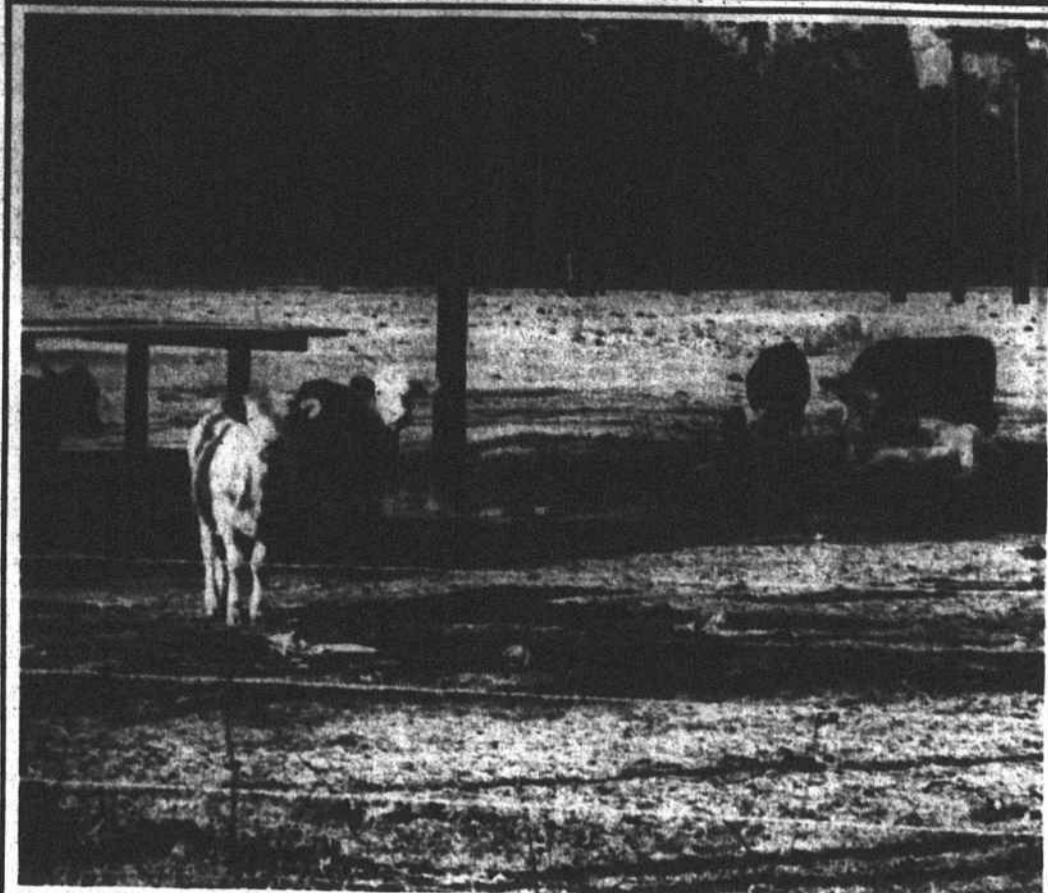


Lifestyles



Where's the hay?

These Hoke County bovines seem to be looking for something to eat as they spend a sunny February afternoon on their Davis Bridge area farm.

High Cholesterol Can Kill

Do excessive levels of cholesterol in the blood hasten the buildup of plaque in the blood vessels and cause an increase in heart attacks, or don't they? Well, after years of indecision on the matter, there now appears to be sufficient proof of that, indeed, elevated cholesterol is really as dangerous as some medical scientists made it out to be all along.

Proof that cholesterol is a major culprit in heart disease was revealed recently when the National Heart, Lung and Blood Institute released results of a study that lasted some 10 years and cost about \$150 million.

The study, which included approximately 3,800 men, was conducted at 12 medical centers throughout the country.

The men ranged in age from 35 to 59 and did not exhibit any sign of heart disease when the study began, but did show high levels of cholesterol (265 milligrams percent and above). Half the subjects were put on a cholesterol-lowering drug, while the rest received a diet low in cholesterol or a placebo -- a substance of no medical value. Results of the study revealed that the more cholesterol was lowered, the less heart disease occurred. Dr. Jack Wilkerson, a Greenville family physician, observed that the study substantiated the view long suspected by many medical scientists that if cholesterol levels of over 250 milligrams were reduced to a more appropriate range, the

chances of a heart attack would also go down.

What is cholesterol anyhow? Dr. Wilkerson said it is a fat-like substance distributed in all animal tissues. It is carried in the blood, bound to protein, and tends to deposit on the walls of arteries. Cholesterol is manufactured by the liver and also comes from some foods we eat. It kind of mixes in a common pool and combines with bile to aid in the digestion of fats. Dr. Wilkerson said that if a person was put on a completely cholesterol-free diet, the liver would still make it because of the purpose it serves in digestion.

The family physician noted that the number in the study group whose cholesterol was lowered by diet or a cholesterol-lowering drug also lowered the risk of heart attack by as much as 50 percent in some instances. They also had less heart pain associated with clogged arteries (angina pectoris) and there were 21 percent fewer heart bypass operations -- a procedure that consists broadly of taking a vein from the leg, attaching it to the aorta and jumping clogged places in the coronary arteries to re-supply the heart's blood supply.

