

Someone recently asked me where I find all my recipes. Well, some of them used to come to me in the mail. Snail mail! The hand-written kind on recipe cards mailed with postage stamps. Back in the day, I was writing this column weekly. One summer I remember asking readers for zucchini recipes. I was inundated with mail from up and down Oregon and California. I still use some of those recipes.

Well, I recently received not one but two pieces of chatty news and real-mail recipes. One was from a reader thanking me for last month's chicken pot pie recipe. She, like me, had been having trouble finding just the right combination of ingredients. My recipe (courtesy of Maryana Vollstedt and Betty Crocker) worked for her too. Yea! Thank you, my friend.

Then, a bulky letter arrived from Kitty, in So. California that said, "I was thinking of you while going through my late, great-aunt Mildred's things and came across this." Imagine my surprise when I unfolded a huge yellowed newspaper sheet from the Portland "Morning Oregonian," dated Sat. April 20, 1929! The sheet is 17" wide X 23" long.

One side of the paper has West Coast and International news. The other includes tidbits similar to what a former colleague and I worked on reviving. It includes a cooking tips column, recipes, grocery ads, handy hints from readers, social news—i.e. house-guests, fashion tips and more.

So, pour yourself a cup of tea, sit down and share this blast from the past with me. Mind you, this pa-

per was published before the Great Wall Street Crash October 24, 1929. The average family income was less than \$200 per month but enough to put food on the table and set some money aside for a rainy day. Income plummeted as the Great Depression set in.

Life was good in that pre-depression era and new-fangled things like Tater Flakes were being introduced. You know, crisp, crunchy potato chips!

Betty Kaiser's Cook's Corner

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Frye's Meat Guide was available for 3¢ postage. If you were having a party you could order a birthday cake from the Bake Rite Bakery. On Saturday, a three-layer Strawberry filled cake (regular 45¢) was only 38¢!

The MacMarr Stores had three locations in Portland and their prices were enticing. i.e. Libby canned milk was 3 cans for 25¢; 1 pound of coffee was 48¢ but 3 pounds was only \$1.39; 19 POUNDS of sugar was \$1; 2 dozen eggs were 57¢; a fresh, 3 bulk

pounds of pure lard was only 45¢; a large bottle of Del Monte Catsup was 19¢ and a one-pound tall can of salmon was 20¢ each or 3 for 59¢.

Handy hints? A Grant's Pass woman won a prize for her kitchen shears suggestion. My favorite was a way to save time when sewing buttons on a child's coat or shoes (!). The suggestion was to pull the thread through a piece of beeswax to strengthen it and hold the buttons longer. It still works.

In "Expert Cooking Now Made Simple" columnist Jeannette Cramer extolled the many radio programs, newspaper and magazine articles that were now available to train women to become good cooks. There were now resources and practical answers for budding homemakers.

Radio host Betty Baker was one of those sources. The Oregonian printed 15 of her recipes! Whew. Recipes in tiny print cover half of that huge page. They include Curried Spinach, Pork Threads, Baked Ham with New Potatoes in Cream and several desserts. I chose the following for their simplicity and similarity to ones that I have baked or eaten in my lifetime. Remember cooking in a double boiler? Now we use the microwave. Enjoy!

Fuhrman Continued from A4

Healthy lifestyle are associated with greater telomere length. Conversely, since oxidative stress and chronic inflammation are linked to telomere shortening, studies have reported factors that promote inflammation and oxidative stress may also accelerate telomere erosion, namely obesity, a sedentary lifestyle, smoking, chronic stress, and a low socioeconomic status.

What does this mean for you and me? It means that the positive choices we make when it comes to what we eat or how much we exercise—among other lifestyle factors—can maintain our telomeres, one of the many mechanisms by which healthy behaviors promote longevity. Higher levels of vegetable and fruit consumption, fiber intake, vitamin and mineral adequacy, and exercise are the factors associated with longer telomeres and/or greater telomerase enzyme activity.

When the telomeres get too short, the cell can no longer divide, becoming what scientists

call senescent. Senescent cells are still alive, but not able to carry out normal cellular processes, and as more cells in a tissue become senescent, it impairs the tissue's ability to repair damage. Plus, senescent cells negatively affect the function of neighboring cells, including promoting the development of cancer.

Telomere length and telomerase enzyme activity can be measured in human white blood cells. A shorter length or lower telomerase activity has been associated with not only the shortening of the human lifespan, but also a number of chronic, preventable diseases, including hypertension, cardiovascular disease, insulin resistance, type 2 diabetes, depression, osteoporosis, and obesity.

In a study assessing the relationship of food groups to telomere length, vegetables were found to have the most significant association to greater telomere length. In particular, peppers, carrots, spinach, to-

matoes, and root vegetables had the highest correlation. Further analysis showed specific micronutrients from whole plant foods were associated with telomere length. Also, in a study involving an elderly population, vegetable and fruit consumption were both significantly associated with longer length telomeres. Another study in women found dietary fiber consumption to be associated with longer telomeres, further supporting the idea that whole plant foods can improve telomere length.

In addition to a healthful diet, supplementing with a carefully-designed multivitamin can help to optimize the body's supply of micronutrients, which may benefit telomere length by tempering oxidative stress and chronic inflammation. The problem is that supplementing with some nutrients that are sub-optimal in one's diet is beneficial, but other supplemental ingredients may have negative effects, such as folic acid. The reason I designed my own was

to make it easy to supplement with added Vitamin D, B12, zinc and iodine, without ingesting folic acid, Vitamin A and beta carotene; ingredients that could be harmful.

A comprehensive lifestyle change study assessed the impact on telomeres and found improvements in diet, exercise, stress management, and social support significantly increased telomere length by approximately 10 percent. Notably, the more individuals changed their behaviors, the more dramatic their improvements became.

The aging process is complex, and much has yet to be determined, but these findings indicate that lifestyle factors can influence telomere length and cellular aging. A high-nutrient diet and a healthy lifestyle supports healthy aging, and may even help decelerate the aging process.

Dr. Fuhrman is a #1 New York Times best-selling author and a board certified family physician nutritional medicine.

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