



## Doctor in the Kitchen®

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**Body Cell Mysteries**  
Think of the happy people there would be if tendencies to being overweight could be controlled or eliminated in infancy. That's a theory now being worked on in research laboratories.

You've heard about how our bodies develop fat cells early in life. You've been

told that once your body has so many of these cells, you will never have less. When an adult reduces, he does not lower the number of fat cells in his body. He simply shrinks the size of those he has.

**People Lose and Gain**  
And the theory is: People lose and then regain weight

because when their weight is down, their fat cells, being used to being bigger, literally "scream" for more nourishment, causing the person eventually to satisfy this craving. Then, "Volla!" You are overweight again.

So, wouldn't it be nice if we could control how many fat cells your body produces originally?

At Columbia University's Institute of Human Nutrition, that's what researcher Jo Anne Brasel, M.D., is working on—among other things. She got into her present work by way of being a pediatrician and becoming discouraged over growth problems suffered by many children.

"I became dissatisfied as a clinician seeing children, one after another, with growth problems and not really knowing what was going on underneath the skin," she says. Dr. Brasel, who in her early career had fellowship training in endocrinology and had become interested in what goes on at the cellular level in terms of growth, decided to go into research for real.

### What Controls Growth?

She wants to know "what it is that controls growth at the cellular level and when it goes wrong, what has gotten in to unmesh the gears and interrupt the process that really so often goes remarkably smoothly."

She is convinced that "Adequate nutrition is very important in obtaining normal growth and development. Disturbed nutrition will lead to distorted growth."

Some of her particular research has concerned the development of brain cells. She believes malnutrition in the very young "may have irreversible effects on these stages of growth, resulting in less mental ability."

Some of Dr. Brasel's current research is concerned with the development of fat cells. She is seeking, perhaps by using an enzyme, a means to keep track of how many fat cells are being produced in the infant. With such a test, if too many fat cells were being developed, the infant's pediatrician could take corrective action, perhaps saving the individual from an adult life of fighting obesity.

### How Good is Milk?

Now and then we need to remind ourselves of the virtues of milk. They are so great that sometimes I think people take milk for granted. And equally, because milk is totally respectable in nutrition, if someone decides to criticize it, he can easily make headlines.

It's sort of like saying motherhood is bad.

But there is another reason, too, for discussing again the virtues of milk. With prices rising today for everything, we need especially to buy the best products and services for our money.

Nutrition is no exception. Milk offers perhaps the widest variety of essential nutrition that any one food offers. Thus milk is good for people of all ages, from birth to death.

### Protein Always Needed

Milk is an excellent source of the highest quality protein. You do not lose your need for high quality protein after weaning. During early growth years and then for the rest of your life, you need this protein daily. Your needs for calcium, similarly, is high throughout life. It is not a need that dwindles away, or one that is easy to satisfy with other foods in your meals.

Whole milk also offers generous amounts of vitamin A and is usually fortified with vitamin D. Milk is important, too, as a source of riboflavin as well as smaller but significant amounts of all other nutrients except iron and vitamin C.

So how much milk should people have? Babies we

pretty much know about. But during the preschool years, 3 or more glasses of milk daily are recommended. Four or more glasses are suggested for teen-agers. Two or more glasses are recommended for adults. Pregnant and nursing women should have 4 or more glasses daily. Cheese, ice cream, and other milk-made foods can supply part of the milk.

### Danger of Deficiency

While some people may have the capacity to adapt to lower calcium intakes, even moderate deficiencies in calcium over a period of time may contribute to the occurrence of osteoporosis and periodontal disease in later years.

Drinking two glasses of milk per day, as is recommended for adults, is moderate indeed in terms of calories — 159 per 8-ounce glass — when you think of all the good nutrition that comes with it. You really cannot get

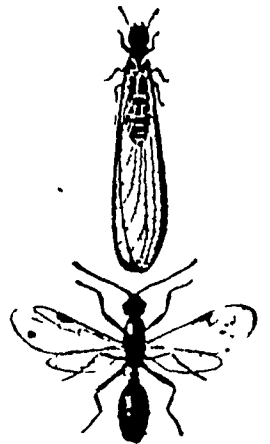
### Ham Is A Favorite

One reason ham is a favorite of the economy minded woman is because it goes a long, long way. After making its first grand table appearance, its budget-stretching leftovers mean more meals that otherwise would have to come from a new meat purchase. Next time you have ham leftover from dinner, couple it in a casserole with lima beans and cream-style corn and crown with corn muffin batter before baking. This southern-style one-dish meal rates high in appeal.

### Special Rice

Beef Kabobs or pork chops deserve to be accompanied with a special rice. Just pop a cube of beef bouillon in the boiling water when cooking the rice or use diluted canned bouillon. The soup seasons the rice as well as giving it a gourmet appearance.

most of milk's nutrients more cheaply through any other foods. So milk also offers prime economy for your food budget. And guess what? It is the original convenience food, too. Just pour it and it's ready to use.



## Which Bug is the Termite?

The top one The bottom bug is a flying ant Notice its narrow waist The termite has a broad waist They're quite different, actually If you have termites or suspect them in your home, call us



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