6B-THE CAROLINA TIMES SATURDAY, APRIL 30, 1966



REGISTRATION TIME at Na- S. C. H. D Smith of Claflin Col- Salem State College April 15 tional Alumni Association Meet --Left to right, Miss Roberta on. Dr. Swinton is president of and 16. Henry, a student at Winston- Area of the NAA. Smith was SIX DAYS A WEEK Salem State College, pins a elected president of the NAA badge on Dr. Sylvia P. Swinton at the meeting which was held Russian school children attend their classes regularly six of Allen University, Columbia, on the campus of Winston- days a week





CHAPEL HILL - What the was found in their coronary connection between the fat Tar arteries. Whether a change in Heel and the fat-eating Tar diet will offset the disease once Heel?

Dr. Ancel 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 direct related to their diet habits. He points out.1 moreover, that no population on a diet low in fats of the saturated type has been found to have a high fre-

quency of heart attacks. There's less certainty, though, about how beneficial choleste-II. Norway was deprived rol-reducing regimens will be to older American adults with high cholesterol levels. As a nation, Americans are believed to have one of the highest cho-lesterol levels in the world and one of the highest death rates lowest death rate in its history, 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 level. Now, Norwegian when a group of soldiers killed have more heart attacks than in action-who were barely out before the war. Other countries of their teens-were autopsied, in many cases unmistakwhose diets were altered by the able hardening of the arteries war had similar experiences,

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 avocate of such a diet. He cites, as another case in

point, how during World War her food imports (particularly butter from Denmark). The total fats and total calories available to Norwegians fell off sharply — with surprising re-sults. Norway recorded the

much of it attributable to a notably Finland and the Nethsharp decline in heart disease erlands fatalities. But two years after the war ended, dietary patterns LARGE TUNNEL returned to "normal" and the death rate began inching up once again towards the pre-war

One of the largest tunnels in the world may be the Alva B. men Adams irrigation tunnel in Colorado. It is nine feet in diameter and extends a distance of 13.1 miles.





AT ALUMNI ORGANIZATION-Alumni Association who last Holiday Inn of Greenville, site AL MEETING—Members of the A. and T. College General week attended the organization. of the meet. al meeting of the Mid-East Re- John W. Maye, extreme right, gion of the Association, stand was elected president of the beneath the marquee of the newly organized group.



## **TAKING A TRIP?**

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Fragrant hot biscuits star as the main attraction at Sunday breakfast, holiday dinner or coffee with friends, espe cially when they feature a filling and glaze of Dutch Apple Dessert.

For a short-cut to new meal appeal use packaged refrigerator biscuits and the convenient ready-to-serve Dutch Apple Dessert. Made from a blend of apples, sugar, butter and tapioca with just a hint of cinnamon this new product combines easily with other pantry shelf ingredients and imparts delicate apple-cinnamon flavor to these biscuits. Serve them piping hot and serve them often! These glazed biscuits are destined to become an all-family favorite.

DUTCH APPLE GLAZED BISCUITS 14 cup corn flake crumbs 12 cup sugar <sup>1</sup>2 teaspoon cinnamon 1 jar Gerber Junior Dutch 1.2 cup chopped raisins 2 packages refrigerator

biscuits

Apple Dessert

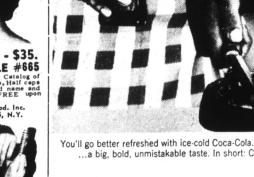
Combine sugar, cinnamon, Dutch Apple Dessert crumbs, and chopped raisins. Sprinkle about 1, cup whole raisins in well greased 9-inch square baking pan. Separate refrigerator biscuits and place half of them on top of raisins in pant Place a spoonful of Dutch Apple Dessert mixture on top of each biscuit with a dot of butter if desired. Place remaining biseach

cuits on filling and press down. For glaze: Stir 4 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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