



WORTHINGTON FOODS
NEWS AND VIEWS

Chopletter

Vol. XIX, No. 2

Spring, 1966

Fifth Biennial Salesman Session Held at Worthington



Salesmen for Worthington Foods, Inc., met at Worthington November 14 to 17 for their 5th biennial conference. During the past ten years, the sales force has been increased from one salesman to 17 salesmen. Since 1957, six branch sale warehouses have been opened.

When Worthington Foods, Inc., began its operations as a manufacturing company, its products were designed to fill a need for persons interested in vegetable protein foods because of religious dietary reasons. While this objective continues to be important, there is increasing interest on the

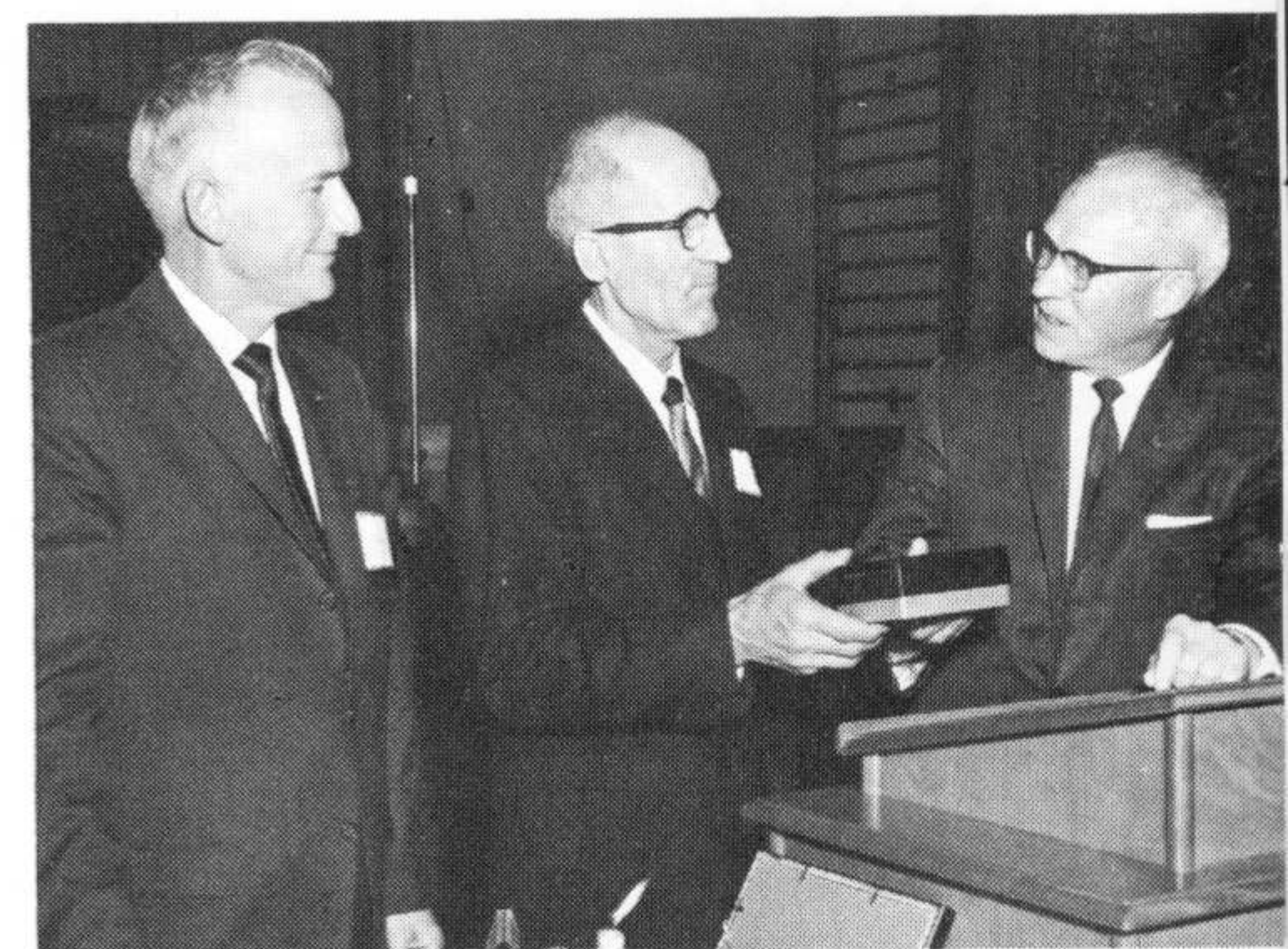
(Continued on page 2)

