



Doctor In the Kitchen*

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THE SPACE OF LIFE

With all the fat diets of recent years, one might think carbohydrates could be practically eliminated from our meals. The most popular crazes for weight control have, after all, stressed cutting carbohydrates down to only 60 grams per day.

Nothing could be more untrue.

For one thing, carbohydrates make up about half of the usual American diet. In other countries the proportion is even higher.

Plant foods, which are the basic source of most carbohydrates, are a staple almost everywhere. From carbohydrates we get most of the human energy we use. Carbohydrate foods give the highest yields of energy per unit of food.

They are inexpensive. They are easy to store and to transport. But energy, inexpensiveness, and wide availability are not the only reasons for the importance of carbohydrates.

First, let's analyze what carbohydrates are. Carbohydrates are the familiar sugars and starches in our food. They also are found in the cell walls of plants and in the cell walls of vegetables, which usually are indigestible. As stated, carbohydrates are fuel. They supply us heat and energy.

Food that furnishes carbohydrates in generous amounts include breads and cereals, potatoes, lima beans, corn, dried beans and peas, dried fruits, sweetened fruits, sugar, syrup,

and jelly, jam, and honey. Carbohydrates, chemically, contain carbon, hydrogen, and oxygen. Plants make carbohydrates by photosynthesis, which is an involved process, but you've probably heard the part about interaction between sunlight and the green plant pigment, chlorophyll, and this energy sets in motion a series of intricate chemical reactions that result in the production of carbohydrates.

In other words, the plant captures sun energy, stores it in the form of carbohydrate, passing it on for animal or human consumption and use. Pretty neat, yes?

Perhaps it is because carbohydrates are used primarily for energy that people have sometimes assumed they are less important than other nutrients. True, if one is overweight, cutting down on some carbohydrate foods, as well as others, probably is in order. But drastic cutting down, or out, no.

Carbohydrates, for example, have what they call a sparing effect on protein. If you have enough carbohydrate in your meals for the energy you need, you won't use up protein for that function. If you do not have enough carbohydrate, your body will use up amino acids from protein along with its carbohydrate to obtain energy. There is also some evidence that carbohydrate spares protein in other ways, too. So, remember carbohydrates are important.

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Morton Salt girls down the years

Little Girl Gets New Look

One of the best-known and loved young misses in America, Morton Salt Company's little girl with her umbrella, has received her fifth change of fashion.

In her first facelift since 1956, she wears a hair short. Gone are the pigtails, baby socks and platform. Her former yellow and white umbrella now is lavender and white.

The salt package she identifies has been modernized, too, and made more attractive. Changing the yellow top and bottom to white accents the purity of the salt, but the pouring spout and patented shaker top are retained. The color of the package has returned to the original rich blue.

Little Miss Morton has been marching through the rain and into the hearts of millions for more than a half century. She has helped make her product the nation's favorite salt and one of just a few items available in nearly every grocery outlet across the land.

Back in 1914, the Chicago-based salt company began a national promotion of its new product: the original free-running salt in a round blue package with a patented pouring spout.

A proposed series of 12 ads — along with three possible substitutes — was brought to the company. Attention turned immediately to one of the alternatives: a little girl with curls, holding an umbrella and a little package of salt. She sold the entire story in a picture: the salt would pour in damp weather.

The intended slogan, "Even in rainy weather, it flows freely," was appropriate but not short and snappy. When the old proverb, "It never rains but it pours," was vetoed as too negative, it was rephrased into, "When it rains it pours."

She and her slogan first appeared on the package in 1914. Unlike Little Orphan Annie, the ageless Morton umbrella girl has been given a new wardrobe and hair style from time to time to keep her fashionable. The first change came in the 20's. In the 30's she appeared in "Swirly Temple" curls, so popular then. Pigtails first were seen in the 40's and in the 50's she took on her jaunty look that lasted until this year.

The 1956 change reflects the modern appearance of America's eight-year-old "girl next door."

These averages include allowances for food, housing, transportation, clothing, personal care, medical care, and other items; and for gifts and contributions to others; and life insurance.

They also include income taxes, Social Security deductions, and occupational expenses such as work clothes and dues.

THE CITY WORKER'S family budget, just published by the U.S. Bureau of Labor Statistics, said food costs were highest in New York City, where they averaged \$4,380.

In small cities in the South, a nutritionally comparable diet could be bought for \$1,925. The \$455 difference reflects price variations as well as regional food preferences and patterns.

The average cost of the budget for a family who rent their home is 46 per cent higher than the one priced in 1959 and more than double the prevailing standard that was priced in 1951 in the 16 cities for which estimates are available in both periods.

