

# Take the Cake

(Continued from Page B6)

## LUCY JOHNSON CAKE

- 1/4 pound butter or margarine
- 2 cups sugar
- 2 cups flour
- 2 eggs
- 2 squares unsweetened or semi-sweet chocolate
- 1/2 cup boiling water
- 1 teaspoon baking soda
- 1/2 cup butter milk
- 1 teaspoon vanilla
- 1/4 cup ice cold water

Melt chocolate in boiling water. Put all ingredients (except ice water) in large mixing bowl. Beat until smooth. Add ice water. Blend well. Pour onto greased and floured 9x13 pan and bake at 350 degrees for 45 minutes.

Belinda Myers  
Dallastown

## SPUD AND SPICE CAKE

- 1 3/4 cups sugar
- 1 cup cold water
- 3/4 cup shortening
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

- 1/2 teaspoon nutmeg
- Combine above ingredients and cream. Then add:
- 3 eggs
- 1 cup buttermilk or sour milk
- 2 cups flour.

Coat 3/4 cup nuts, chopped, with two tablespoons flour and stir into batter. Turn into a 13x9 cake pan, which has been greased and floured.

Charlotte Hill  
Blairsville

## MOIST CHOCOLATE CAKE

- 2 cups flour
- 2 teaspoons soda
- 2 cups sugar
- 1 teaspoon baking powder
- 3/4 cup cocoa
- pinch of salt

Sift above ingredients together and add:

- 1/2 cup shortening
- 1 cup milk
- 1 cup hot coffee
- 2 eggs, well beaten

Mix well and bake at 350 degrees for 35 to 40 minutes.

Marian Martin  
Lebanon

# Be on Lookout for False Nutrition Claims

LANCASTER — Interest in physical fitness and athletic performance has grown by leaps and bounds but, unfortunately, says Dairy Council Inc., Southampton, Pa., athletes want to improve themselves so much they will try almost anything.

Serious-minded physical fitness enthusiasts may be fooled by promotional claims for foods, drugs, or nutrients that promise magic-like improvement. They may also be told to avoid eating some foods that are actually healthful.

Some of the myths surrounding body-building techniques, recreational exercises, or serious athletics are:

— The more protein and protein supplements you eat, the more muscle you have.

FALSE. Excess protein — like excess fat and excess carbohydrate — will be stored by the

body as fat. Too much protein combined with too little water, can cause kidney or liver disorders. A normal diet supplies more than enough protein for muscle growth.

— Taking steroids will develop massive muscles.

FALSE. There is no proof that steroids can increase muscle growth or strength. In fact, steroids can stunt growth, cause acne, deepen voice, and alter sex organs.

— Eating honey, sugar, soft drinks, or sweets just before competition will provide a burst of quick energy.

FALSE. When high carbohydrate foods are eaten an hour or less before competition, they may produce low blood sugar — causing the athlete to feel weak or tired.

— Vitamins will give you more energy.

FALSE. Not one of the 14 known vitamins supplies energy. Some vitamins help the body use energy, but these vitamins are easily supplied by an athlete's normal diet.

— Amphetamines give you more energy to compete.

FALSE. There is no proof that amphetamines give energy or improve performance. In fact, there is proof they can be harmful. Side effects can be a rise in blood pressure, pulse rate, breathing rate, metabolism, and blood sugar. They can also cause headaches, dizziness, and confusion. The possibility of addiction makes amphetamines a poor choice for the serious athlete.

— Water during exercise causes an upset stomach and slows you down.

FALSE. There is no corroborating evidence. In fact,

drinking water during exercise is very important. Drinking one-half cup of water every 10-15 minutes during exercise helps replace body fluids lost as sweat.

— Drinking milk causes cotton mouth.

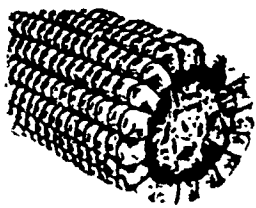
FALSE. Cotton mouth (dry mouth due to lack of saliva) seems to result from emotional stress and a loss of body fluids.

— Muscle cramps are caused by inadequate salt intake.

FALSE. Cramps are caused by severe losses of water through sweating. Drinking water before, during, and after practice and competition can prevent water losses. Salt tablets can aggravate this condition by drawing more water out of the muscle into the stomach.

Athletic success is not due to some kind of magic, says Dairy Council. It results from a combination of natural talent, hard training, and plenty of preparation. Athletes, more than anyone else, can benefit from the four-food-group approach to eating — milk, meats, fruits and vegetables, and grains.

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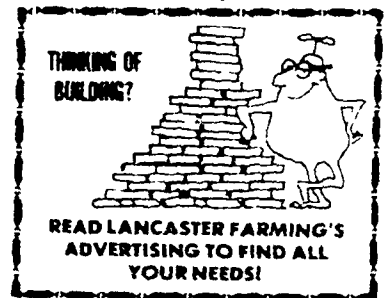
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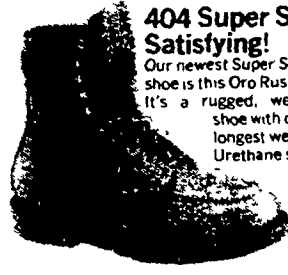
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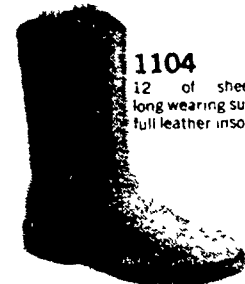
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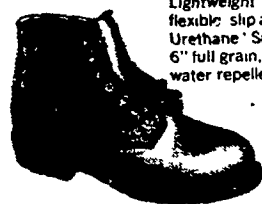
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