

Balanced Diet Fills Needs For Vitamins

by Beth Parsons
Duke University Medical Center

If you look in your local pharmacy, you can find vitamin supplements in every size, shape and flavor.

But a Duke University Medical Center biochemist says that if you eat a well-balanced diet, you probably don't need to supplement it with vitamins.

"The function of each vitamin needed in the body is very specific," said Dr. Henry Kamin, professor in the Department of Biochemistry. "The capacity of the body to utilize each vitamin in its own biological function is precise."

Kamin warns against thinking of vitamin supplements as "pep pills" that improve a person's vitality.

"Vitamins in small quantities are necessary to the proper functioning of the body," he said. "Daily supplements probably aren't harmful, but they provide more peace of mind than health."

Kamin said several diseases have been traced to vitamin deficiencies throughout history, most of which are no longer prevalent because of the selection of foods available.

Scurvy, caused by a lack of Vitamin C (found in fresh fruits and vegetables), killed many naval and army expeditions centuries ago, he said.

"Sailors went to sea for months and lived on preserved meats and other staples," he said. "Ships' logs show that as the journeys progressed, scurvy spread among the crew. When they reached port and stocked fresh fruits and vegetables, the incidence dropped."

Pellagra was a common disease in the South following the Civil

Health Notes

War, the biochemist said. People's diets were limited mostly to corn, pork and molasses. Pellagra is marked by dermatitis and gastrointestinal disorders and is the result of a niacin and protein deficiency.

"Duke in its founding days was considered one of the best research and treatment centers for pellagra," Kamin said. "That disease, historically a disease of corn-eating nations, was conquered in the early 1940s."

While vitamin deficiencies were once the worry, Kamin said, commercial vitamin supplements have helped create a worry that people now take too many vitamins.

"Vitamins, like any chemical compound, have some biological effect in some quantity," he said. "Vitamins taken in excess should not be thought of as 'vitamins' but should be considered a series of chemical compounds that, like drugs, can have any effect -- good, bad or indifferent."

Kamin said that Vitamin D, for instance, can be harmful if too much is taken.

"It is a very toxic material and large amounts can cause soft tissue calcification," Kamin is uneasy about people taking large doses of Vitamin E also.

He said the recommended dietary allowances (RDAs) of vitamins can be obtained through regular balanced meals.

"The RDAs don't mean that you must have a certain daily amount to stay healthy," he said. "A vitamin you don't eat one day - you can do without until you eat it on another day."



HOE DOWN ON MAIN STREET: It appeared Jack McGinnis was ready to call a square dance right in the middle of Main Street Thursday morning, however, the Raeford plumbing contractor was just making sure this hay bale did not get lost until its owner could return to retrieve it. The bale fell off of a passing farm truck, but was picked up moments later.

Sunday School Lesson

Background Scripture: Acts 2:43 through 6:7.

Devotional Reading: Isaiah 44:6-8.

Sometimes it is assumed that the lifestyle and organization of the earliest church (as recorded in Acts 2-6) is a model which we need to recapture in the life of the church today. Closer examination, however, indicates that their early life together was based upon two elements: one was the spiritual devotion which they shared and the other was the plans and means whereby they attempted to live out that devotion. The former was a gift from God; the latter the product of their human creativity. Therefore, it is only their devotion to God that we need to emulate, not the structure of their life together.

For example, Luke tells us that in the days following the first Pentecost "all who believed were together and had all things in common." Some have seized upon these words from Luke to suggest a primitive Christian communism: "And they sold their possessions and goods and distributed them to all, as any had need" (Acts 2:44, 45). And: "...no one said that any of the things which he possessed was his own, but they had everything in common" (Acts 3:32). But this was not intended as a model for society, and not even the church as a whole. This was a style of Christian sharing together that was a temporary response to the gospel of Christ. There is no suggestion in Luke that it was ever intended that forever after Christians were to be "together and

have all things in common." In fact, what Luke is lifting up for us in these passages is not the form of their life together, but the motivating power behind it.

Actually, the form of Christians' life together was soon to change and would continue to change throughout the history of the church. Only the motivating power behind those forms was intended to last forever, not the forms themselves.

God himself demonstrated that Christians must never take their own organizational and ecclesiastical inventions too seriously. In Acts 6 we have a record of the first church dispute: an argument on whether the food supplies were being evenly distributed between the two major groups. It is obvious that the apostles were annoyed by this dispute. "It is not right that we should give up preaching the word of God to serve tables!" So they devised a plan to pick seven men to attend to the food distribution while the apostles "devote ourselves to prayer and to the ministry of the word."

