

Ida Risse

We've torn down our summerhouse or summerkitchen as some folks call it. And now I hear the tap, tap, tap of hammers putting up a new building. The old one with a large walk-in stone fireplace and bake oven at one end was built very long ago and was deteriorating. An enormous white mulberry had grown against the building and had to be removed.

What a job to empty such a structure which had turned into a catch-all. We gave a very primitive butcher

bench made of a slab of log to the Hans Herr House. We stored things in our honeyhouse, in our smokehouse, in our basement and of course in our attic. Many things were carted to the junk pile, many things were burned and still I probably saved too much. The question was which bottles to keep and which ones to dispose of. I surely hope I "squirreled away" the right things.

There were many parts of a hanging lamp dated 1871,

there was a board with wooden pegs for clothes, old shutters, adjustable hangers for iron kettles in the fireplace and oh so many more things stored in under the roof.

I've always said that I wouldn't want to build a house because of all the complications. Well, I'm afraid that with this addition of a new kitchen, powder room and utility room will come all the headaches of a larger building. We shall have to work with plumbers, electricians, stone masons, carpenters, etc.

This will not be a winter of relaxation and catching up with mending and reading. It is a new experience for me and will take a lot of concentration to make the proper decisions on closets, floor coverings, type of doors and many more things. I'll be glad for completion and spring to come.

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Doctor in the Kitchen®

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

A Poor Diet Is A Risk
The term "risk factor" is one the public is becoming more and more conscious of. Smoking is considered a risk factor in heart disease. So is high blood pressure. As is a family history of heart disease.

Certainly, most everyone now knows that diet may be involved. Eating too much fat, or too much sugar, for instance, is referred to as a risk factor. But what is a risk factor? Is it a cause of disease?
Not at all. The best explanation I've heard is that a risk factor is a condition in your life that may dispose you toward a particular ailment.

If You Stop...
If you stop doing whatever it is, you move yourself statistically into another group of people, people who may be less likely to get whatever disease you are talking about. But it's no guarantee you won't get it anyway. And, for that matter, living with a risk factor does not necessarily mean you will die of it.

Doctors know, as a perfect example, that not all people with high levels of cholesterol in their blood will have a heart attack. So it is all a might-and-maybe thing. Most physicians worry more if you have a combination of several risk factors for a certain disease.

But meantime, as a nutrition researcher, I worry about what may be the greatest risk factor of all—poor eating habits.

We know that what children eat in early life can have profound effects on their brain development, muscular coordination and behavior. Proper diet also helps children fight disease.

studied pregnant women, suggest that nutritional deficiencies during pregnancy can impair the immune defenses not just of the fetus but of the mother, and that this immune damage can be reversed by improving the mother's diet.

"Particularly crucial," says MIT Nutritionist Paul M. Newberne, are those nutrients that may be marginally present in the diet, yet needed by the fetus to develop its immune system...The many unexplained illnesses in children, and the wide variation among children in their susceptibility to illness, may very possibly be explained by what their mothers eat during pregnancy."

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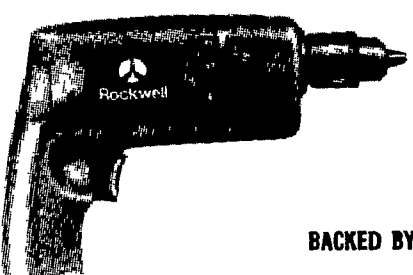
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