Right: J. L. Hagle, president of the Board of Worthington Foods, Inc., presents Worthington's first 25-year award for service to Bernath J. Knecht (center), plant engineer, at a company dinner for employees held at the close of the biennial conference for salesmen.

Mr. Knecht has been with the company since its organization in 1939. Allan Buller, general manager of the company, looks on as Knecht receives the engraved Accutron wrist watch.

Other awards presented were two 20-year certificates, 2 fifteen-year, 7 gold pins for 10 years of service, 18 silver pins for 5-year terms, and 23 pins for 3-year terms.

The dinner held as a concluding event to the biennial sales conference was attended by 202 employees of Worthington Foods, Inc.



THEY SAY...

Under the title, "When It Comes to Soy Protein, What Hath Man Wrought?" the *Cleveland Plain Dealer*, January 13, 1966, carried an article describing Worthington foods. Said the home economics editor, "The foods look, taste, and smell like and have nutritive value equal to ham, beef, chicken, but are composed mainly of protein from soybeans."

The article quoted the manager of a Cleveland store: "I took a package of White Chik home, and my wife asked what kind of chicken it was. I said it was a new kind, and she said it wasn't half bad. I don't think you could tell the difference."

Relation to World Nutrition

A more recent article in *Plain Dealer* dealt with the needs of the world nutritionally and the relation of a soy protein program to help meet those needs. The article quoted J. L. Hagle, president of the board of Worthington Foods:

"We've had visitors from all over the world. We've been asked to manufacture foods in India. We've had other visitors from South America, Australia, Germany, England and Sweden, to name a few." In the understatement of the year, Hagle concluded, "If we were called upon to feed the world with vegetable-protein foods, it would take a vast number of companies to do it."

The *Plain Dealer* points out that "a vast number of companies may be called upon to do just that. What has been happening in miniature in Worthington quietly over the last 10 years is happening explosively in research labs at some of our largest companies."

Quality Protein Needed

Dr. Art Odell, manager of the Isolated Protein Program at General Mills' James Ford Bell Research Center in Minneapolis, Minnesota, said, according to *Plain Dealer*: "The world's problem is not lack of calories but of adequate high quality protein. Even to maintain the present inadequate protein level, the global areas of greatest population density must produce, by themselves, an amount of extra food equal to the total world production at this moment. It cannot be done by conventional methods, which produce, for example, one pound of beef per steer per 24 hours."

New York Times recently carried a few paragraphs on Worthington foods. Said the *Times* reporter,

HAPPY LIVING

MOUNTAIN MEADOWS: One never knows where to expect them. Barren scarps of stern rock may screen them from view on the hair-pin turns of the mountain roads. But, round a bend, and there they are—miniature landscape masterpieces of green pasture framed with trees and dotted with color of wild flowers—and, if you're lucky, deer grazing.

Their unexpectedness adds to their charm, like the pleasant surprise of a tasty treat tucked in with the solid sandwich of everyday living. Or the delightful, abrupt change of mood in the musical measure of a scherzo. Or the relief of a comic scene inserted in the tenseness of tragedy.

It's these "mountain meadows" that make living so interesting—a surprise compliment, a new friend, an introduction to a fascinating book, the invitation to a new challenge, the exploration of a hobby byway leading from the beaten path of daily monotone monotony.

