

### Family's Eating Habits Result in Obese Offspring

SEATTLE, Wash. (UPI)— If your teen- aged offspring is obese, take a good look at yourself, your spouse, and the family's eating habits.

That piece of advice comes from Dr. S. L. Hammar of the University of Washington School of Medicine.

Writing in "GP," a publication of the American Academy of General Practice, Hammar said overweight parents and their food habits contribute heavily to obesity in adolescents.

A study of 50 young persons at the University of Washington Adolescent Clinic here revealed that two thirds of the children, whose ages ranged from 10 to 17, were from families in which both parents were markedly overweight.

The incidence of obesity was higher in mothers, but none of the parents was making any attempt to control his weight at the time of the study.

None of the children was successful in losing weight, Hammar said. He added that other studies have shown that 80 per cent of girls and 88 per cent of boys who are obese in adolescence become obese adults.

The study, Hammar said, showed family eating patterns were deeply ingrained and could not be changed. Youngsters constantly talked about food and what they liked to eat and were unaware completely of the amount of food they consumed. In most cases, the mothers were excellent cooks.

Hammar said the adolescents studied fell into three personality patterns: the dependent, immature type; the angry, aggressive type; and the emotionally disturbed type. He said treatment often is frustrating to the physician because obese adolescents generally are rebellious and have no real desire to lose weight, a situation usually attributable to emotional factors.

Hammar suggested therapy should have two objectives: to help the adolescent lose weight, and to help him with problems of adjustment.

The best treatment for obesity, he said, is prevention.

### Otepka Testimony To Be Continued

WASHINGTON (UPI) — Two State Department officials accused of telling a Senate subcommittee "untruths" about their role in the Otto Otepka case are expected to testify again under oath today.

Senate Republican Leader Everett M. Dirksen, Ill., said Tuesday that the Senate internal security subcommittee would hear John F. Reilly, deputy assistant secretary of state for security, and David I. Belisle, special assistant to Reilly. The State Department has put Reilly and Elmer D. Hill, another official, on "administrative leave" because of contradictions in previous testimony.

Reilly, Belisle and Hill at first denied and then acknowledged that efforts had been made to "bug" the telephone of Otepka, State Department security officer who was fired for giving information to the Senate group without authorization from his superiors.

### Family Farm Said Keystone of Policy

PORTLAND (UPI) — The National Grange has received direct word from Agriculture Secretary Orville L. Freeman that the family farm is the keystone of agricultural policy of the Kennedy Administration.

Freeman flew west to the Grange's 97th annual convention and made the statement of policy in a speech.

"Just as the amazing productivity of American agriculture is the solid foundation for our unparalleled standard of living, so the family farm is the rock upon which we have built the achievement of American agriculture," he said.

Freeman said the family farm was essential to the strength and well-being of the nation. National farm policies, he added, have been shaped and will continue to be shaped to enable the efficient family farm to maintain its independence.

### Texas Prisoners Lift 'Cold Cash'

HUNTSVILLE, Tex. (UPI) — Texas State Prison authorities here encourage the inmates to lift some money every year, but it's not a deal to tempt anyone into renewing a life of crime.

A sack containing \$50 in cash is placed on the horns of a wild Brahma bull at the prison rodeo, and the inmates can keep it if they can get it. The event is called — fittingly enough — "hard money."



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- CRISCO SHORTENING**..... 3 3-lb. tin **59¢**
- SUNNY JIM SYRUP**..... 4 22-oz. bottles **\$1.00**
- PEANUT BUTTER** NUT LUNCH big 3-lb. jar **88¢**
- ORANGE JUICE DRINK** TIP-TOP 7 6-oz. tins **99¢**

- Long Grain Quick White or Brown **M.J.B. Rice**..... 24-oz. pkg. **39c**
- Carnation **Sour Cream**..... pint carton **59c**
- For Dishes **Liquid Joy**..... 22-oz. bottle **69c**
- Regular 47c Cutex **Polish Remover**..... (plus tax) **39c**
- Regular 79c Palmolive **Rapid Shave Cream**..... tube **69c**
- Nabisco **Ritz Crackers**..... 1-lb. pkg. **39c**
- Black Tea—1/2-lb. Package 79c **Tree Tea Bags**..... 48-bag pkg. **55c**
- Modess **Sanitary Napkins**..... regular 48's pkg. **1.59**
- Scott **Paper Towels**..... giant roll **25c**
- Northern **Bathroom Tissue** 4-Roll Package 3 pkgs. **\$1**

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