



Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

FAT IS BEAUTIFUL

Fat is beautiful? Of course it is. But I'm not speaking of someone who is carrying around excess pounds. I am referring to fat in our food. We need it. It is essential, nutritionally. And food would not taste very good without it.

Certainly there are varying degrees of liking fat. One person may prefer leaner meats than another. I may put more butter on my

bread than you do. And none of us should overdo fat in our meals anymore than we should overdo other substances. Like salt, or pepper, or whatever.

A Relentless War

But the war against fat has been so relentless that some of us might believe it is a kind of poison. Instead, I suggest you would not wish to eat a meal if it was anywhere near devoid of fat.

Even the people who tell you to fear cholesterol only suggest about 10 per cent reduction in the average American's fat consumption. We supposedly, on average, consume meals that contain 40 per cent fat. The cholesterol theorists suggest a reduction to 35 per cent. Most nutritionists, I believe, agree this is a good idea. The argument simply is whether there is any sense in eating less saturated fats and more polyunsaturated fats.

Polyunsaturated fats are, as you know, available from vegetable sources, principally from corn or safflower oils. During the past 50 years (while the incidence of heart disease has increased) the consumption of vegetable oils has gone up. During the same years saturated fats consumption has gone down. So I don't see a correlary with heart disease that, in turn, should make you fear saturated fats.

As a matter of fact, a researcher in the College of Physicians and Surgeons at Columbia University recently has advanced a new theory regarding cholesterol. Cholesterol, as you know, is one of the fatty substances that some researchers think may be related to heart disease. They cite statistics that individuals with high levels of cholesterol in their blood have more heart attacks and strokes.

Meanwhile, Dr. Hans

Kaunitz at Columbia suggests that cholesterol may be a "repair" substance. He says cholesterol occurs in large amounts wherever there is a diseased organ and repair processes are going on. This, he says, may partly explain why atherosclerotic lesions (in arteries) contain a high concentration of cholesterol.

Eat a Balanced Diet

Well, in my opinion, the best nutritional approach to total health is to eat a balanced diet chosen from a wide variety of foods. And you should not consume more calories than you need to maintain your ideal weight. This may mean eating somewhat less fat. It could easily mean less sweets and starches, less heavy gravies and perhaps a more sparing use of salad oils.

So don't fear fats. Enjoy them with moderation. Besides taste and perhaps great benefits we don't yet know about, fats give us energy and the fat-soluble vitamins (A,D,E and K). Fats also are part of the structure of body cells. And they form protective cushions around vital organs.

Rock Groups

There are so many rock groups around today making hit records. But have you ever noticed that so many of the groups come in lots of four? I wonder if that's for harmony or protection?

American Viewpoints



By adherence to the principles of decentralized self-government, ordered liberty, equal opportunity, and freedom to the individual, our American experiment in human welfare has yielded a degree of well-being unparalleled in all the world.

—Herbert Hoover

Chair Caning Course

A course in chair caning will be held by the Cooperative Extension Service during May. The course will be held at the Christ Memorial Lutheran Church, Paoli Pike and Line Road, Malvern.

The chair caning course participants will learn how to cane your own chair. The seat of the chair must have holes into which cane was woven because this workshop does not include replacing of pre-woven cane. It's also recommended that the chair be finished or refinished prior to caning if a new finish is desired. The course will meet on three consecutive Thursday mornings, May 9, 16, and 23rd.

Enrollment is limited and accepted on a first come first serve basis; registration is due April 23, 1974. The cost for the course is \$8.00 which includes cane and other

supplies.

If you wish to enroll, send fee and a piece of the cane or the size of cane to Miss Trudy Dougherty, 402 North Wing, Courthouse, West Chester, Pa. 19380. To determine the cane size measure between the centers of two adjacent holes.

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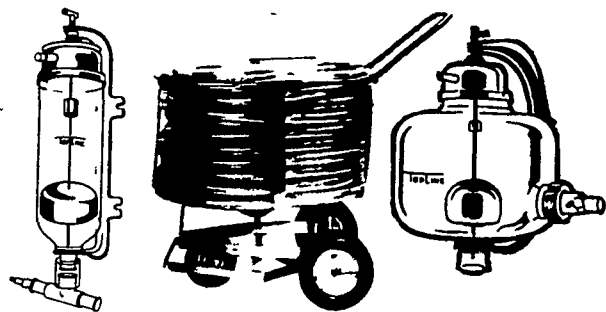
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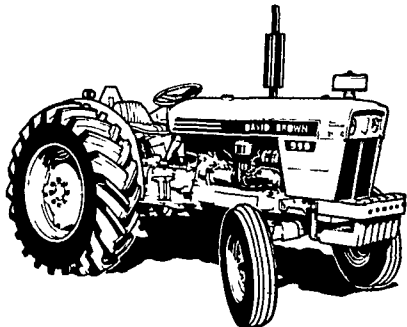
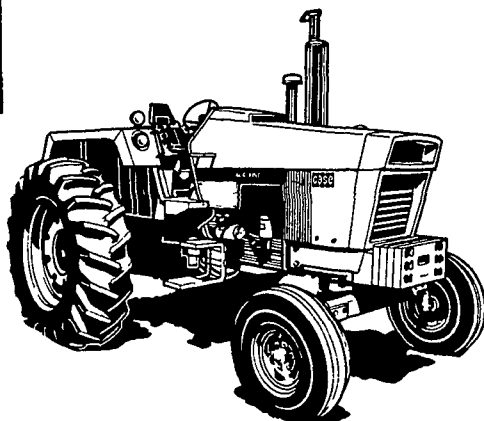
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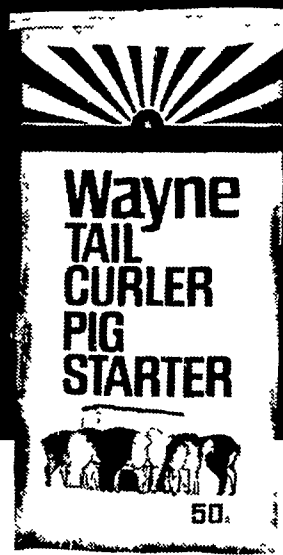
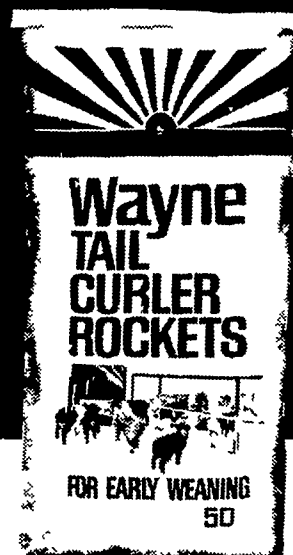
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