

Leftover Corned Beef? Lucky You!

"The luck of the Irish is with you if you have leftover corned beef," says Sara Reddington, director of the Beef and Veal Culinary Center of the National Cattlemen's Beef Association.

Here she shares some of her favorite ways to enjoy the leftovers. The Reuben Sandwich — the grilled classic with sauerkraut, Thousand Island dressing, and Swiss on rye bread — is hard to beat, but these ideas are also winners.

Reuben Quesadilla — Layer thinly sliced corned beef, drained sauerkraut, a drizzle of Thousand Island dressing and shredded Swiss cheese on a large flour tortilla. Top with second tortilla. Cook in heated nonstick skillet over medium heat until first side is lightly browned. Carefully turn and to brown other side and melt cheese. Cut into wedges.

Corned Beef-Wich with Horseradish Slaw — Layer thinly sliced corned beef on dark rye or pumpernickel bread and top with a mixture of packaged "sliced" coleslaw mix, thin red bell pepper strips and prepared vinaigrette accented with prepared horseradish. Close sandwich.

Corned Beef with Chutney Cheese Sandwich — Layer thinly sliced corned beef on bottom of rye or multi-grain sandwich roll that is spread with a mixture of prepared chutney, Dijon-style mustard, sliced green onion, and softened cream cheese. Add lettuce leaf. Close sandwich.

Traditional Hash In-A-Flash — Sauté chopped onion and bell pepper in small amount of butter over medium heat in large skillet. Add corned beef cut into 1/2-inch pieces and packaged cooked diced potatoes. Press mixture firmly in skillet. Cook, turning with spatula several times, until browned and cooked through.

Corned Beef & Potato Salad — Toss thinly sliced corned beef with cooked potato wedges, thinly sliced green onion and prepared Dijon-style vinaigrette. Serve atop a bed of packaged mixed greens.

Calendar Helps Get Finances On Track

HONESDALE (Wayne Co.) — Have you ever suddenly realized that your bank CD matured yesterday or that you forgot to send in your car insurance premium?

You can avoid these ugly surprises by using a spending calendar, said Debra Bryant, CFP and Penn State Cooperative Extension Agent in Wayne County. Penn State Cooperative Extension has a free monthly spending plan calendar you can use to record these and other important financial dates.

When you get the calendar simply write the dates in the squares to match the dates of the month, or you can use any calendar you have on hand. Then in red ink record the names of any fixed expenses (these are bills that stay the same month after month, like your rent or car payment) and the amount on their due dates. Don't forget to record bills that you don't necessarily pay every month. For example, Bryant says she pays her car insurance only every six months, so the car insurance bill shows up only on her January and July monthly spending plans.

Then, using a green pen write down the amount and dates of all the money you have coming in each month. For example, if you get paid \$400 each Friday, you would write \$400 in each Friday box on the calendar. Be sure to include all money you have coming in each month. Don't forget things like food stamps, child support, etc.

Next using a pencil record the due dates and amounts of bills that can vary from month to month (flexible expenses). One of these expenses is probably food, another could be clothing or medical expenses.

As you review your overall financial picture, you may find that too many large payments are clustered in some months. In some cases, your insurance company or creditors may be willing to reschedule some of your payments to other dates so that you match your income and expenses better. Or, keep existing payment dates but rework your monthly spending plan and set aside adequate amounts weekly for future quarterly or other periodic payments. For example, if you know

you will have a \$600 car insurance bill in 6 months, set aside \$100 each month or \$25 from each weekly paycheck. Then when the bill comes due you'll have the money you need.

A financial calendar is not a complete substitute for effective cash flow and expenditure records. However, if you are unable to stick with using a home account book or financial software, consider keeping a financial calendar which usually is more familiar and less intimidating. The financial calendar can be a starting point for developing more detailed financial records and projections, or it can supplement your current financial system. A financial calendar that can be started in any month is available from Penn State University Cooperative Extension Office in Wayne County. We're at the Wayne County Courthouse, 925 Court Street, Honesdale, PA 18431.

Stop in today to pick up your free copy or call (570) 253-5970, extension 239 and request "My Monthly Spending Plan — A guide to help you manage money."

White Spots On Your Collar?

LEESPORT (Berks Co.) — Mysterious white speckled spots on the front and collars of your clothes maybe caused by the spray of whitening toothpaste. The degree of discoloration will be determined by the dyes in the fabric, as well as the fibers used in the fabric.

Brush your teeth before getting dressed and wash your hands to remove traces of the toothpaste to minimize the opportunity for contact with fabrics.

Science-Based Independent Report Confirms Beef's Important Dietary Role

DENVER, Colo. — A special report from the American Council on Science and Health (ACSH) has provided an independent, up-close and science-based look at how beef fits in the diets of U.S. consumers.

"The Role of Beef in the American Diet" explores key nutrition and safety issues as they relate to the value of including beef in the diet.

Written by Kathleen Meister, M.A., under the coordination of Ruth Kava, Ph.D., R.D., ACSH director of nutrition, the 48-page report was reviewed by 14 authorities with expertise in many different disciplines.

Issues addressed include a nutrition overview in terms of minerals, other nutrients and fats; meat intake and its relationship to diseases; hormones and anti-

biotics; microbiological safety issues, such as E. coli O157:H7, Salmonella and Listeria; irradiation; and contemporary issues such as BSE and Foot and Mouth Disease.

Among the report's findings is that beef is a wholesome, safe food that makes nutritious contributions to the American diet. "It is particularly valuable as a source of zinc, iron, and other minerals; B vitamins and choline; and protein."

It states that lean beef in moderate servings fits into heart-healthy diets, and that nearly two-thirds of the fat in beef is composed of fatty acids that do not raise cholesterol levels.

"It's encouraging to see a review of the scientific literature by a nationally known scientific group that confirms the positive role beef plays in the American diet," according to Wade Zimmerman, a beef producer from Sugar City, Colo., and chairman of the industry's Joint Nutrition and Health Committee.

Zimmerman, who is a member of the Cattlemen's Beef Board, says U.S. beef producers, through their \$1-per-head beef checkoff, "have for years worked to get factual information about beef to consumers. This report validates those efforts and supports the use of sound science as an approach to good nutrition and diet management."

For information about the report and membership in the American Council on Science and Health, write to ACSH, 1995 Broadway, Second Floor, New York, NY, 10023-5860. Copies of the report are \$5 for non-members, \$2.50 for ACSH members.

Call to receive discount rates on purchases of 10 copies or more: (212) 962-7044; or e-mail your inquiry to acsh@acsh.org.

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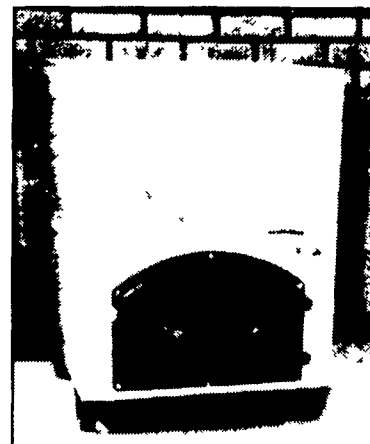
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