

When Mrs. Warren and Mrs. Stead took a close look at fat, they found that it is usually present in two forms: "visible" and "invisible."

What's Visible?

The visible fats usually are in plain sight on the dining table in the form of butter, salad dressings or perhaps the rich greasy rind that encircles a slice of country ham. Still other visible fats include substances like vegetable shortening, which are usually eaten without choice in pastries and fried foods.

The sources of invisible fat are foods which contain an appreciable amount of this substance although

in cooking: to hold things together, as in salad dressing where it keeps the dressing on the greens; to separate things, as in pie crust where fat is responsible for the flakiness; and to provide flavor—for example the butter on baked potatoes.

Equipped with these facts plus years of cooking experience (Mrs. Stead has the job of feeding a family of five, while Mrs. Warren is a trained dietitian), they went to work.

Many existing recipes, they found, were already low in fat content, while others could be easily modified for use in low fat menus. Frequently, they set about concocting new recipes such as the one for "special mayonnaise," in which evaporated skim milk and plain gelatin form ideal substitutes for salad oil. Still another phase of their project lay in writing to food manufacturers for figures on the fat content of various products.

Results Encouraging

The crucial test of their work came when low-fat dishes were served at family meals and the question "Does it taste good?" was asked.

The results have been more than encouraging. "In many cases, the taste of foods has been improved," Mrs. Stead says. "For instance, greasy stew just doesn't happen in our house any more. Also, our meals have more variety."

Mrs. Warren points out that except for preparation of a few items such as special mayonnaise and French dressing, low fat cookery is no more difficult than ordinary cooking, and the cost is about the same.

The Steads have been eating low-fat cookery for a year and a half now. The three children (eight to twelve years old) have been satisfied with low-fat cooking and surprisingly interested in it.

Not long ago, eight-year-old Bill Stead was asked by a school chum what kind of sandwiches he'd brought in his lunch box. He smiled and replied confidently, "Low-fat."

From The Auxiliary



The big news from the Auxiliary this time of year is always: "How did the Thanksgiving Food Sale come out?" The answer: "Wonderfully well!" The Ways and Means Committee happily announces the sale's impressive total receipts of \$483.59. That should make for some fine parties on the children's wards at Christmas time. The Ways and Means Committee insist they functioned as a steering committee, and that the success of the sale really came from two factors: one, the efforts of countless Auxiliary members who contributed boxes of food and hours of work, and two, the loyal cooperation, energetic help and generous support of the hospital personnel. To all these good people: "Thank you." A special vote of thanks always goes to the donors of the prizes for the drawings or of special items for the sale. Here are our good friends and the winners of the prizes:

- 1 ton coal or equivalent oil, Citizen Coal and Oil Company; winner, Clarence Moore.
- 1-2 ton coal or equivalent oil, Scott Coal and Oil Co.; winner Ernestine Watkins.
- 1 turkey, Lockhart Turkey Farm; winner, Dr. Harold Dodge.
- 1 turkey, Dr. and Mrs. Deryl Hart; winner, Mrs. Thelma Peele.
- 1 turkey, Dr. and Mrs. Haywood Taylor; winner, Lucille Blake.
- 1 snack and fruit basket, Colonial Store, Chapel Hill Street, Mr. W. D. Jordan, manager; winner, Miss Lelia Clark.
- 1 snack and fruit basket, A & P, Chapel Hill Street, Mr. Lehmon Barber, manager; winner, Mrs. Alice Booth.
- 1 snack and fruit basket, Piggly Wiggly, Chapel Hill Street, Mr. J. D. Hurst, manager; winner, Mildred Quick.
- 1 ham, Fowler's Food Store, Roxboro

About the Authors

The authors of "Low-Fat Cookery" are not only well-known Duke Hospital wives, but also devoted members of the Women's Auxiliary. Evelyn Stead, a native of Meriden, Conn., and a graduate of Mt. Holyoke, came to Duke with her husband in 1946. She is a charter member of first vice-president, as co-chairman of the magazine service and is a valued member of the Inter-Com committee.

Gloria Warren was therapeutic dietitian at Duke Hospital for four years, having received her training at the Medical College of Virginia. Gloria who is from Savannah, joined the Auxiliary about a year ago and has the job of ways and means chairman.

(P.S.)—"Low-Fat Cookery" is available at the Dope Shops, Baldwin's and the Book Exchange.

they are not eaten primarily for their fat content. For instance, many well informed people don't know that most cheeses are on the high-fat list. Other foods in this category, include whole milk, chocolate, olives, nuts, and avocado pears.

Mrs. Stead and Mrs. Warren explain that fat serves three purposes