



REGISTRATION TIME at National Alumni Association Meet —Left to right, Miss Roberta Henry, a student at Winston-Salem State College, pins a badge on Dr. Sylvia P. Swinton of Allen University, Columbia, S. C. H. D Smith of Claflin College, Orangeburg, S. C. looks on. Dr. Swinton is president of Area of the NAA. Smith was elected president of the NAA at the meeting which was held on the campus of Winston-Salem State College April 15 and 16.

## N. C. Heart Association Warns Against Heavy Eating of Fats

CHAPEL HILL — What is the connection between the fat Tar Heel and the fat-eating Tar Heel?

Dr. Ansel Keys, noted University of Minnesota physiologist, cites studies in Asian, African and Latin American countries where people eat one-third less fat than Americans, have much less cholesterol in their blood and suffer far fewer heart attacks than Americans. He believes this is directly related to their diet habits. He points out, moreover, that no population on a diet low in fats of the saturated type has been found to have a high frequency of heart attacks.

There's less certainty, though, about how beneficial cholesterol-reducing regimens will be to older American adults with high cholesterol levels. As a nation, Americans are believed to have one of the highest cholesterol levels in the world and one of the highest death rates from heart attacks. It is likely that American males have some degree of hardening of the arteries by the time they reach their 20's or 30's. This fact was brought home loud and clear after the Korean War when a group of soldiers killed in action—who were barely out of their teens—were autopsied, and in many cases unmistakable hardening of the arteries was found in their coronary arteries. Whether a change in diet will offset the disease once it is entrenched is still open to question.

While the final answers are not yet in, the North Carolina Heart Association has felt that the available evidence is sufficient to urge adoption of a "prudent" diet by the general public — a diet substituting polyunsaturated for saturated fats, minimizing cholesterol intake and restricting calories to prevent or overcome obesity.

Dr. Keys has long been an advocate of such a diet.

He cites, as another case in point, how during World War II, Norway was deprived of her food imports (particularly butter from Denmark). The total fats and total calories available to Norwegians fell off sharply — with surprising results. Norway recorded the lowest death rate in its history, much of it attributable to a sharp decline in heart disease fatalities. But two years after the war ended, dietary patterns returned to "normal" and the death rate began inching up once again towards the pre-war level. Now, Norwegian men have more heart attacks than before the war. Other countries whose diets were altered by the war had similar experiences.



ALUMNI ORGANIZATION — Members of the A. and T. College General Alumni Association who last week attended the organization's meeting of the Mid-East Region of the Association, stand beneath the marquee of the Holiday Inn of Greenville, site of the meet. John W. Maye, extreme right, was elected president of the newly organized group.

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Combine sugar, cinnamon, Dutch Apple Dessert crumbs, and chopped raisins. Sprinkle about 1/4 cup whole raisins in well greased 9-inch square baking pan. Separate refrigerator biscuits and place half of them on top of raisins in pan. Place a spoonful of Dutch Apple Dessert mixture on top of each biscuit with a dot of butter if desired. Place remaining biscuits on filling and press down. For glaze: Stir 1/2 cup corn syrup into filling and pour mixture over and between filled biscuits. Bake in a moderate oven, 375 F. about 25 minutes, or until puffed and browned. Makes 10-12 glazed biscuits.

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