Dr. Wilkerson explained that the main sources of cholesterol as far as diet is concerned are the things we Southerners love -- milk, cheese, ice cream, eggs, ham, hamburger, pork, lamb -- foods of that sort. He said the yellow of the egg is an extremely rich source of

cholesterol, as are processed meats which are filled with inexpensive organ meats such as brains, kidneys and sweetbread (pancreas). He said this is really an indictment of our food processing industry.

Dr. Wilkerson said foods low in cholesterol include all vegetables, particularly root vegetables, all fruits, white meat of chicken and turkey and fish -- excepting shell fish such as shrimp, crabs, lobsters and oysters.

He labeled the cooking of foods -- especially the southern way -- as a step backward in checking the amount of cholesterol we eat. The southern way of cooking vegetables, for instance, is with the liberal use of ham hocks and bacon drippings -- all loaded with cholesterol. He agreed the fat gives vegetables good taste -- a taste, unfortunately, acquired by most southerners at an early age. He assured that all these additives may not be more than our tastes desire, but certainly more than our bodies need. He said we should broil instead of fry and use unsaturated corn, safflower or peanut oils -- any cooking additive of a vegetable nature that is not solid at room temperature.

Dr. Wilkerson said until now there was no conclusive evidence that higher than normal levels of cholesterol in the blood caused more heart attacks by clogging coronary blood vessels, but now there is. And a word to the wise should be sufficient.

On The Front Burner

Ellen S. Willis
Home Economics Extension

I received from Dr. Robert Brackett, Extension Food Safety Specialist some interesting information about moldy foods and mold. I will present this information in two parts (one this week and the rest next week).

FACTS ABOUT MOLDY FOODS

Sooner or later it happens to everyone! You open the refrigerator door, pull out your favorite cheese, and there it is. Your delicious (and often expensive) cheese is covered with mold.

WHAT ARE MOLDS?

Molds belong to the class of organisms known as fungi. This makes them close cousins to yeasts and mushrooms, which are also fungi. Like the other fungi, molds can exist as either single cells, or they can exist as a colony that we are most familiar with, usually in the form of "fuzz" or a mushroom cap, single cells are far too small to see with the naked eye.

Molds need certain things to survive and grow. The most basic of these needs is air. Like us, molds must have a constant supply of air (oxygen) in order to grow. This is why some foods, such as cheeses, are often packed in air-tight wrappings. These wrappings protect the food from mold growth by keeping the air out. However, it is important to realize that the lack of air does NOT necessarily kill molds.

So, once the wrapping is opened or damaged, any molds which happen to be present in the food can start growing. Another need that molds have is proper temperature. The "proper temperature" is not hard to find, though, because molds can grow at temperatures less than freezing or over 100F, and they can survive under all but very hot conditions.

Molds also need water, but not much. They have the ability to grow with less water than most other organisms. This allows molds to grow on foods, such as bread or cheese, which are normally too dry for other spoilage organisms to grow on.

One of the reasons why molds are so successful is because they have the ability to reproduce themselves in two different ways.

The first way molds reproduce themselves is by producing spores, which is the colored "powder" giving mold "fuzz" its characteristic color.

The spores are sort of like specialized seeds which are spread about by air currents, insects, or anything else which comes in contact with them (including kitchen utensils).

The second way molds reproduce themselves is by simply growing out of fragments of a parent mold and are, thus, much like a cutting from a plant.

The fragments left behind will

just start growing again. One should also keep in mind that kitchen utensils can spread mold fragments to other foods, where they can then start growing. (Continued next week).

I was talking to Emaline McLaughlin when she was in town last week, and she told me her daughter Jane (who lives in New Jersey) had told her how much they enjoyed a Pizza Crust recipe I had given her. I believe I have printed this once before but decided to run it again.

PIZZA PLEASIN' OATMEAL CRUST

- 1 pkg. active dry yeast
- 1/2 cup milk
- 1 teaspoon salt
- 1 3/4 to 2 cups flour
- 1/4 cup warm water (110 F)
- 1/4 cup oil
- 1/2 cup oats

Sprinkle yeast over warm water. Set aside to soften. Scald the milk. Add oil and salt to milk and cool to lukewarm. Stir in oats and softened yeast. Gradually add enough flour to form a stiff dough. Cover and let rise until double in size (20 to 25 minutes.) Press the dough into two greased 12 or 13 inch pizza pans. Bake for 10 minutes at 425°F. Top with favorite pizza topping. Return to oven for 5 to 10 minutes longer to cook topping. Yield: Two 12 or 13 inch pizza crusts. To freeze: After prebaking crust for 10 minutes, cool and wrap crust for freezing. To make pizza; remove from freezer and top with favorite topping. Add 5 minutes to baking time of topping to make sure crust is hot.

PENNY PIZZAS

- Loaf bread
- American cheese slices
- Chili Sauce
- Parmesan Cheese
- Oregano
- Thyme
- Hot Dogs

Cut bread and cheese rounds with biscuit cutter. Place cheese rounds on top of bread rounds. Spread with chili sauce. Sprinkle with oregano and thyme. Top with slices (crosswise) of hot dogs. Sprinkle with parmesan cheese. Broil for 5 minutes.

HAMBURGER CORDON BLEU

- 1 1/2 lb. lean ground beef
- 3/4 cup quick oats
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 2/3 cups evaporated milk
- 4 thin slices boiled ham
- 4 slices swiss cheese
- 2 cups cooked egg noodles
- 2 cups brown gravy
- 4 teaspoons parmesan cheese
- paprika

(Continued on page 5B)

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