

Back Stairs: Ham Left Off Ike's Diet

By WARREN DUFFEE
United Press Correspondent
Denver — (U.P.)—Backstairs at the temporary White House: President Eisenhower's carefully regulated menus included meat at almost every meal, but so far his dieticians have never included ham.

The main reason is simple—he doesn't particularly care for it. Some dieticians consider even lean ham a little more fatty than other meats. But as Press Secretary James C. Hagerty puts it, "More or less, he's a beef and potato man."

"I haven't seen him be overenthusiastic about ham since I have been with him," he said.

So far, the President's menus have included steak, roast beef, chicken, lamb, roast pork, trout, squab and turkey—but no ham.

Reports from the bedside indicate that although the President likes almost everything, the steak and roast beef are among his favorites.

Mr. Eisenhower injected his own hand into the planning of his 1600-calorie daily diet when he asked for his own version of his favorite dish—quail hash—and got it.

The succulent game birds, already dressed and frozen, were flown from the White House freezer in Washington and the cooks dieticians at Fitzsimons Army Hospital followed the President's own recipe in preparing the dish.

False Symptoms Often Cause Worry About Heart Ills

Minneapolis — Out of the many thousands of worried people seeking examinations by heart specialists, two out of every three persons will find they have been worrying over false symptoms mistakenly associated with heart impairments, according to the medical department of Northwestern National Life Insurance company.

Since the President's attack, many specialists report a sharp increase in requests for heart checkups. This is a wise precaution, say the doctors; if one's heart is impaired, the earlier this is discovered the better the chances for complete cure. If it is not impaired, a peculiarly destructive worry is halted. Worry has itself ultimately caused many serious nervous troubles and actual organic ailments.

Chest pains, either dull or of the sharp stabbing variety, do not necessarily indicate a heart condition, but may result instead from any of a score of other causes, such as digestive disturbances, nervousness, a rheumatic condition of the spine, or neuralgia of the chest muscles due to a cold. A prompt medical examination should be undergone however, as the symptoms may indicate some condition which calls for treatment or a change in personal habits, even though the heart is not involved.

"Fluttering" heart sensations or skipped beats often alarm people, particularly at night, but these are commonly the result of over-use of alcohol, tobacco, coffee, or caffeinated drinks, or of emotional tension, fatigue, or indigestion, particularly in the younger age groups. Here, too, a change in personal habits, as advised by a physician, may be all that is necessary for relief.

UF TORCH SNUFFED OUT

Detroit — (U.P.)—The gas-burning flame in a 60-foot torch representing Detroit's United Foundation's Torch Drive was snuffed out Thursday night. The torch caught fire.



"SOMETHING TERRIBLE"—Gloria Vasquez, 19, from San Jose, Calif., sits in Brooksville, Ind., police station after telling authorities she saw "something terrible" Sunday night in Chicago and that she was with "two fellows who dumped three boys" in the ditch.

"Backstairs" readers will get the recipe as soon as the White House turns it loose. The President got so much enjoyment out of his birthday presents from the press corps at the temporary White House last week that he instructed Hagerty to send each newsman a personal letter of thanks.

The reporters' gifts included a pair of red pajamas, gold embroidered with five stars on the collar and "much better, thanks" on the pocket; a cashmere muffler, some playful western neckties, and a recorded skit of their woes in covering his illness, capped by a vocal rendition of "Happy Birthday."

Hagerty wrote that "Nothing pleased him more than did the gifts from you. We are having difficulty even in prying the Davy Crockett tie marked down to 32 cents away to send to David," the President's grandson.

He said "The President has examined his list of visitors to

determine when he will dazzle with the pajamas. I think Dr. White won and he has picked out the shirt to go with the sequined western tie. The soft grey muffler he wore out on the terrace yesterday and again today."

Dr. Paul Dudley White, the Boston heart specialist, who ar-

ries tomorrow for his bi-weekly check on the president, may find his patient wearing some of the wildest attire in the history of coronary thrombosis.

In his letter, Hagerty continued:

"To our disappointment, none of us are able to get the tape recording out of his room so WE

can hear it again. . . he also thought of providing mass singing lessons, but decided he loved every flat note."

The press secretary said he signed the letters "rather than have the President sign so many," but "the words were virtually dictation from the President."



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