



### Garden Club Activities

Members of the Club of Little Gardens met recently at the home of Mattie Clarke, 3751 Spaulding Drive. Present were, above photo, front row from left, Viola Martin, Mary Mc Curry, Mattie Clarke, Marie Burney, Ruth Oliver, Dorothy Jones; second row, Lizzie D. Brandon, Etta Hill, Frances Balrd, Ruth Norman, Inez Davis and Juanita Gordon. During the meeting, the president, Marie Burney, at left in right-hand picture, and the founder, Etta Hill, presented a check for \$200 to Dr. Nat Irvin II, vice chancellor for development at Winston-Salem State University. The donation is earmarked for the Tree Fund to help replace trees lost in the May tornado. After a dinner, Juanita Gordon, program chair, outlined plans for a summer social.



## COMMUNITY CALENDAR

THURSDAY, DEC. 14

The Rural Hall/Stanleyville Branch Library will hold a Family Christmas Program at 7 p.m. Children of all ages and their families and friends are invited to participate. There will be songs, stories, a film ornament-making and refreshments. The library is located at 7125 Broad St. south of Highway 65. Admission is free. For more information call 969-9545.

FRIDAY, DEC. 15

The Winston-Salem Cinema Society will present "Boyfriends and Girlfriends" at 8 p.m. at the Stevens Center. The film tells the story of two Parisian couples, as mismatched as any out of Shakespeare, who meet and befriend each other in their Yuppie neighborhood. Dessert and a discussion will follow the film. Tickets are \$7. For more information call 722-8269.

### PUBLIC SERVICE ANNOUNCEMENTS

In celebration of the Experiment in Self-Reliance's 25th anniversary, Jan. 25, the agency is asking all former employees to contact ESR at 722-9400.

Crisis Control Ministry 1989 Christmas cards are now available. They feature a reproduction of "Northside," an original oil painting by Bob Timberlake. They sell for \$8 per dozen. Cards may be purchased at either of the ministry's offices. All proceeds will be used to meet the needs of clients.

The M.L. King Recreation Center will sponsor adult fitness classes every Wednesday from 9 to 10 a.m. and Thursdays from 6 to 7 p.m. Fridays the class will be held from 9 to 10 a.m. All ages are welcome at the free program. For more information call 727-

2740

Big Brothers/Big Sisters of Forsyth County is seeking concerned female volunteers interested in becoming matched with girls who are pregnant and parenting between the ages of 12 and 17. For more information call 724-7993.

The adult walking for life program will meet every Wednesday from 10:30 a.m. to noon at the M.L. King Recreation Center. All ages are welcome. For more information call 727-2740.

A winter break to the Bahamas by way of a super-cruise is being sponsored by a local group Feb. 25 to March 3. The cost is \$550 per person per inside cabin; \$630 per person per outside cabin. Cost includes bus transportation, two nights' motel accommodations in Daytona Beach, Fla., four nights and four days aboard the SS Emerald Seas Ship and port taxes. A \$100 deposit is required immediately to reserve motel and ship cabins. The remainder is due by Dec. 15. For more information call Delores McGee at 788-2863, Dorothy Wheeler at 725-8681 or Annie P. Wilson at 723-8149.

The local Scrabble Club will meet Monday evenings from 7 to 9 p.m. at The Elms, 452 N. Cherry St. New and seasoned players are welcome to attend the meetings. For more information call Millicent King, club director, at 784-7321.

The M.L. King Recreation Center will sponsor an adult whis and spades program every Wednesday from 7:30 to 10 p.m. The program is free and open to the public. For more information call Bill English at 727-2740.

## A Complete Line of Baby Gifts From . . . PADDINGTON STATION



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## Good Sense Eating from Nabisco

Treat yourself to low sodium and low cholesterol foods that make good health sense.

### VEGETABLE MEDLEY QUICHE

Makes 8 servings

- 1 tablespoon FLEISCHMANN'S, Sweet Unsalted Margarine
- 1 small zucchini, sliced
- 1 small green pepper, cut in strips
- 1 small red pepper, cut in strips
- Flaky Crust\*
- 1 (8-ounce) container EGG BEATERS, Cholesterol-Free 99% Real Egg Product
- 1 cup skim milk
- 1/4 teaspoon basil leaves
- 1/8 teaspoon ground black pepper



In medium skillet, over medium heat, melt FLEISCHMANN'S Sweet Unsalted Margarine. Add zucchini and peppers; cook, stirring occasionally, until tender-crisp. Spoon mixture evenly in unbaked pie crust. Mix EGG BEATERS, skim milk, basil and pepper; pour over filling in crust.

Bake at 375°F for 50 to 55 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving.

\*Flaky Crust: Cut 1/3 cup FLEISCHMANN'S Margarine into 1/4 cups all-purpose flour until mixture resembles coarse meal. Add 3 to 4 tablespoons ice water, a tablespoon at a time, tossing until moistened. Shape into a ball. Roll out and place in 9-inch pie plate; trim edge and flute.

Nutrition information per serving - Calories 188; Sodium (mg) 81; Cholesterol (mg) 0; Fat (gm) 9

### REFRESHING FRUIT SALAD

Makes 8 servings

- 1 medium pineapple
- 2 cups cantaloupe balls
- 2 medium oranges, sectioned
- 1 cup sliced strawberries
- 1 cup seedless green grapes, halved
- 1/2 cup vanilla yogurt
- 2 tablespoons honey
- 2 teaspoons grated orange peel
- 40 Low Salt PREMIUM, Saltine Crackers



Slice pineapple in half lengthwise. Scoop out fruit, leaving a 1/4-inch thick shell; reserve shells. Cut fruit into 1-inch pieces. In large bowl, combine pineapple, cantaloupe, oranges, strawberries and grapes. Spoon into reserved shells.