And while one cannot tarry long at these "mountain meadows," for the trail leads onward, these little gems spark the setting of the principal jewel and enhance it. Suddenly life holds an extra sparkle.

O. Young

Zip Code Reminder

The United States Post Office Department has notified us that zip code numbers must be shown on all second class mail beginning January 1, 1967. Unless your zip code is shown, we have no assurance that your copy of **CHOPLETTER** will be delivered.

Enclosed with this issue is a card for your convenience in giving us your correct present address with your zip code number. Please fill it out and return it to Worthington Foods, Inc., Worthington, Ohio 43085, at your earliest convenience.

"Fried 'chicken,' sliced 'ham,' and 'cheese' — all made from soybeans — were served at a snack bar at the recent Delaware State Crop Show. . . . Reactions were often favorable, and many were amazed at the meat like texture and appearance." The *Times* was quoting the extension food and nutrition specialist at the University of Delaware.

FROM OUR PATRONS

● "Your SOYAMEAT really takes the cake. When I make a casserole dish, everybody thinks it is chicken pie. Make lots of SOYAMEAT just the way you make it now."

● "Just don't know how we ever got along without BREADING MEAL. We both have dentures, and I chop all our raw vegetables and of course it makes a weeping salad; but BREADING MEAL comes to my rescue, and it tastes so good."

● "FRY STICKS are so good and CHOPLETS, too, and SANDWICH SPREAD. I could go on and on."

● "We use your magazine, also your foods which we consider the best."

● "I have wanted to tell you very much how much I appreciate CHOPLETTER. I really look forward to it and wish it could be published monthly. I especially enjoy articles on nutrition and enjoy trying your new recipes."

Salesman Session

(Continued from page 1)

part of the public in the products manufactured by Worthington Foods because of the low fat and low cholesterol characteristics of the products. The economics of production also favor these foods as a partial answer to the world population explosion problems.

