

Controversy Rages Cholesterol Scare Discounted

It may well be that a lifelong intake of high-content fatty foods, contrary to current dietetic theory, is not a deterrent to old age nor even necessarily the cause of cardiovascular troubles, a survey of elderly people indicated today. The medical supervisor of this pilot study is Dr Eugene C Klein, M D, D-M, F A C P.

The mysterious factors that enable men and women to lead a full life on dietary regime high in cholesterol foods, and still be mentally alert and physically active long after they have become octogenarians, are as worthy of scientific investigation as are the postmortems on those who died in middle age or younger, the report said.

These inferences were drawn from a study by the public service division of the Roy Bernard Co, Inc of the lifetime eating habit of 100 active, non-senile men and women in seven homes for the aged throughout the New York metropolitan area whose ages averaged 82.61 years. It was found that 96 percent of those interviewed 45 males and 55 females, had never followed a diet for any time period during their lives for the purpose of losing weight, and that fats of all kinds were a dominant factor in their lifelong eating habits.

"Several subjects reported eating fats in pure form, such as butter, lard, chicken fat and other extremely high cholesterol foods," the survey reported, "and chocolate and chopped liver were also popular in their diets." One man, aged 82, said that he ate a pound of chocolate a week and brings a pound to the matron on duty.

"Converse to what had been expected," the Roy Bernard report continued, "those with past and present diets of the highest fat content were the group least affected by cardiovascular trouble."

Furthermore, there was a marked preference for fried foods with 92 per cent of those polled still partaking

eggs a day all of his life, and this was substantiated by his daughter.

One of the complaints registered by some of the older persons was that they do not get enough of frankfurters or corned beef and cabbage.

The majority of those interviewed were found to be light drinkers of alcoholic beverages, but only 39 of the subjects were smokers.

An interesting incidental fast brought out was that of the 100 persons polled only one was considered to be overweight, although most reported some obesity during their middle years which later disappeared without re-

stricted dieting.

"It would seem fairly certain from these results," the Roy Bernard report concluded, "that foods with high or highest cholesterol content do not inhibit the longevity of subjects whose systems in some cases, and for reasons unknown, are impervious to diets that are thought to be injurious."

"The inference to be drawn

is that the mysterious oric ability to exist on unrestrictd & pleasurable diets serves as much research scrutiny as does the postmortems of the non-survivors."

More personal income originates in agriculture than in any other industry except wholesale and retail trade and contract construction.



Koom along mit us and enjoy

PENNSYLVANIA DUTCH FROLIC

A Wondrous Harvest Holiday
Aug. 25 thru Labor Day, Sept. 4

Six miles east of Lancaster on the Lincoln Highway (Route 30).

A wonderful opportunity to see and enjoy Pennsylvania Dutch Crafts, Customs, Costumes, Cuts and Cookery, in a bright festival setting.

FEATURING . . . Water witching, "hex sign" painting, pow-wowing, herb medicine brewing, horse and dog operated threshing, churning, and apple grinding, steam tractor farming, soap boiling, Shoo-fly and Schmitz pie baking, "7 sweets and 7 sours" meals, pretzel twisting, apple butter making, Pageants, square dancing, juggling and play parties, Conestoga Wagon rides, farm animal zoo, children's play area. Seminars, lectures, demonstrations, exhibits.

SPECIAL EVENTS—Two simultaneous "barn raisings" and a "shooting match" with old muzzle-loaders. Amish and Plain Dutch foot washing, baptizing, communion love feasts, wedding and funeral ceremonies.

Koom in bring
dei freind mit
Admission price covers all
exhibits, demonstrations, stage
programs, spectacles, etc.
Children under 12
FREE

Pennsylvania Folklife Society Lancaster, Penna. LF
 Send a color brochure about the Frolic, EX 4-2068
 Send information on accommodations.
 Send information on the Pennsylvania Folklife Society and its publications.
 Name
 Address
 City Zone .. State ..

FARMERS SUPPLY

137 EAST KING ST. LANCASTER, PA.

SEEDS FOR FALL PLANTING

| | |
|--|--|
| Winter Rye —Balboa | Winter Ots —Cert. Norline |
| Winter Barley —Cert. Wong —Cert. Kenbar —Cert. Hudson | Seed Wheat —Cert. Red Coat —Cert. Seneca —Cert. Dual —Cert. Penno'll |

For Grazing — Sow Red Coat or Dual Wheat Sept. 15. Red Coat is a new type wheat. A heavy yielder and Fly resistant. Sow 1 bushel per acre on good soil - 1½ bushels in corn stalk ground.

