

Diagnose

(Continued from Page 45)

the University of Illinois by Dr. Kasmal Navidi and Fred Kumerow comparing the whole egg with the substitutes has brought many interesting aspects to the surface - some of which bear relating.

One-hundred grams of an egg contains 12.8 grams of protein while the substitute contains 1.8 grams less. And while the fat and caloric content is nearly equal the whole egg contains about three times the amount of phosphorus and also about 20 percent more calcium.

Whole fresh eggs also contain more naturally occurring vitamins - especially in the "B" category.

Eggs are a natural source of protein as they were designed to support life and while containing cholesterol they do not offer artificial components.

The egg substitute tested contained egg white, corn oil, non-fat dry milk emulsifiers, cellulose, xanthan gums, trisodium, triethyl citrate, artificial flavors, aluminum sulfate and artificial colorings to name just a few ingredients.

In another study it was also revealed that the egg substitute contained about 10 times more carbohydrates than fresh eggs and were extremely high in sodium, which has been limited in almost every heart patient's diet.

A statement recently printed in "Consumer Reports" concluded their issue on egg substitutes and fresh eggs in this manner, "scientific evidence regarding cholesterol and coronary heart disease is still incomplete."

"The effect of cholesterol intake on specific individuals is extremely difficult to predict or evaluate."

The consumer report also noted that other factors such as high blood pressure, lack of exercise, heredity and obesity may also be a part of the risk pattern, and that diet alone may not be the answer.

Regardless of what side of the cholesterol fence you ride on, heart disease poses a serious problem for us all. It is regrettable that backbiting and scare tactics purely for financial accretment must cloud the issue of research. If the real causes of the disease are to be found then perhaps it is time to spend more money on legitimate research instead of costly color inducements. The facts are needed and soon if we are not to perish from acute "cholesterol-phobia."

Society 23

The Society of Farm Women 23 held the March meeting at the home of Mrs. Leroy Funk, Washington Boro R1, with devotions in charge of Mrs. Lester Newcomer.

During the business meeting it was voted to contribute \$25.00 to the County organization of Farm Women, \$10.00 to the Easter Fund and \$45.00 to the Penn Manor 4-H club to pay for a meeting place as the schools are no longer available.

Plans were made to have the food stands at the following sales: John Thomas on Mar. 6, Ross Barley on Mar. 27, and John Eshleman on Apr. 3.



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The April meeting will be held at the home of Mrs. Robert Miller of Washington Boro. Preceding the meeting a program is planned with the guests at the Shady Lawn Rest Home on Columbia Avenue.



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'Theme rooms' discussed at decorating workshop

LEESPORT - What does the term "free association" have to do with decorating your home? If you were one of the more than fifty people who attended the "Do It Yourself" program at the Agricultural Center on March 4, you know that it is the key to the "theme room," the latest in home decorating. Want to try it? The theme can be almost anything. Think nautical, woody or Irish, then free associate. Write down all the things that come to mind when you think of that theme. Beginning with color, incorporate your thoughts into your decorating scheme and presto, you've got a "theme room!"

Thursday night's program was sponsored by the Cooperative Extension Service Homemaker's Division and presented by the Armstrong Cork Company. Mrs. Strickler, Home Economist for the Extension Service, introduced the Armstrong Interior World Consultant, Sue Reese, who led the audience through a series of slides and questionnaires aimed at breaking down the average person's inhibitions regarding do-it-yourself projects. In addition to providing tips on planning a decorating scheme, Sue's

program included practical information on how to install ceilings and floor coverings and the use of simple tools in home decorating projects. Mr. Crick from the Merritt Lumber and Home Center in Reading was on hand to answer specific technical and merchandizing questions presented by the audience following the program.

Society 7

Society 7 met recently at the home of Mrs. Carlton Homsher, Ronks. Devotions were led by Mrs. Gladys Smeltz. Vanessa Homsher have a piano solo.

Paul Rowe discussed the care of house plants and how to display hanging baskets. Mrs. Mary Ann Landis also joined the program to discuss the hanging baskets she had made. A recipe was given for water plants once every four weeks along with regular waterings. Mix 1 teaspoon baking powder with 1 teaspoon epsom salts and add to 1 teaspoon salt peter and 1/2 teaspoon clear ammonia.

Society 7 will entertain Society 23 on March 13 at the Leacock Presbyterian Church. The covered dish luncheon will begin at 1 p.m. Mrs. I. C. Heidlinger will give a program on America.

The April meeting will be held in the home of Mrs. Emery Wolgemuth.

Society 6

Farm Women Society 6 met recently at the home of Mrs. Musser Heisey.

Mrs. Anna Geyer presided at the business meeting where a discussion was held on the Spring Rally.

An auction was held during the meeting with Mrs. Harry Shonk as the auctioneer. Speaker for the day was Fay Stoner an 4-H IFYE from Lancaster.

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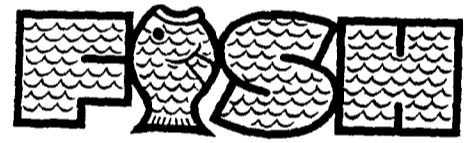
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