Chopletter

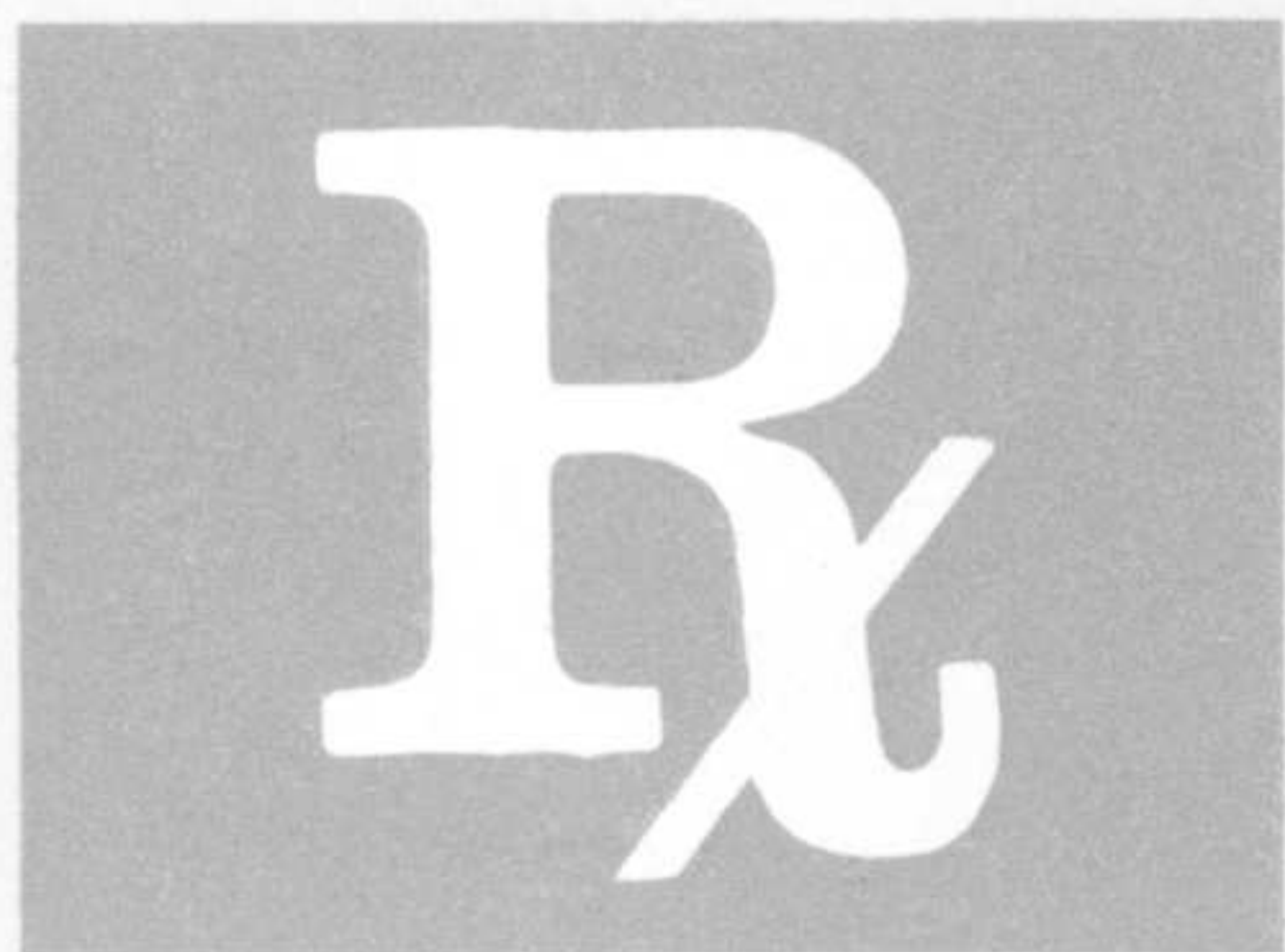
Copyright 1966

Published Quarterly
By WORTHINGTON FOODS
Worthington, Ohio

Makers Of
Famous Choplets

OPAL HOOVER YOUNG
Editor

CHOPLETTER



*Take moderate
doses of Vanity
and Exercise
t.i.d.
or as needed*

Vanity may well turn out to be as good as medicine in combating hardening of the arteries, diabetes, heart trouble, and other degenerative diseases.

Now wait! Don't rush out and buy a new hat or a new car! And this isn't the kind of vanity, either, spoken of by Solomon that comes before a fall.

Vanity may be helpful IF the prospect of sagging posture, flabby muscles, and the like induces reasonable exercise, says Dr. Jose C. Montero of the Stanford School of Medicine. His statement before the American Congress of Physical Medicine and Rehabilitation, as given in the news section of *Today's Health*, January,

1966, calls attention to evidence that "exercise produces effects that run counter to the trend usually seen with the onset of degenerative diseases." And Dr. Montero adds, "It would seem feasible to employ exercise as a preventive measure."

Also, Dr. Paul D. White, noted heart expert, encourages moderate exercising in promotion of heart health, and recommends bicycling, walking, or even rocking-chair exercise. One of his recent suggestions for his crusade for healthy hearts is to discourage the multiple telephone system in the home. Pedometer tests on housewives indicate that the housewife saves on the average of 76 miles a year to answer the tele-

phone in the multiple telephone system. This distance, states White and his colleague, Dr. Henry D. Stebbins, may represent a sizeable portion of the total exercise of some housewives; and, therefore, may be of considerable value in maintaining good muscle tone and adequate circulation. It may be, they agree, just the type of exercise most beneficial to heart, arteries, and general health — even one of the reasons the average wife currently outlives her mate, the underexercised business man.