ALFALFA — CLOVER — GRASSES

HEAVY BLACK POLYETHYLENE FOR SILO OR STACK COVERS

| | |
|----------------------------|---------|
| HEAVYWEIGHT — BLACK | |
| 10 ft. wide x 100 ft. | \$12.45 |
| 16 ft. wide x 100 ft. | \$19.95 |
| 20 ft. wide x 100 ft. | \$24.95 |

| | |
|--------------------------|---------|
| EXTRA HEAVY 6 MIL COVERS | |
| 16 ft. x 100 ft. | \$29.95 |
| 20 ft. x 100 ft. | \$36.95 |
| 24 ft. x 100 ft. | \$44.95 |

| | |
|---------------------------------|--------|
| SILO COVER | |
| 14' x 14' Square, postpaid | \$4.99 |

MH 30 FOR TOBACCO
Mail your order — we deliver
SNOW FENCE — 50 FT. FOR CORN BINS

● Lancaster Poultry

- (From page 3)
- 133, 10 Edwin L Funck, 4100 WVX, 9, Meader's Poultry, 133
- 11 Same, 3700 WVX, 9, to Meader's Poultry, 133, 12 M&B (Jay Donnemeyer), 5500 WV, 9, Victor F Weaver, Inc, 133, 13, Daniel G Forry, 3375 WV, 9-2, Daniel K Good, 134, 14 Same, 3500 WV, 9-2, NO SALE, 131 bid; 15 Same, 134 bid
- 16 Kenneth E Noll, 2800 WV, 9-2, John N Thomas, 142, 17 D E Horn & Co. (Glenn B Gockley) 4000 WV, 9-5, Daniel K Good, 133, 18 Same (Robert Godfrey), 5000 WV, 9-2, Roy E Ream, 136, 19 Harvey M Zimmerman, 1300 WVX, 8-5, Carl B Risser, 153, 20 Same, 2000 WVX, 8-5, NO SALE, 137 bid
- 21 Jack Bucher, 4400 WV 8, Meader's Poultry, 134, 22 Same, 23 Same, 24 Ivan Z Hoover, 1450 WV, 10-1, Martin Brendle, 14, 25 Garden Spot Broilers (Jacob C Herr), 700 WVXC, 13-6, to W C Mellinger & Son, 186
- 26 Same, 500 WVX, 13-6, W C Mellinger & Son, 186, 27 Same (John L Herr), 1300 WVP, 17-2, Roy E Ream, 192 28 Same, 600 WVC, 14-2 NO SALE, 14 bid 29 Same, 164 bid, 30 J J Hess, II (J Warren Eshleman), 1850 WVX, 9-6, Daniel K Good, 130
- 31 M&B (Elmer Garber), 7000 WV 8-6, NO SALE, 130 bid, 32 Same 6000 IR, 3-2 NO SALE, 132 bid, 33 M&B (James Barlev), 6000 WV, 8-6 NO SALE, 131 bid 34 Greider Leghorn Farm 1500 WRF, 15 mo, W C Mellinger & Son, 144, 100 m les, W C Mellinger & son 150 35 John J Dear-dotf 300 SXC, 10-4, W C Mellinger & Son, 15
- 36 Same 200 SXC, 15, to Daniel K Good, 152, 37 Helen Thomas, 350 LF, Roy E Ream, 98

You're Invited...

EBY and HEMPFIELD

Appreciation Day Jamboree

Thursday, Aug. 24th—10 a.m. to 4 p.m.

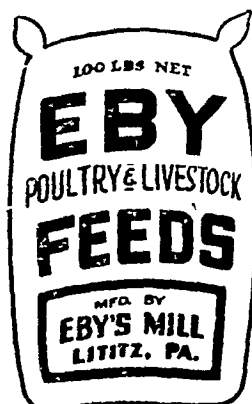
LITITZ SPRINGS PARK, LITITZ, PENNA.

Program . . .

11:30 a. m. - 1:30 p. m.—Barbecued Chicken Luncheon

2:00 p. m. - 3:00 p. m.—From Band Shell, Entertaining Program and Drawing for Jamboree Prizes

COME ANY TIME — LEAVE ANY TIME — FUN FOR ALL!!



EBY'S MILL, Inc.

LITITZ
Phone MADison 6-2106

HEMPFIELD MILLS, Inc.

EAST PETERSBURG
Phone Landisville TW 8-3031

