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The Stroller: Try Laminated Steak!

By W. W. EDGAR

Fasten your seat belts! Hold tight to the arm rests! Sit erect in your chair! You're due for a surprise—especially if you are a lover of good, juicy, tender steak.

No longer will you have to contend with a large bone, portions of gristle or an outer rim of fat.

MORE THAN that, you'll find that all steaks are the same size, same shape and absolutely devoid of bone and gristle and they contain just enough fat to keep them juicy.

The Stroller came upon them in a most unusual way. "So, you're the fellow who complained about the use of cardboard to hide the bone, gristle and fat in the displaying of meats in the super-markets," a friend said. Then he added, "Try this one."

It looked just dandy. In fact it made a fellow's mouth water. It was a nice rectangular shaped bit of meat in a cellophane wrapper. It was about an inch thick and no sight of bone or gristle.

"WHAT IS IT?" The Stroller asked always being on the lookout for some sort of trickery.

"It's a laminated steak," he answered with a sly grin, "and I'm sure you'll like it. It's the latest thing."

"Laminated steak?" The Stroller repeated.

It couldn't be, for the last time he heard of lamination was years ago when he appeared before the American Bowling Congress convention to make an appeal for approval of laminated pins.

At that time there was a scarcity of solid hard maple on the market, and the ABC rules demanded bowling pins be made of a single block of hard maple.

"You'll find these laminated pins have strips of hard maple placed on top of each other in the reverse order, and the adhesion is the highest type approved by specialists. You'll find them durable. They'll be tougher. They will be able to stand the wear and tear, etc. etc." It was claimed.

It must have been a good argument, for the ABC rule was changed for the first time in 55 years and the laminated pins are now used almost exclusively in our bowling establishments.

These thoughts came back with the sight of a laminated steak.

But, sure enough, that's what it was.

SEEMS THERE'S a fellow up in Williamston—just a bit this side of Lansing—who has conceived the idea of the laminated steak to beat the high market price and to eliminate the gristle and bone.

His process is quite simple. He takes the tenderloins from the steer and freezes the rest of the carcass when it's dressed after butchering.

He then removes the bones and gristle. That done, he "shaves" the remainder into nice slices of varied thicknesses. These slices he places on top of each other and presses—or laminates—them.

They are then cut to proper size and thickness and packaged for market.

No longer do you have round steak, club steak, porterhouse or other specialties.

It's just plain laminated steak. And The Stroller can vouch for its tastiness.

WHILE TASTING it, The Stroller couldn't help recalling that Dick Kimbrough, a former resident of Plymouth, once complained that sweet potatoes were difficult to handle because of their varied odd shapes. So, he took the ingredients out of the sweet potato skin, ground them and packed them in a special casing—just like sausage.

Now, in our larger dining palaces, you'll notice that sweet potatoes are all the same size. Our former resident, now in Arkansas, recently had to enlarge his plant—the demand was so great.

So, don't be too shocked by the announcement of laminated steak.

The only thing to do is ask—"What next?"

WATCH...

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O'BRIEN'S MAN'S WORLD

U-M Survey Sheds Light On Enigma Of Blood Pressure

ANN ARBOR—A recent medical survey of some 1,400 University of Michigan students showed about 20 per cent had abnormally high blood pressure.

Most of these students are not ill, but some will be later in life. Sorting out these "hidden hypertensives" has been a medical enigma for decades. However, a long-term research project at the U-M Medical Center is beginning to shed light on the problem.

Positive results will, in the near future, mean early treatment for the 10 million Americans who will develop high blood pressure as well as a clean bill of health for many millions more who have some symptoms of early hypertension but will never develop the disease.

The research is aimed at not only finding out who in the population will end up with permanent high blood pressure, but it also seeks to find out how the body overrides its normal controls to create a continual state of hypertension and a sick circulatory system.

"After we have found out the 'how' of hypertension, we will begin to work on the 'why' or cause of the disease," said Dr. Stevo Julius, director of the clinical physiology laboratory of the Department of Internal Medicine's hypertension section.

Now in its fifth year, the project is a careful study of 128 persons with various forms of hypertension as well as 80 "control" subjects.

One major area of study is the frustrating question of diagnosis and treatment of labile (unsteady), borderline hypertensive.

For these patients, one day blood pressure may be slightly elevated and the next day or week it is normal. But some 15 persons out of every 100 in this group will someday, probably before age 50, develop a serious form of steady hypertension.

These patients ideally should be watched closely by their physicians and treatment started before true hypertension is established in order to prevent stiffening of the arteries, strain on the heart and kidneys, plus damage to the brain and other parts of the body.

Drugs are available which keep blood pressure down, but doctors are hesitant to begin preventive treatment because they know some 85 out of 100 potential hypertensives are not going to develop true hypertension. These persons would therefore be needlessly exposed to the expense and potential side effects of long-term therapy plus being labeled as having a chronic disease.

Only a low salt regime is a "completely innocent" form of therapy, free of side effects, Dr. Julius said. However, it requires lifetime adherence to a very drastic diet.

Therefore, "Why give drugs to 100 patients in order to treat the 150 who will really need them?" many doctors reason.

The debate is still going on. Some physicians just dismiss labile hypertension as unimportant, hoping to catch the patient later in life if he does start to develop true hypertension.



Scans In Moscow Show

Scans International SA, the Belgium-based subsidiary of Scans Associates, Inc., of Livonia, has been selected to represent Belgium industry at the trade show sponsored by the USSR Chamber of Commerce and Industry and the USSR External-Trade Ministry in Moscow.

Scans is a designer and builder of testing and quality control equipment for industry.

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