Diet Tip

And exercise is definitely an aid in helping to control weight. In some *Timely Tips* called "Operation Diet Right," the American Medical Association points out that "the best diet plan takes more backbone than wishbone. But the formula is simple quotes *Nutrition Notes*, October, 1965: "Eat less, exercise more."

Americans, the report states, waste \$100 million annually on phony reducing products. . . . Exercise will help in your campaign. Remember weight control is a matter of balancing food intake with activity output.

Nutrients Needed

To stay in good health, the body needs nutrients. Nutrients have calories. Exercise makes it possible for the body to handle more calories and at the same time does away with the tired, irritable feeling and lack of resistance to disease that often accompany low-calorie diets and too-quick loss of weight. Someone has pointed out that our ancestors didn't have to *take* exercise; they *got* it.

So give the Rx Vanity Plus Exercise a chance. Get proud of the way you look, of your posture, of your feeling of well-being. Exercise is the active ingredient in the prescription.

DIET MATTERS TO YOUR HEART*

- Total lipids and phospholipids were both lower on the diet rich in the complex carbohydrates (such as in cereals and potatoes) than on the diet rich in sucrose (table sugar), indicating a possible correlation between the ratio of simple to complex carbohydrates and the increasing incidence of coronary disease in the United States.
- Heart-attack patients on a low-fat, cholesterol-lowering diet had fewer repeat coronaries and a much lower death rate than patients on an unrestricted diet.
- More than four eggs a week in the diet (including those used in cooking) counter-balance the cholesterol-lowering effect of a diet otherwise low in saturated fat and relatively high in unsaturated oils.
- Anyone counting on yoghurt as a cholesterol reducer should forget it.

* Indications from experiments reported in *Nutrition Notes*, October, 1965, No. 39.

Lyman and Vickie Miller



Lyman and Victoria Miller, of Castro Valley, California, are employed by Worthington Foods and are engaged in health education work for the Company. They have presented programs on health and nutrition to a large number of church and school groups as well as private organizations in California, Oregon, Washington, Idaho, and Montana during the past four years. Plans are being made to extend this program to Colorado and states further east.

Mr. Miller has been with the company for twelve years, having begun as a sales representative in 1954. Both Mr. and Mrs. Miller are graduates of Walla Walla College, College Place, Washington. Mrs. Miller is a registered nurse and holds a master's degree with a minor in nutrition. Prior to joining Worthington Foods, Mr. Miller was employed by a company distributing various types of

fresh and processed nuts so he has a wealth of experience in the food field.

Among the programs prepared and conducted by Lyman and Vickie Miller are classes in nutrition, school lunch programs, cooking schools, food preparation demonstrations, health lectures, and information programs about Worthington Foods and about products manufactured and distributed by the Company.

A strong program of education on the principles of nutrition and food preparation for the benefit of housewives is one of the objectives of the Worthington Food Company. The programs put on by Mr. and Mrs. Miller are sponsored by Worthington Foods as a public service. Requests for programs by Mr. and Mrs. Miller exceed the time that they have available. However, they are devoting their full-time efforts to this work and hope eventually to appear in all of the western states.

Kitchen Potpourri

By JAN WORTH

Sturdy meals are, of course, the main ingredient of kitchen potpourri, but meals alone can become dull brown things like old rose petals without the spices and oils that create the fragrance of rose potpourri sachet. In the kitchen, these spices and oils come from a bit of sunshine in the soul, a sprinkle of light-heartedness in the approach to the day's task, a scrap of song on the lips, a generous dash of love in the heart. Add these to the kitchen work schedule, and you have a kitchen full of fragrance.

Exotic Beef-Style Stew

- 2 cans SOYAMEAT, DICED BEEF STYLE, with liquid
- 1 can tomatoes (1 pound)
- 2 medium onions, sliced
- 1 teaspoon salt
- 1 teaspoon celery salt
- $\frac{1}{3}$ cup lemon juice
- $\frac{1}{3}$ cup unsulphured molasses
- 1 cup water
- 6 carrots, pared and cut in pieces
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ teaspoon ginger

Combine vegetables, seasonings, lemon juice, molasses, and water in heavy sauce pan. Cover and simmer until vegetables are tender. Add SOYAMEAT and continue cooking until SOYAMEAT slices are heated through.

