES

We have the expertise to design & create a system just to fit your need. Any Size, Different Styles



Elite vinyl railing systems offer low maintenance and durability.

- No Rust
- No Paint
- No Scraping
- UV Stabilized
- Smooth Surfaces
- Impact Resistant
- Lasting Beauty
- Non-Fading Colors
- Available in White
- Ivory
- Gray

Quality Workmanship  
Product Durability  
Customer Satisfaction

717-354-0524  
New Holland PA



## Glood's Variety Store

1686 W. Main Street, Ephrata, PA 17522  
Phone: (717) 733-7356

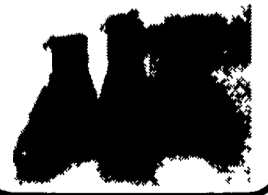
Expanded Space!  
Expanded Merchandise!  
Expanded Shopping!

## Anniversary Sale

November 15-25

### Wolverine Durashocks

Style 4560, 3742 & 1746  
**\$5.00 OFF**



Thermal-wear  
Now carrying Kaki, navy, grey & white  
**20% OFF**

Carolina's  
**\$8.00 OFF**

**15% OFF**  
Dickies'

Coats  
Snap-on Hoods  
Insulated Coveralls  
Lined Pants



Free pair of  
**John Deere Socks** with every  
**John Deere Shoe** purchase!

### Winter Socks

Ball-stone & John Deere  
**20% OFF**

## Do You Suffer From Fibromyalgia?



When I was introduced to New Image I was 50 pounds over weight and suffered from fibromyalgia I was so depressed and in pain the majority of the time I was taking steroids and four other medications, one of which made me so 'groggy' I could hardly get out of bed and another gave me ulcers I began taking New Image secretly because I thought my family would make fun of me After a month, I discovered I had lost eight pounds and seven inches Wow! Then it dawned on me, I was feeling better, the depression and pain were gone In two months I was off all medications "I feel SUPERIFIC" Now, two years later I have lost 43 pounds and 30 inches Thank you New Image for giving me a new life again  
Judy Swift - Mt Washington, KY

All Herbs  
Plus One Mineral!

NII does not make any health claims this is strictly personal testimonies of product users

The ingredients are all safe and natural. Gum Karaya, American Desert Herb, Guarana, Korean Ginseng, Bee Pollen, White Yellow Bark (Wiedewinds), Bladder-wrack (Fungus Vesticulosis), Gotu Kola, Licorice Root, Reishi Mushroom, Astragalus, Ginger Root, Rehmannia Root, and Chromium Picconate (300 Micrograms per 3 tablets taken once a day)

Firmer • Trimmer • Leaner  
All Natural Dietary Supplement

JUST 3 TABLETS AT BREAKFAST

New Image - Plus®

NEW HIGH ENERGY SOURCE

\$29.95 One Month's Supply

Has been known to work great on weight loss, cholesterol, high & low blood pressure, arthritis pain, sugar problems, varicose veins and many, many more!

No drugs, chemicals or preservatives!  
Your Independent Distributor Is

Gerald & Margie Jones

75 Goodyear Rd  
Carlisle, PA 17013

Toll Free - 888-788-5572  
To Order Call or Write



Season's Hours MON. 8-8, TUE, WED, SAT. 8-5 THUR-FRI 8-9