

-- Laurie Schwarm Last spring the federal government made it official. The Senate Select Committee on Nutrition and Human Needs reported that Americans eat too much meat, sugar, fats and salt and are damaging their health by this diet. They recommended that people change their diets to include:

--21% more dry legumes and nuts

--25% more vegetables and fruits

--10% more milk, skim variety --69% more grains AND

--25% less meat of all kinds

--24% fewer eggs --59% less sugar

-- 59% less visible fats and oils

I think it seems significant that for two of my (many) favorites.

their studies came to this conclusion and I hope it is the beginning of an effort by the Health and Agriculture departments of the government to further better dietary habits by getting this information distributed and advertised. The clipping from which I gleaned these statistics also made note that livestock groups, especially the National Cattleman's Association, criticized the Senate Committee's conclusions and questioned the relationship between what American's eat and their health. Well, we can only laugh at that and see clearly just whose interests they are protecting. But they could lobby to get the report hushed up, as

With grains and legumes in mind I'd like to give you the recipes

often happens.

BOSTON BAKED BEANS (for 6-7)

3 cups dry peas, beans, or navy

beans 1 cup dark molasses

½ tab. dry mustard

1/2 teas. salt

teas. pepper

1 lb. bacon diced (uh-oh) 1 medium onion, chopped

Soak beans overnight in 3 quarts cold water. The next day simmer for about an hour until beans are tender. Drain and reserve liquid. Put beans, onion and bacon in a large covered pot. Combine molasses, seasonings and 3 cups of the reserved liquid. Add to bean mixture and stir well. Cover tightly and bake at 300 degrees for 4 or more hours stirring occasionally and adding more reserved liquid if needed.

LEMON RICE

1 stick butter

1 teas. salt 1 teas. mustard seed

teas. cayenne

2 teas. tumeric

3 cups cooked rice Juice of one lemon

3 tab. toasted sesame seeds

Melt butter. Add seasonings and stir until well blended and the mustard seeds dance. Then add rice and stir well, then lemon juice and stir well. Heat thoroughly and top the dish with the sesame seeds.

Verbena

Bakery

handmade baked goods

FEATURING: SUNNY SEED BREAD

honey, black strap molasses,

flower seeds, sesame seeds,

made with freshly milled,

organically grown whole

wheat flour, unfiltered

unrefined corn oil, sun-

yeast, sea salt & water.

FOOD INTOLERANCES

(When my stomach growls) -- Dot Roberts

Senator George McGovern, in the forward of "Dietary Goals for the United States," a report by the U.S. Senate's select committee on human needs , suggests that the common American diet may be killing us. Too often, the food we eat is filled with salt, saturated fat, sugar, and cholesterol which contributes to sickness and even death.

Dr. Charles Ireland, director of Howard University Medical School, noted the Senate committee's finding and gave his opinion that faulty nutrition leads to many health problems affecting black people, such as hypertension, heart disease, obesity, and diabetes. Add intolerances to certain foods not only by black people, but by Native Americans, Puerto Ricans, those of Mediterranean ancestry, and other white people, and you have more health problems.

What foods are the most offending ones to certain people? How can you find out if those foods bother you? Intolerances may be in-born, or genetic. Milk intolerance is a world-wide problem and, in some people can cause gas, bloating, and diarrhea, because of the body's lack of an enzyme, lactase, needed to assimilate the milk sugar. A lactase tablet, now available in some stores as a dietary supplement relieves the problem and symptoms vanish.

A common intolerance is caused by certain grains, such as wheat, oats, rye, and barley. They all contain gluten, a sticky protein substance in the plant grain. When gluten is completely eliminated from the diet, this change in eating habits has restored many multiple sclerosis and celiac (abdomenal) disease victims to health again. Hilda Cherry Hills, after 30 years re-

search, has written an authoritative book, "Good Food, Gluten Free" which has helped in the diagnosis of many hitherto mysterious diseases. Health disturbances such as schizophrenia, rheumatoid arthritis, and diabetes are now suspected as being related to food intolerances. Most MS and celiac victims can often tolerate brown rice and rice flour, corn and corn meal, or potato flour.

Some people have an intolerance to chocolate, and fats. Carob can be substituted for chocolate. The vegetable oils, such as sunflower oil and safflower oil are acceptable for people intolerant of certain fats. English doctors are treating hundreds of MS patients with sunflower oil and they make a good recovery from leg weakness, brain, and vision disturbances. Apparently the linoleic acid in sunflower oil and seeds helps to repair the nervous systems of MS victims. Pantothentic acid and B6 are also important.

Dr. Jonathan V. Wright and Hilda Cherry Hills suggest that you may become your own guinea pig and eliminate questionable foods for a week to see what happens. Exclusion of refined sugar, carbohydrates, such as desserts, soft drinks, and canned foods,



LAWRENCE. KANSAS. 66044

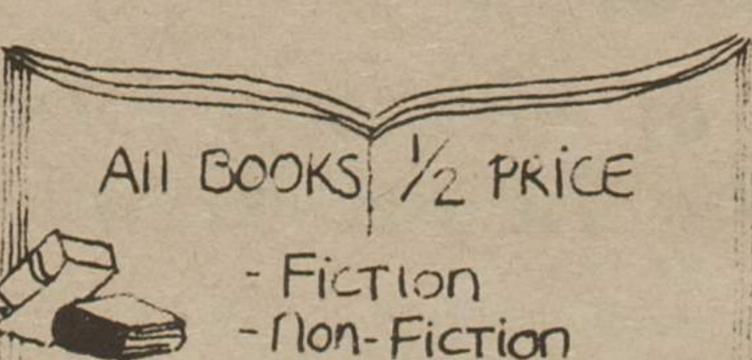
14 EAST 8th STREET

LAWRENCE, KANSAS 66044



as well as all additives, should be followed by a diet of fresh, natural foods such as fruit and vegetables, including potatoes. Lean meat, fish and poultry in the diet should help. Taking out all grains, all milk, dairy, and animal products (except those previously mentioned) for a week may help you track down your food intolerances. Sunflower oil or safflower oil can be used for cooking and salads. Then add one suspect food each day and observe your reactions. If your health improves, your self-search may repay you many times over.





- WESTERN - Science Fiction KEliqious

- All OTHERS 723 MASSACHUSETTS





SPECIAL PRICING

Consecutive Copies Of The Same Original On 81/2 x 11 20 lb. White Bond

Cash Only-1.00 Minimum

Next 400 Copies 2° each
Next 500 Copies 1° each

Metal Frame Kits & Clips Fine Custom Framing Gallery Posters & Reproductions Hours 12-5 Closed Mondays