This dish can be made ahead and reheated. Keeps (even improves!) its good taste for left-over dishes, too.

Oven Patties

- $\frac{1}{2}$ can MEAT LOAF MIX (10 ounce)
- 1 cup water (hot, but not boiling)
- 2 eggs, slightly beaten
- 1 can mushroom pieces (14 ounce) drained
- 1 small onion, chopped fine
- $\frac{1}{2}$ green pepper, chopped fine
- $\frac{1}{2}$ cup bread crumbs
- 2 tablespoons cooking oil
- 1 can mushroom soup (10 $\frac{1}{2}$ ounce)
- 1 teaspoon SAVITA

Combine MEAT LOAF MIX and water. Let stand 15 minutes. Add beaten

eggs, bread crumbs, chopped onion and pepper, and mushrooms. Spoon into patties and brown in oil in skillet. Place patties in oven casserole dish. Stir SAVITA into mushroom soup and pour over patties. Bake at 350° about 30 minutes. Makes 10 to 12 patties.

Tasty Twists

- 1 can SOYAMEAT, FRIED CHICK-EN STYLE (13 ounce) drained and cut in small pieces
 - 2 tablespoons finely chopped green pepper
 - 2 tablespoons minced onion
 - 1 can condensed Cheddar cheese soup (11 ounce)
 - 2 cups Bisquick
 - $\frac{2}{3}$ cup milk
 - $\frac{1}{3}$ cup canned tomatoes, chopped
 - 2 tablespoons tomato liquid
 - 1 tablespoon chopped parsley
 - dash crushed tarragon
- Combine SOYAMEAT, green pepper, onion, tarragon, and $\frac{1}{4}$ cup soup. Mix Bisquick with milk. Roll biscuit dough in rectangular form $\frac{1}{2}$ inch thick. Spread SOYAMEAT mixture over dough and roll together in lengthwise roll. Place on greased bak-

ing sheet to form a ring, pinching the adjoining ends together firmly. Make eight slash cuts almost to center of ring. Twist each piece on its side to show filling. Bake at 400° about 15 minutes until biscuit ring is golden brown and filling is heated through. Combine tomatoes, liquid, and parsley with remaining soup. Heat and serve with ring. Makes 8 servings.

Yam Dinner Corral

- 1 $\frac{1}{4}$ cups water
- 1 package instant yams
- $\frac{1}{4}$ teaspoon pumpkin pie seasonings (optional)
- 3 tablespoons margarine
- salt
- 1 small onion, chopped
- 1 package frozen asparagus spears (10 ounce) cooked
- 1 can condensed cream of mushroom soup (10 $\frac{1}{2}$ ounce)
- 1 teaspoon mock chicken seasoning
- 2 cups SOYAMEAT, DICED CHICK-EN STYLE, with liquid

In small saucepan, bring water just to boiling. Remove from heat. Gradually stir in yam flakes with fork, adding seasonings with the flakes. Add to mixture 2 tablespoons margarine.

In separate pan, add onion to asparagus and cook according to package directions. Remove asparagus and lay in 4 bundles in 11 x 7 x 1 $\frac{1}{2}$ -inch baking dish. Continue to cook onion until liquid is almost gone; then mix it with the soup, remaining margarine, and SOYAMEAT. Pour over asparagus.

Arrange yams in hills around SOYAMEAT mixture. Bake at 350° about 30 minutes. Makes 4 servings. Serve with a green salad and your favorite hot beverage.



Mashed yams surround SOYAMEAT, DICED CHICKEN STYLE, and asparagus. With this combination, the diner gets high nutritional value with delicious taste. Nut-stuffed apples are good with this dish.