

New Diet Publications Offer Guide In Reducing Risk Of Heart Attack

(EDITOR'S NOTE: Moderate changes in the typical American diet can reduce the risk of heart attack, says the Heart Association of Northeastern Ohio. Medical and nutrition authorities of the Association recommend fat-controlled, low cholesterol meals. Today's article, first in a series, discusses two new publications based on the latest scientific data concerning diet and heart disease.)

The homemaker has an opportunity to make a real contribution to family heart health in her own kitchen. With this as a daily goal, she can rely for help on two new publications, approved by heart and nutrition experts, that put into focus the entire matter of eating better to protect the heart.

These publications are the leaflet, "The Way to a Man's Heart," and a companion booklet entitled "Recipes for Fat-Controlled, Low Cholesterol Meals." Available from the Heart Association of Northeastern Ohio, 1689 E. 115 St., Cleveland, O. 44106, they are based on the latest scientific evidence which indicates, according to the Association, that most individuals can reduce their risk of heart attack by making moderate changes in the normal diet.

To reduce the risk of heart disease, "The Way to a Man's Heart" explains what moderate changes are needed in adopting a meal plan, low in saturated fat and cholesterol and high in polyunsaturates, which also provides all the nutrients essential to good health.

THE LEAFLET opens into the form of a wall chart measuring 15 by 18 inches. On one side is information about cholesterol and different types of fat in foods as well as questions and answers about diet and its effects. The other side provides an every-day guide for the homemaker, with lists of basic food groups from which to plan heart-helping meals; recommended foods; those which should be used sparingly or avoided; and the size of servings for each food. Desserts, beverages and condiments also are covered on the chart.

The booklet, "Recipes for Fat-Controlled, Low Cholesterol Meals," is designed to help the homemaker carry out the new suggested meal plans. The booklet contains definitions, cooking tips, and specific recipes for the preparation of meats, fowl, fish, salad dressings and sauces, vegetables, baked goods, and desserts. All cooking fats used in the recipes are polyunsaturated vegetable oils.

USING BOTH publications as her guide, the homemaker will be able to plan and prepare satisfying meals for the whole family. In doing that, she will be called on to make only moderate changes in household eating habits.

But, the benefits may be substantial. There is increasing encouraging evidence that most people, including those who may have inherited a tendency to heart disease, can substantially reduce their risk of heart attack by combining a proper diet for controlling blood cholesterol levels with maintaining a normal weight, avoiding cigarette smoking, exercising regularly and obtaining medical treatment if they have high blood pressure or diabetes.

Slak, Zdravko Valentine — 2-year-old son of Anton and Stanislava (nee Huc), brother of Anton. Residence at 18316 Reese Rd. Zakrajsek, Anthony F. — Husband of Mary (nee Baitt), father of Robert, Thomas, Patricia Heth, brother of Louis, Frank, Joseph, Edward, Theodore, Anna Kuhel. Former residence at 977 Addison Rd. Late residence at 20100 Nicholas Avenue. Zot, George — Father of Mary McCauley, Rose, Julia, Henry. Residence at 3103 W. 73 St.

Cleveland Division Of Health Asks: How Important Is Iodine In The Food We Eat?

Iodine — What Is It?
It is an essential mineral needed to regulate the basal metabolism of the body.

IT IS PART of the hormones produced by the thyroid gland. This gland is situated at the base of the neck. When this gland is deprived of iodine, it swells, resulting in a condition known as simple goiter.

DEATH NOTICES

Burja, Mirko — Husband of Pauline (nee Plevnik), brother of Divo and Slava Grom (both of Yugoslavia). Residence at 18412 Hiller Avenue.

Koracin, Jennie (nee Henikman) — Mother of Emma Bostich, Frank. Residence at 428 Harris Rd., Richmond Heights, O.

Rusek, Joseph — Father of Frank, Paul, Joseph, William, Steve, John, Anne Siegel, Mary Bialkowski, Barbara Vidovec. Residence at 7817 Burke Ave.

Glavar, Louise (nee Sebernak) — Wife of Anton, mother of Anthony, Louise Rhinehart, Rose Mary Krajnik, Bernadette Tamaro, sister of Theresa Kastelic, Angela Antosh, Mary Panian, Frank, Stanley. Residence at 9516 St. Catherine Avenue.

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duced by the thyroid gland. This gland is situated at the base of the neck. When this gland is deprived of iodine, it swells, resulting in a condition known as simple goiter.

Who Needs It?
Animals and human beings all need it, but females are more subject to goiter than males. Goiter is more likely to appear during adolescence and pregnancy.