ON THE CLOTHING front, the number of the wife's casual Sand, Paint Knots

Knots in pine paneling often show through paint, and will show through again if another coat of paint is added. You have to sand each one down to bare wood. Then, apply a special knot-sealing liquid, or a coat of fresh shellac or aluminum paint. With the knots sealed, the paint will be all right.

Preserve Those Leather Straps

Give camera and case some spring cleaning. To keep leather straps and cases from becoming cracked, scraped, and old looking, rub them lightly with a soft cloth dipped in petroleum jelly.

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Hawaiians Losing Ethnic Identity

HONOLULU -- The pure-blooded Hawaiian is rapidly vanishing from the South Sea. But intermarriage with other island ethnic groups has resulted in the part-Hawaiian being one of the state's fastest growing groups.

THE 1960 CENSUS shows more than 10,000 full-blooded Hawaiians, but state statistician Robert Schmidt says it is "highly questionable whether many people claiming full Hawaiian blood are indeed unmixed."

Hawaiians and part-Hawaiians now make up slightly more than 18 per cent of the state's population.

As of July 2, 1967, Hawaii's population was estimated at 674,315, including U.S. servicemen and their dependents.

BESIDES intermarriage, the disappearance of the pure Hawaiians can be attributed to disease in the early missionary days, and a high out-migration in more recent times.

Of the 65,000 Hawaiians and part-Hawaiians at the time of the 1950 census, more than 20,000 were living on the mainland by 1960.

Schmidt points out that for every Caucasian that leaves the islands, another Caucasian arrives from the mainland. But

when the Hawaiian leaves, there is no in-migration to balance the statistics.

One simple explanation of the demise of the Hawaiians is that they gave white the others got.

WHEN THE other ethnic groups came to Hawaii, they took advantage of the opportunities.

Meanwhile, the Hawaiians gave so completely of themselves and continued living in their carefree, unburdened manner that they found themselves economically on the bottom among the various groups.

This led to a breakdown in family life and resulting social disorganization.

Hawaiians have the highest crime rate among the ethnic groups, and also a high illegitimacy rate.

VARIOUS PROGRAMS have been set up to help the Hawaiians, including the Hawaiian Homes Commission Act, passed by Congress in 1920, establishing housing tracts where persons of Hawaiian or part-Hawaiian ancestry can live practically rent-free.

The state has also provided means of assistance, including a recent program to provide loans to these people for buying their own homes and for education of Hawaiian youth.

Expand Wood Patio

A patio that's both dinky and dull is no asset to any home. Yet these words describe most outdoor living areas.

Fortunately, much can be done to remedy the situation, and the price tag needn't be high.

One family with little cash but lots of imagination and the willingness to do the job themselves tripled their patio's size and upgraded the home's appearance by building a wood deck addition.

The original patio was an inadequate 12x12-foot slab that had little relationship to either house or garden. To that was added an L-shaped deck, wrapped around two sides of the existing patio and extended to the house corner.

Overall length of the deck is 30 feet; one part is eight feet wide and the other is a 12-foot width. With the addition, square footage of the outdoor living area was increased to a bountiful 450 square feet—equaling nearly a third of the home's interior living space.

Footings and framing raised the deck about six inches above the patio surface, providing a needed change of elevation and solving a mud puddle problem caused by poor drainage.

Construction of the deck required no special carpentry skill beyond the handyman level, according to the man of the house.

The first step was to remove lawn and roughly level the ground to obtain a firm surface for footings. Then the ground

was covered with a two-inch depth of sand and gravel both to insure good drainage under the deck and to prevent plant growth.

Concrete blocks 12 inches square by three inches thick were positioned on four-foot centers as foundations for the joists. The blocks are on firm ground, with the sand and gravel filled around them.

Joists were 2x4s on edge, run the 30-foot length and joined crosswise at eight-foot intervals. A picture of framing for an eight-foot square would show joists outlining the square, with another bisection to make equal rectangles. There would be nine foundation blocks, one at each corner, one centered on each of the four sides, and one directly in the middle of the square.

The final step was to nail the 2x4-inch Douglas fir deck boards crosswise over the joists.

Nailing and spacing between deck boards -- an eighth or quarter inch to permit rain runoff -- are accomplished in one step. As each 2x4 is laid, it's butted against a spacer block at one end and a single nail is driven into the joint. The action is repeated at the center and opposite end, then continued for each succeeding deck board.

When all are in place, the nails are driven in firmly and second nail is added at each joint. The spacer block can be the thin tip of a shingle.

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