

# High Fat Diet & Heart Disease

By Ida Jean Kain

You can help your husband live longer. Get into the habit of curbing the fats. Although all the facts are not yet known, one thing is certain — heart disease is most common among people who eat a high fat diet.



Heart ready for size 14

Planned by Dr. Max Millman in his article, "The Great Cholesterol Question."

Our diet practically "swims in fat," according to authorities. Department of Agriculture experts point out that 40 percent of all the calories we eat today come from fat. Actually, 20 percent of fat would be ample. If our present day dietary tendencies continue unchanged, specialists predict that we can expect more coronary disease in the future.

Most people underestimate the amount of fat they consume. Dr. Millman points out, because a good share of the fat is invisible. Eggs, milk, nuts, pastry and olives are high in fat content. Even lean meats and fish contain fat and oil. Visible fats include butter, margarine, cream, peanut butter, olive oil, rich salad dressings, shortening and the fat that can be trimmed from meat and fowl.

After years of research, the cholesterol theory was put to an interesting test. Coronary patients were advised by their doctors to omit as much as possible of cholesterol rich foods, such as egg yolk and butter fat, from their diet. The results proved surprisingly disappointing...the blood cholesterol content dropped very little. The reason for this became clear only when it was shown that the human liver is capable of manufacturing cholesterol of its own. Fat in the diet furnishes the raw material from which the body makes cholesterol.

Scientists are a cautious lot and are not wont to jump to conclusions. They do agree, however, that, since from a dietary standpoint, cholesterol and fat are one and the same, it follows that to stop the building up of cholesterol, the fat in the diet must be cut. The scientifically planned low calorie reducing diet is a low fat diet.

The widespread problem of overweight is an indication of high fat usage in the United States today. Dr. Millman observed, overweight and the high fat diet go hand in hand. A reduction in fat intake might be expected to benefit not only our arteries but also our general health.

Yesterday's column described how fat affects the arteries and encourages atherosclerosis, as ex-

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## Pretty Summer Wedding

A profusion of cut flowers decorated Fredericton Church of Christ on Wednesday, August 17, at six o'clock when Shirley Doris young daughter of Mr. and Mrs. Andrew J. Stevenson was united in marriage with Mr. A. Balfour Read, son of Mr. N. Bishop Read, Summerside, and the late Mrs. Read. Rev. W. O. Weale, Summer-

## ELLEN'S DIARY

By An Island Farmer's Wife

We should—we would, we decided to refill an empty cookie jar this morning, the same that certain lads of our acquaintance with hungry stirrings reach down from the cupboard with the remark: "Never you mind coming! We'll just help ourselves!" Different seasons and whims of appetite ask for a change of variety. At present they favor Cornflake Macaroons, a hybrid it seems neither cake nor candy but wholesome eating and quickly made. The food mixer makes short work of beating the egg whites with the sugar and flavorings. We then fold in the cornflakes by hand turning them over and over carefully until all is well mixed before dropping in proportioned dots to a greased pan and giving them to a warm, not hot oven to bake.

We added a stick to revive the dying breakfast-fire, in the first of our preparations. We turned on the radio for company and incidentally to learn how the subjects in a serial were faring. We chuckled as we turned to the pantry. We should hear it through today! It is not considered to be in the best interests of the farming at Alderlea for this matriarch of the place to be caught with an ear to a serial in the heat of some seasonal field-work. It denotes an obvious lack of interest in the affairs of the farm. If we can not be of help out of doors at the moment we should keep our mind not so lightly occupied in the interval. We should direct it along more substantial channels—and industrious!

How pretty it was about! The sun mellow and lovely, a bit of a breeze in the lawn-trees. The cows made an engaging picture where they pastured in the front meadow, by the pond. What had James said? "About (Yes, we glanced at the clock, this was the very time!) run down there Ellen and see that all's well. I guess, we shouldn't have turned them to the aftermath so early, and it still damp with the dew. We don't want any losses from blight—a cow's a cow nowadays," he nodded.

"My dearest...how could you ever have doubted my love...even for a moment?" the tender male voice throbbed with devotion. We tore ourselves away—and missed the rest of it. We made the cookies however, and if nothing comes between, we may pick up the broken threads of the story in a new tomorrow.

Until tomorrow—Diary—Good-night.....

SOURIS WEST W. I. The August meeting of the Souris West W. I. was held at the home of Mrs. John Kieckham on August 31st with an attendance of 12 members and 3 visitors.

The meeting opened with the Ode followed by the Mary Stewart Col-

## COOK'S CORNER



### BAKED PORT CHOPS

4 pork chops  
1/4 cup brown sugar  
1 large apple  
1/4 cup water

Flour chops and brown in hot fat. Sprinkle with seasonings. Place in baking dish or leave in skillet. Pour off excess fat. Sprinkle raisins on chops. Core apple and quarter but do not peel. Cut in thick slices and arrange on meat over raisins. Sprinkle with sugar and pour water around chops. Cover and bake 45 minutes in 350 degrees oven, basting once or twice with liquid in baking dish.

lect. Roll call was answered by giving a nickel. The minutes of the last meeting were read and approved.

The discussion on the dental clinic which was taken up at the previous meeting was settled.

The following new committees were appointed: School; Mrs. Tom Kieckham, Mrs. Henry Gallant, Sick Mrs. Henry Peters, Mrs. Reggie Peters, Mrs. Bert Mullanly, Mrs. Henry Peters, Mrs. Reggie Peters and Miss Frances Kieckham were appointed to scrub the school.

The lucky winner of the box of groceries was Mrs. Alfred MacCormac. The proceeds of the draw were \$11.00.

Mrs. Frank Deagle invited the members to her home for the September meeting. Lunch was served by Miss Frances Kieckham and Miss Mary Kieckham, assisted by Miss Ann Campbell and Miss Cathy Campbell.

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WHEN your baby's head feels hot it may be because of simple fever common to some minor baby ailments. If so, Baby's Own Tablets will promptly help reduce this simple fever by clearing harmful wastes out of the system. If baby's fever is not promptly relieved, consult your physician.

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**Salmon Croquettes**  
Yield: 12 croquettes

JEWEL FOR FRYING  
1 can (7 1/2 oz.) salmon  
1 can condensed cream of mushroom soup  
3 1/2 cups soft bread crumbs

1 tablespoon lemon juice  
1/2 teaspoon cayenne  
1/2 teaspoon salt  
Dip: 1/4 cup dried bread crumbs or cracker crumbs  
1 egg, beaten

Combine all ingredients well. Shape into croquettes. Roll in the crumbs, then in egg and again in crumbs. Heat Jewel slowly for frying in deep heavy saucepan to 375°F (cube of bread browns in 60 seconds). When you use pure, bland Jewel you can be sure your fried foods are really digestible. They're not greasy either, because you can cook them so quickly in Jewel. Make sure there's enough fat to cover croquettes completely. Remember, Jewel is homogenized and that means every spoonful is exactly right. Fry croquettes three at a time until golden brown, turning to brown all over. Notice how Jewel is completely odorless, keeps its clear colour throughout the frying. Jewel won't take on any of the fish flavour either, so you can strain it, store it in the refrigerator and use it again to fry something else. Drain croquettes on absorbent paper. Serve piping hot.

Frying temperature: 375°F Frying Time: 2 to 3 minutes.

**FRY IT RIGHT: FRY IT WITH JEWEL!**

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