The unborn baby especially needs it; without a sufficient amount, he may be born mentally retarded.

Where Do We Get It?
Our sources are food and water, that is food which comes from the ocean (ocean fish, tuna sardines, oysters, lobsters, salmon, scallops), food that is grown in soil near the ocean (fruits and vegetables flown in from the West Coast and Florida) or dairy products and eggs that come from animals fed iodine-enriched rations.

Why Should Clevelanders Be Concerned?
Ohio, situated near Lake Erie (fresh water), is one state in the so-called "Goiter Belt". This means that food grown here and our drinking water do not supply us with the iodine we need. To be sure of getting sufficient iodine, we must look for other sources.

From iodized salt, of course. Sodium or potassium iodide (0.5 — 1.0 part per 10,000) added to salt will prevent goiter protect the unborn child, and help maintain good health.

Ashe, Alps and Hog Raisers
The ancient Greeks burned sea sponges and fed the ashes to goiter victims.

In Switzerland, Canada and many countries of the world, iodized salt is a must, by law.

No commercial hog raiser who wanted live, kicking piglings would think of feeding his sows a ration without added iodine.

What About You?
Use iodized salt at the table, in cooking, and in canning and freezing.

For your copy of "An Invitation To Prevent Simple Goiter" contact Bureau of Health Education, Cleveland City Hall 694-2364.

Fun Tour Visits Kingwood Gardens

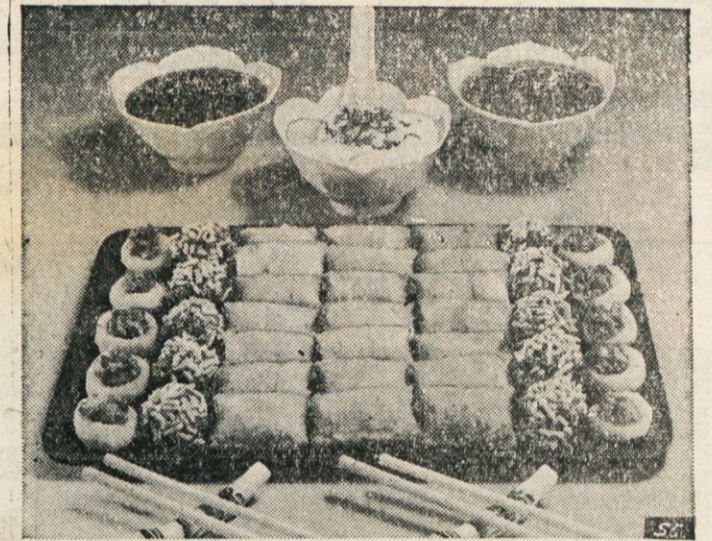
A Fun Tour to Kingwood Gardens in Mansfield, Ohio, will be operated by the Cleveland Transit System on Sunday, May 18th, E. C. Krueger, CTS General Manager, said.

Tour buses will leave Cleveland's Public Square between 11:30 a.m. and 12 Noon for the trip to Mansfield and the last bus will leave Kingwood Gardens for the return trip at 5:30 p.m.

Kingwood Gardens in Mansfield is a wonderland of exquisitely landscaped gardens, lush with spring blossoms and wildflowers. There are elaborate greenhouses and many other floral exhibits.

The tickets are \$3.75 for adults and \$2.50 for children under 13 and are available at the CTS Information Booth on Public Square or by sending a check or money order to Fun Tours, C.T.S., 1404 East 9th Street, Cleveland, Ohio 44114.

Tasty Oriental Tidbits



Tiny lobster, shrimp or chicken egg rolls, crisp water chestnuts scooped out and filled with chopped pimento, and miniature meatballs rolled in crunchy chow mein noodles, all make deliciously different hors d'oeuvres, appetizers or snacks. Served plain or with dips, these tasty tidbits are simple and quick to prepare. The bite-sized egg rolls are available in frozen form, and take only 6 to 10 minutes from freezer to table. Serve them with a variety of dunks such as sweet and sour sauce and the Tasty Dip below. You'll find they satisfy any yen for good eating.

EGG ROLLS WITH TASTY DIP

- | | |
|--|---|
| 1 cup room temperature cream cheese | 1 teaspoon salt |
| 1/2 cup chopped scallions | 1/2 teaspoon garlic powder |
| 1 teaspoon finely chopped green pepper | 1/8 teaspoon hot pepper sauce |
| 2 tablespoons catsup | 1 package (6 oz.) Chun King frozen lobster, shrimp or chicken bite-size egg rolls |
| Worcestershire sauce | |
- Mix dip ingredients well; cover and chill. Serve with crisp, hot lobster, shrimp or chicken egg rolls prepared according to directions.
Makes 12 egg rolls and approximately 1-1/2 cups dip.

