

Doctors Wonder Whether Fats Cause Heart Disease

By JERRY BENNETT
WASHINGTON (NEA) — Whether you should pass up that serving of thick sausage gravy in order to stay alive is one of the questions that medical scientists hope to answer as they try to find the exact cause of heart disease.

During recent years, fats have been strongly suspected as the cause of atherosclerosis, the most common form of hardening of the arteries.

Atherosclerosis is a disease that causes fatty deposits to form inside the arteries. When these substances start to harden, they narrow an artery so that its ability to handle the flow of blood is destroyed or severely hampered. This condition often leads to the formation of a blood clot which can prove fatal if it takes place in vessels that nourish the heart or brain.

The fatty material which often shows up in the largest amounts is a vital chemical called cholesterol which the body uses to make sex hormones. It's this evidence that's responsible for the indictment of some of your favorite foods and one of the biggest controversies in medical history.

Many doctors believe that drastic changes should be made in the average American's diet. They base their beliefs on studies that show that fats increase the amount of cholesterol in the blood. To further support their arguments, they point to statistics that show a direct relationship between the consumption of fats and a country's heart attack rate.

For instance, medical studies show that the average American gets about 45 per cent of his calories from fats while a Japanese gets only 10 per cent. This dietary difference is probably responsible for Japan's heart attack rate being only one-fourth that of the U.S., these doctors say.

Laboratory experiments have revealed that only certain types of fats raise the cholesterol level of the blood. These are saturated fats which are derived from animals and appear in bacon grease, butter and milk.

Other tests have shown that unsaturated vegetable fats, like corn oil, actually reduce the amount of blood cholesterol. That's why some specialists believe that people should substitute these products for animal fats whenever possible.

They explain, however, that the vegetable products often lose their cholesterol lowering powers when put through a special chemical process called hydrogenation which hardens them. This is the case of many of the household baking and frying ingredients.

The Pitman-Moore Drug Company has developed a special non-hydrogenated margarine from corn oil which is sold only in drug stores. Recent hospital tests show that the special margarine, called Emdee, reduced the cholesterol levels of patients when it was substituted for regular ingredients in the preparation of their food.

Many heart specialists, however, believe that it's still too early to recommend that healthy individuals shun animal fats to avoid heart disease. They explain that there are too many unexplained factors involved in coronary attacks to place all the blame on fats.

For instance, they report that the people of Denmark, West Germany, the Netherlands, Norway and Sweden eat about the same amounts of fats as U.S. citizens. But the heart attack fatality rate of those countries is only half that of the U.S.

These doctors also explain that cholesterol has never been proved to be the chemical ringleader in causing atherosclerosis and that other blood substances may do as much or even more damage.

They explain that other things besides animal fats also tend to increase the amounts of cholesterol in a person's blood. Several experiments have shown a direct relationship between tension and a rise in the fatty substance.

Another of their arguments against condemning fats too soon is based on reports that throw suspicion on sugar and proteins. Doctors explain that the real villain can only be named after scientists have completed a lot more research.



KLAMATH SHRINE CLUB members, meeting January 8 for a dinner session at the Willard Hotel elected a new corps of officers for 1959. Front row, left to right, are Don Phelps, secretary; Charlie Mack, president; Brick Leach, past president and member of the board of directors; Keith O'Hair, vice president. Second row, same order, Bob Walker, Al Nyback, Ladd Hoyt, directors, and Stuart Balsiger, treasurer. Lyle Kelstrom, director, was not present for the picture.

Committee Heads Named; Cite Program Advantages

Co-chairmen for the special prospects division of the "Keep Pace With Tomorrow" program being undertaken by the chamber of commerce were announced Saturday by Jim Wells, general chairman.

At the same time, Wells discussed aspects of the revitalization and reorganization campaign that should have special significance to businessmen.

Named to head the special prospects division, which is charged with a special approach toward planning and financing the program, were Andy Collier and Russ Tisdale.

Collier and Tisdale have been asked to organize approximately 20 business leaders whose ideas will be incorporated in developing the program.

With Collier and Tisdale, co-chairmen of the special prospects division, and Bob Veatch and Ralph Hunter, co-chairmen of the business groups division, Wells has selected the top leaders for the seven-week information and promotion program.

Wells, manager of the Montgomery Ward store here, has a job that has taken him to many cities. This is the 23rd chamber of commerce he has served.

With that experience, he explained his own reasons for supporting the "Keep Pace With Tomorrow" program.

The last chamber he belonged to, he said, was that of Great Falls, Montana. It is a community similar to Klamath Falls in many respects, including size, area of location and the site of an Air Force base.

"Great Falls," he said, "has one of the most dynamic chambers of commerce I've seen. It brought three new manufacturing plants to the city in 1958 alone, and it was instrumental in encouraging Air Force expenditure of more than 25 million dollars on construction there in the last four years.

"The reason I'm extremely interested in this 'Keep Pace With Tomorrow' program," he said, "and the reason I'm devoting time to it is because of the importance of the chamber of commerce in the growth economically in Klamath Falls."

He described the chamber of commerce as a dynamic organization available to the businessman, and "the only group a businessman in the community has to depend on to improve his own business in the future."

All businessmen, Wells said, should feel that chamber membership "is not a donation, but a privilege."

"Surely," he added, "we would spend any reasonable amount of money to bring an increase in sales."

