



**CANDY GIRL**—Pamela Stewart of the Violet Blue Birds keynotes the Camp Fire Girls' candy campaign with the sale of chocolate mints to Loring Bigelow. Group also will sell coffee-flavored jubilee cremes in observation of its 1960-61 Golden Jubilee. Campaign will continue through April 23. Harbor District goal is the sale of more than 22,880 boxes. —Press Photo

### Dietitian Tells of Research on Fat in Diet

"Perhaps the greatest decision made by the housewife is the food she selects for her family," said Elva Hiscock, research dietitian at the Los Angeles Veterans Administration Center.

Miss Hiscock, a dietitian for nearly 30 years, is a member of a research team conducting study programs on the question of fat in the diet.

The purpose of the project is determine if special diet will decrease the number of heart attacks and deaths due to heart disease.

"Most people find a no fat diet very monotonous," Miss Hiscock noted. Our program is to test the acceptability of a diet where animal, dairy, and solid shortenings are removed and replaced with liquid vegetable fats.

"We have found that most people cannot tell the difference from the standard products," she added.

One of the new foods developed for the study is filled milk—skimmed milk containing defatted soybean oil, vitamins A and D and synthetic butter flavoring, a product which cannot be distinguished from whole fresh milk.

Frozen desserts made in all flavors, with the taste and characteristics of ice-cream has the butter-fat removed and replaced by vegetable oil.

Cakes, cookies, pies, and bakery products, normally high in animal fats are prepared with corn oil.

Normally un-cut meat contains from 25% to 50% fats by weight, Miss Hiscock said. In preparing meat the lean is carefully removed from the fat and the defatted red meat is prepared by marinating in seasoned corn oil, which replaces the animal fats with unsaturated vegetable fats.

The team, is working on the development of a special hot-dog, sausages and aged cheeses containing only vegetable fats, Miss Hiscock explained.

Hundreds of elderly volunteers are closely observed and examined. Frequent measurement of

### McMaster Park Plans Events for Vacation

Spring vacation events for youngsters of all age groups are planned next week at McMaster Park, according to Les Breitenfeldt, area director.

Easter craft and midjet-car sessions are scheduled daily with a miniature auto competition on Friday.

Monday will be a day of sports and games. Nature study and a cook-out is set for Tuesday. On Wednesday, movies will be shown and there will be sports events for boys.

Mothers, daughters, and dolls will gather for tea at 2:30 p.m. Thursday.

Eggs will be dyed by youngsters in a coloring contest Friday. Each participant will take two eggs.

### Indian Program Planned by Guild

The Indian American will be the subject at a meeting of the Women's Guild of Seaside Community Church, at 7:30 p.m., Tuesday.

A film entitled "Black River Falls Mission" depicting the life of the Winnebago Indian, will be featured.

Mrs. Lee Savage and Harry Dice are program chairmen. Leading the devotion will be Mrs. Roger Schriefer.

There will be a short business meeting, followed by refreshments served by Mrs. Elmer Peterson.

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blood cholesterol levels are made. Heart studies are kept on each person.

While some may develop heart disease, Miss Hiscock said, VA doctors hope to be able to determine whether substantial changes in fat-types in the diet, even at a comparatively late period in life, affect the incidence of heart attacks and strokes, and whether the long-term process of hardening of the arteries can be stopped or reversed.



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