Health Museum Sets New Price Schedule

The Board of Trustees of the Cleveland Health Museum approved the initiation of an entrance fee to the Museum which became effective May 5, 1969.

In making the announcement, Dr. John D. Osmond, Jr., President of the Board, noted that the proposal has been explored for some time as a means of helping to meet the increased financial needs of the Museum's expanding community programs.

A sub-committee of the Board investigated every aspect of the proposal and found that other museums in this area and across the nation had been forced some time ago to initiate such a program to supplement funds derived from membership dues, industrial and business support, which are insufficient to cover increased operating costs.

In making the move the Board expressed its deep regret in having to take this action, but if the Mu-

seum is to continue to develop community health programs in the future to better serve the community needs with exciting new exhibits and programs, it must have this additional financial support.

Dr. Robert M. Stecher, Chairman of the Board, stated that in order to provide the Museum's programs to those in the community who might feel a financial imposition by this action, TUESDAYS have been designated as "FREE" days for individual visitors.

Scheduled Museum classes with the Museum's health instructors will have the same privileges as before, at the same \$1 per student fee.

The new price schedule for general admission is as follows:

- 18 yrs. and over — 50 cents
 - 6 to 18 years — 25 cents
 - Under 6 yrs. with adult—free
- Hours open: Week days from 9 a.m. to 5 p.m. — Sunday from 1 p.m. to 5 p.m.

Income Tax Mistake File Form 1040X

Taxpayers who forgot to include all their income, deductions or credits when they filed their 1968 Federal income tax returns can correct these mistakes by filing Form 1040X, Amended Individual Income Tax Return.

Mr. F. S. Turbett, Jr., District Director of Internal Revenue for Northern Ohio said that taxpayers using Form 1040X need only enter the information required to correct the mistake made on the original Form 1040 or 1040A. Another complete tax return does not have to be filed.

Effors in arithmetic will be corrected by Internal Revenue Service and an amended return should not be filed.

About 150,000 taxpayers used Form 1040X last year when it was first introduced. The form makes it easier for taxpayers to amend returns previously filed and speeds the processing of any additional refund that may be due.

Mr. Turbett said a taxpayer generally has up to three years after the deadline for filing a return to claim a refund.

Copies of Form 1040X and instructions for filling it out are available at any IRS office.

No More Over-Drying
New models of gas clothes dryers include an automatic moisture sensor that "feels" the dampness of a load of clothes and regulates heat to prevent over-drying.

Movie Program At Cleve. Health Museum

Week End Shows Sat., Sun., May 17, 18 at 2:30 p.m.

"Point Of View" — Using satire and ridicule this film conveys the message that cigarette smoking is dangerous and even foolish. It examines cigarette smoking from various points of view — a historical development, as it might be interpreted by visitors from another planet; as a cigarette commercial gone wrong, and as a symbol of pseudo-sophistication. (Anti-TB League film, 20 minutes).

New "Keep Warm" Control
A new control on modern LP-gas ranges automatically turns down oven temperature when food is cooked and will keep warm for hours or until ready to serve.

Native Residents
Paris — About one-half the residents of Paris were born and reared in this city.

"Where did you get that black eye?"

"For kissing the bride after the ceremony."

"Isn't that the usual custom?"

"But that was three years after the ceremony."

EDITOR'S NOTE

Please bear in mind the following rules in submitting copy for this page:

1—All copy must reach the office of the publisher at the latest by **Wednesday noon** preceding date of publication. Typewritten double spaced copy is preferred.

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Kako bi se počutili, ko bi tako držali roko ves ta čas? Potiskali dol, medtem ko cene bolj in bolj pritiskajo navzgor?

Napor zares občutimo, ko n. pr. porabimo milijone za izboljšanje in povečanje telefonske postrežbe leto za letom. In plačujemo več in več za stvari, ki jih kupujemo. Vse brez zvišanja cen. Seveda še skrbneje pazimo na vsak penny, uporabljamo nove izkušnje in se zanašamo na najnovejšo opremo. In pritiskamo dol krepkeje. Pa ni bilo in ni lahko. In postaja težje ves čas.

Ohio Bell

Every time you pick it up, we try to keep it down.

If you're disabled, learn to make the most of it.

Get the help you need to lead a fuller life. Write: Help, Box 1200, Washington, D.C. 20013.

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