


Baking Expert Puts Health in the Holidays

(NAPSA)-You may be able to indulge with a tad less guilt this holiday season. Use canola oil in recipes that call for oil or solid fat in baked goods such as breads, loaves and muffins, says Shirley Corriher, author of the new "BakeWise" cookbook and winner of the James Beard Award for Excellence. Canola oil has the least amount of saturated fat of any common cooking oil and is free of trans fat and cholesterol.

Solid Fat to Canola Oil Conversion Chart

Solid Fat (melted)	Canola Oil
1 cup	¾ cup
¾ cup	⅔ cup
½ cup	⅓ cup
¼ cup	3 Tbsp 

When substituting canola oil for other oils or melted solid fat, you will reduce the saturated fat content of baked goods. You will also reduce the total amount of fat by up to 25 percent and eliminate trans fat and cholesterol when using canola oil instead of butter or lard. Use the chart to convert your recipes.

"Canola oil not only makes baked goods healthier, it makes them moister and more tender," Corriher says. "I use canola oil in almost all of my muffin and cake recipes."

"Oil makes cakes more tender by preventing gluten formation in the flour," she explains. "Oil does this better than solid fats. I prefer canola oil because of its healthy fats, light texture and mild flavor."

For a variety of holiday and anytime-of-year recipes, go to www.canolainfo.org. Each week in November and December, a new holiday recipe will be featured on this web site. To kick off the season, here's a delicious holiday dessert that's easy to make and likely to impress your guests.

So Light, So Easy Pumpkin Cake

- 18.25-oz. box white cake mix
- 1 1/4 cups water
- 1/4 cup canola oil
- 1 large egg
- 2 large egg whites
- 1 cup canned pureed pumpkin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- Canola oil cooking spray
- Fat-free whipped topping



1. Preheat oven to 325° F.
2. Combine all ingredients, except oil spray and whipped topping, in large bowl. Using electric mixer, mix per directions on cake package. Coat 13x9-inch nonstick cake pan with cooking spray and spoon batter evenly into pan. Bake 25-35 minutes or until wooden pick inserted comes out clean. Place pan on wire rack and cool completely.
3. When serving, spoon 1 tablespoon of whipped topping on each slice. May freeze leftover cake up to one month.

Yield: 20 servings.

How To Protect Your Personal Information

by Anne Wallace
(NAPSA)-Identity theft can happen to anyone and that's why it's so important to take steps to protect your personal information.

One of the best ways to safeguard personal information- Social Security number PIN, account numbers, and date of birth-is to treat it like cash. Protect it and be careful how you use it.



Anne Wallace

Here are some tips from the experts at ITAC, the Identity Theft Assistance Center, a nonprofit coalition of financial services companies committed to protecting customers from identity theft:

- Carry only necessary identification with you. Don't carry your Social Security card.
- Monitor your online and paper accounts. You can catch suspicious activity more quickly by monitoring your accounts online. Immediately report any unusual activity to your financial services company.
- Retrieve incoming mail as soon as possible and don't put outgoing mail in your mailbox.
- Manage how you "spend" your personal information by asking "why do you need it?" if asked for your Social Security number, driver's license number, date of birth, etc.
- Sadly, fraud and identity theft are often committed by people you know. Are you comfortable with the

amount of personal information that friends, family and the people who work in and around your home or office have access to?

- Be wary of telephone requests for information. Unless you initiated the call, do not provide personal information over the telephone. The same rule applies to requests for information in e-mails and at your front door.
- When shopping online, use only secure Web sites. Look for online seals to make sure you are dealing with a reputable company. The seal verifies that a company is committed to its privacy policies.
- Beware of urgent e-mails asking you to disclose personal and financial information. These "phishing" schemes often use a bank or government logo to trick you into believing the e-mail is legitimate.
- You can check for suspicious or inaccurate account activity by reviewing your credit report. Or you can protect yourself by signing up with an identity theft prevention service such as ITAC Sentinel. You can learn more about ITAC Sentinel at www.itacsentinel.com or by calling (888) 283-1970.

Anne Wallace is president of ITAC, the Identity Theft Assistance Center (www.identitytheftassistance.org). ITAC is a nonprofit supported by financial services companies that protects consumers through partnerships with law enforcement, education and identity management services.

Camp Fire USA Mt. Hood Council 2008 Annual Holiday Candy Sale

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Buttercrunch Toffee
\$10.00 Canister (13.3 oz)
\$110.00 case of 12

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Please see reverse side for more information on our programs

Mt. Hood Council Holiday Candy Sale Contact:
Tracy Loewen, Youth Development Manager
tracyl@campfireusamthood.org 503.656.2530 x 46 or 360.816.0570 x 46

ATTENTION EAGLE SCOUTS and Other Service Organizations Do You Need A Community Project?

CAMP MELACOMA WOULD APPRECIATE YOUR CONSIDERATION

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The camp could use your help.



WOOD PROJECTS

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