Watch What Goes

Into Your Mouth

The weather is warming and the freshness in the air hints of new life and bustling activity.

With this hint of summertime weather ahead comes the urge to shed winter garments for the cooler, lighter more revealing fashions of the summer. For many of us, this "winter ic spring" transition also means that we can no longer hide those extra pounds accumulated during the long months of

If the prospect of dieting this "excess baggage" brings to mind images of endless days of boring, tasteless meals, but the prospect of not dieting brings to mind even worse images of you stuffed into (or spilling out of) bathing suits and shorts, then you are faced with two alternatives-wear long pants and hide indoors until next winter or begin to keep a close watch on goes into your mouth!

Low-calorie poultry recipes (some of which are printed in today's Cooking Corner) are available to readers in an attractive set of handy, easy-to-read and use recipe file cards. To receive a set of these recipes from "Skinny Minnie Recipe Book", send 50 cents for postage and handling to: Slim Down Poultry Recipes, in care of the North Carolina Poultry Federation, Box 2431, Raleigh, N.C. 27602.

ROAST TURKEY IN PAPER BAG (8 pound turkey serves 10)

Prepare for cooking by rubbing with margarine, then sprinkle lightly with salt and flour. Put ½ t. of salt inside cavity, along with an apple, orange and onion, and ¼ c. orange juice. Put the turkey into a large brown paper bag and roll the end up tightly. Place in roasting pan and set in 300 degree oven. You can forget it for four hours. When done, remove from oven and let stand for 10 to 15 minutes. Then cut out top of bag and lift out the beautiful bird. Approximately 300 calories per serving.

> **SLIM DOWN ANGELED EGGS**

4 hard-cooked eggs

1 T. tomato juice 1 to ½ T. vinegar

1 t. minced onion

½ t. salt 1/8 t. liquid artificial

sweetener dash of chili powder or 1/4

t. celery seeds Cool and shell eggs, cut longways; Blend all the ingredients and pile yolk mixture into egg whites.

Serves 4. (75 calories per

Get More For

serving)

Your Meat Dollar

Are you interested in getting more for your meat dollar?

If so, plan to attend the program "Getting More For Your Meat Dollar" to be given by John Christian of the Food Science Department, N.C. State University on Tuesday, May 15 at 9:30 a.m., 2 p.m. or 7 p.m. at the County Office Building.

Mr. Christian will show you how to select and cut beef and pork from your supermarket into more than one type of meal. He will also be discussing the preparation and serving of more economical cuts of meat. As the price of food continues to rise, this program should be very helpful to both women and

men. Call Jessie Ann Wingo, Home Economics Extension Agent at 482-4865 if you would like more information.



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