Unfortunately - at least for their organizational plan - God did not co-operate. At least two of these table waiters, Stephen and Philip, are known to us primarily for the wonderful things they accomplished in preaching and teaching the gospel. The apostles' plan was for them to stick to waiting on tables, but the plan of God apparently took them beyond that. And that's why the Church is constantly being reformed by God.

On The Front Burner

Ellen S. Willis
Home Economics Extension

PLANNING MENUS FOR YOUNG CHILDREN

Plan according to the Daily Food Guide below. In planning menus for children be sure foods from the basic four food groups are used for each meal.

Color menus bright. Color invites a child to reach out and eat! Orange carrots, green peas, red radishes, green pepper add interest to a child's plate.

Use many textures. An important part of a new food is getting used to how it feels as it is eaten. Try moist meats and eggs, smooth milk soups and puddings, crisp and crunchy raw fruits and vegetables. Other food textures are soft, hard, rough, creamy, chunky, mashed, grated, chopped and chipped.

Use unusual shapes such as coin-shaped carrots, French cut green beans, diced potatoes, triangular toast, green pepper rings, apple boats.

Garnishes are intriguing. Raisin faces on cereal, a fruit surprise in a pudding or custard, a bunny salad or a sandwich cutout will get your child's attention on food.

DAILIES

Does your preschooler sometimes dawdle at mealtime, and worry you by hardly eating enough to keep a bird alive? Relax. It is common for toddlers and preschoolers to sometimes have small appetites. Part of the reason for this decrease in appetite is that the child's growth slows down after he is a year old.

If the early growth rate had continued, your child would weigh about 2 1/2 tons at age 6. Preschoolers are also busy exploring their environment, easily distracted and may become fatigued, which can dull the appetite.

If you are still concerned that your child is not getting a balanced diet, try some of these ideas:

- Offer a variety of attractive foods in small amounts.
- Try serving bite-size pieces of finger foods.
- Avoid serving high-sugar or high-fat (greasy) snacks which dull the appetite.
- Allow your child some choice of food selection.
- Don't allow distractions, such as family bickering or television, during mealtime.

-Give your child a pre-meal rest period.

-Provide appropriate substitutes for rejected foods. If vegetables are rejected, offer fruit. If the normal breakfast foods are turned down, offer a hamburger or cheese sandwich.

-Set reasonable limits for yourself and your child. If food is not eaten after a reasonable amount of time, casually remove it. A dawdling eater may need to begin his or her meal before the rest of the family.

-Unless your child is sick, he or she will usually eat an adequate amount of food. To be sure, offer nutritious snacks as well as meals.

Several have called to my attention that the Sausage Cake was not in last week's paper. Here it is again given by Mrs. Sally Young.

SAUSAGE CAKE

- 1 lb. country sausage (mild) (room temperature)
- 2 cups brown sugar packed in cup
- 3 eggs
- 3 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 2 1/2 teaspoons pumpkin pie spice
- 1 cup orange juice
- 1 cup applesauce
- 1 cup raisins (soak in hot water for 10 minutes then drain)
- 1 cup chopped nuts
- Preheat oven at 300 degrees.
- Cream sausage with sugar. Add eggs one at a time beating well after each egg. Sift dry ingredients together, add alternately with orange juice. Add applesauce. Fold in raisins and nuts last. Pour in greased and floured tube pan and bake at 300 degrees in preheated oven for 1 1/2 hours. Let stand for 15 minutes before removing from pan. KEEP REFRIGERATED.

CHEESE BISCUITS (Charlotte MacDonald)

- 1 stick oleo
- 1 1/2 cups plain flour
- dash red pepper
- 1/4 lb. cheese
- pinch salt
- Blend oleo and cheese. Add seasoned flour. Make into balls size of marble. Flatten with fork. Works easier if chilled. Bake 10-12 minutes at 400 degrees.

(Continued on page 7B)

Reservations Being Taken For 4-H Camp Millstone

This summer, there will be a Fur, Fish and Game Rendezvous July 24-29 at Millstone 4-H Camp near Ellerbe.

The camp is open to youth 14-19 years old and is sponsored by the Agricultural Extension Service, N.C. Wildlife Federation, National Hunters Association, and N.C. Wildlife Resources Commission.

A total cost of \$100 per camper

will be charged, with a \$35.00 non-refundable deposit.

Classes will be taught on hunter safety, map and compass, aquatic biology, archery, wildlife tracking, leadership, outdoor ethics, trapping, fishing techniques, taxidermy, planning the hunt, habitat (forest wildlife), and first aid.

A deposit of \$35 should be submitted to the 4-H office in the Lester Building by April 15.

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