In small bowl, stir together yogurt, honey and orange peel. Serve as a dressing over fruit with Low Salt PREMIUM Saltine Crackers.

Nutrition information per serving - Calories 165; Sodium (mg) 126; Cholesterol (mg) 0; Fat (gm) 1

### PESTO TOPPER

Makes 32 appetizers

- 1/2 cup chopped parsley
- 2 tablespoons PLANTERS, Walnuts, chopped
- 1 teaspoon dried basil leaves
- 1 clove garlic, crushed
- 2 tablespoons FLEISCHMANN'S, Sweet Unsalted Margarine, melted
- 8 cherry tomatoes, sliced
- 32 Low Salt RITZ, Crackers



In electric blender or food processor container, blend parsley, walnuts, basil and garlic until coarsely chopped. Continue blending, adding FLEISCHMANN'S Sweet Unsalted Margarine in a steady stream until creamy and well blended.

Arrange cherry tomato slices on each Low Salt RITZ Cracker. Top with 1/2 teaspoon basil mixture. Bake at 400°F for 5 minutes or until hot. Serve immediately.

Nutrition information per serving - Calories 30; Sodium (mg) 16; Cholesterol (mg) 0; Fat (gm) 2

### CURRIED CHICKEN TOPPER

Makes 30 appetizers

- 1 cup minced cooked chicken
- 1/4 cup halved seedless green grapes
- 3 tablespoons low sodium mayonnaise
- 2 tablespoons PLANTERS, Slivered Almonds, toasted and chopped
- 1 tablespoon chopped scallions
- 1 tablespoon chopped chutney
- 1 teaspoon curry powder
- 30 Low Salt TRISCUIT, Wafers
- Scallions, for garnish



In medium bowl, stir together chicken, grapes, mayonnaise, almonds, scallions, chutney and curry. Cover and chill at least one hour.

To serve, spoon about 2 teaspoons mixture on each Low Salt TRISCUIT Wafer; garnish with scallions.

Nutrition information per serving - Calories 43; Sodium (mg) 18; Cholesterol (mg) 5; Fat (gm) 2

### SPOON SIZE GRANOLA

Makes 5 cups

- 3 cups SPOON SIZE, Shredded Wheat
- 1/2 cup wheat germ
- 1/2 cup chopped PLANTERS, Slivered Almonds
- 1/4 cup FLEISCHMANN'S, Margarine, melted
- 3 tablespoons honey



In large bowl, combine SPOON SIZE Shredded Wheat, wheat germ and almonds. Combine FLEISCHMANN'S Margarine and honey; pour over cereal mixture, tossing to coat well. Spread on ungreased 15 1/2 x 10 1/2 x 1-inch baking pan.

Bake at 200°F for 20 minutes, stirring once. Cool. Store in tightly covered container. Serve with skim milk if desired.

Nutrition information per serving (1/2 cup) - Calories 162; Sodium (mg) 39; Cholesterol (mg) 0; Fat (gm) 8

### ZIPPY VEGETABLE DIP

Makes 1 1/4 cups

- 1 tablespoon FLEISCHMANN'S, Sweet Unsalted Margarine
- 1/2 cup chopped tomato
- 1/4 cup chopped scallions
- 3/4 cup chopped cucumber
- 1/4 cup low-sodium mayonnaise
- 3 tablespoons chopped parsley
- 1 tablespoon prepared horseradish
- Parsley sprig, for garnish
- Low Salt WHEAT THINS, Snack Crackers



In skillet, over medium heat, melt FLEISCHMANN'S Sweet Unsalted Margarine. Add tomato and scallions; cook, stirring constantly, for 5 minutes. Cool slightly. Stir in cucumber, mayonnaise, parsley and horseradish. Cover; chill 1 hour.

To serve, spoon vegetable mixture into serving dish; garnish with parsley sprig. Serve as a dip with Low Salt WHEAT THINS Snack Crackers.

Nutrition information per serving (1 tbsp. dip, 4 crackers) - Calories 58; Sodium (mg) 21; Cholesterol (mg) 1; Fat (gm) 4

### HONEY BRAN MUFFINS

Makes 12 muffins

- 2/3 cup skim milk
- 1/2 cup honey
- 1/4 cup EGG BEATERS, Cholesterol-Free 99% Real Egg Product
- 1/4 cup FLEISCHMANN'S, Margarine, melted
- 1 cup NABISCO, SHREDDED WHEAT 'N BRAN, coarsely crushed
- 1 1/2 cups all-purpose flour
- 2 1/2 teaspoons DAVIS, Baking Powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger



In small bowl, combine milk, honey, EGG BEATERS and FLEISCHMANN'S Margarine. Stir in NABISCO SHREDDED WHEAT 'N BRAN; let stand 10 minutes.

In medium bowl, combine flour, DAVIS Baking Powder, cinnamon and ginger; stir in cereal mixture just until blended; do not overmix.

Spoon into 12 greased (2 1/4-inch) muffin-pan cups. Bake at 375°F for 20 minutes or until toothpick inserted in center comes out clean. Remove from pan; cool on wire rack. Serve warm or cold.

Nutrition information per serving (1 muffin) - Calories 156; Sodium (mg) 141; Cholesterol (mg) 0; Fat (gm) 4