TV Directors To Hold Meet

MONTAGUE—The board of directors of the Nor-Sis Television Corporation will hold its next meeting Wednesday evening, January 21, at the VFW Hall in Weed across from the Weed Theater, at 8 p.m.

Also expected to be present will be the advisory group representatives for Weed, who will report on progress made in the Weed area. Those expected to be present besides the regular board members are Judge Kenneth Stone, Joe Bender, Roland Riley, Bruce McCuen, Bill Davis, H. Campbell, Gabe Daggett, N. H. Blankenship and Fielding O. Russ, as well as Norman Bond and Doug Silva, regular members of the board as representatives of Weed.

The public is invited to attend the meeting at which time they may present questions concerning the corporation.

TV GUILTY
SUN VALLEY, Idaho (AP) — Those tough guy television programs probably contribute to juvenile delinquency, says mystery writer Erle Stanley Gardner. He told the National Assn. of County and Prosecuting Attorneys that parents should protest against such programs. But he said the real solution is for TV networks to substitute something else.

Mayor Asks Resignation Be Delayed

DUNSMUIR — George Mannee submitted his resignation as city councilman at last week's meeting of the council. Mayor J. Morgan Jones asked the other two councilmen present if acceptance of the resignation might be delayed until the next meeting. He said he hoped to persuade Mannee to continue in his post.

Mannee was elected to the council in April, 1958, after being appointed to fill a vacancy last fall. Owner of a local drug store, he said business pressure necessitates his resignation.

Mayor Jones also observed that Councilman E. A. Christensen has missed several meetings and could not be counted on for regular attendance this winter and might have to be replaced.

Christensen, currently marooned at the Mt. Shasta Ski Bowl Lodge, is chef of the lodge.

The council agreed to work toward a three-year contract for garbage collection instead of renewing the one-year contract held by John Powers. Powers told the council he would arrange a \$300 savings per year for the city over present costs if granted the three-year contract. Details will be settled before the January 21 meeting, Powers was told.

The council also approved an application for civil defense matching funds for the purchase of over \$5,000 worth of radio equipment. The purchases of stationary and mobile units will bring the city up to the latest communication specifications and plans are to buy the equipment over a two-year period.

The master land use plan for the city was approved pending the final public hearing on the plan on January 21 at the regular council meeting. The planning commission is currently working on a zoning ordinance based on the master plan data. The council indicated professional help on planning will then be deleted from the city budget.

Club Auxiliary Will Join Men
The Klamath Falls Lions Club Auxiliary will have no regular January meeting but will meet with men of the Lions Club on Tuesday, January 13, for a noon luncheon at the Willard Hotel. Serving will begin at 12.

Proceeds of a cookie sale held during December at the home of Mrs. Irving Burke were sent to the School for the Deaf at Salem, to be used for materials for children not included in the regular curriculum.

Hostesses for that meeting were Mrs. Irving Burke, Mrs. Harlan Dexter, Mrs. Walter Kennett and Mrs. John Schubert.

Lawyer Tries To Invalidate Trial Evidence

A trial opens in circuit court Monday for Raymond Hoover, accused of being a convict in possession of a concealed weapon, but an interesting issue already is before the court.

Hoover, 26, 1937 Wantland Avenue, was arrested by city police on a downtown street early on the morning of August 30. At that time officers ordered the passengers out of his car and removed a .38 revolver one of them had been trying to hide.

The issue presented before Judge David R. Vandenberg Friday was whether the evidence — the gun — had been legally obtained.

Defense Attorney Glenn D. Ramfrez filed a motion to suppress the evidence on the ground it was obtained by unlawful search and seizure. He maintained police officers improperly seized the gun before they made an arrest.

The state, represented by Deputy District Attorney O. W. Goakey, contended the seizure was legal because an informal arrest took place when Hoover submitted himself to the custody of police officers.

Some interesting principles are involved. The issue could lead to interpretation of federal and state constitutional provisions against illegal search and seizure.

If the defense succeeds in removing the gun from evidence, the state's case would be crippled. But Hoover was a man city police long suspected of carrying a gun but never before had been successful in apprehending him with one.

Judge Vandenberg held the motion under advisement until Monday.

Police first were called to the case when two men on Seventh Street complained that Hoover had held a gun on them while accusing them of giving a girl in his car a "bad time."

Hoover's car was double-parked on Seventh Street at the time. Police motioned it to move and stopped it in front of Basin Motors where the arrest was made.

Four passengers were in the car. All got out at police orders except Patsy Hoover, who finally was forced outside. On the seat where she had been sitting officers said they found the revolver.

CITY BRIEFS
Meeting — The Klamath County Child Guidance Advisory Council will meet Wednesday noon at the Klamath County Public Health Office. It will be an important meeting to make final plans for the 1959 annual meeting which will be held in March.

Catholic Daughters — will meet Monday, January 12, at 8 p.m. in the parish hall.

Meeting — of the Degree of Honor Protective Association will be Monday, January 12, at the K.C. Hall at 8 p.m. All members on the drill team are required to be present at 7:30 for drill practice. All past and new officers are asked to be present for practice of installation after the regular short business meeting.

Party — The Shasta-Homedale Extension Unit held a Christmas party at Joan's Kitchen on its regular meeting date, December 19. Twenty-one members and five guests were present and enjoyed a potluck lunch. Mrs. Thelma Book, recreation chairman, was in charge.

Happy Hour Club — will meet at the home of Mrs. Lee Bean, 516 Klamath Avenue, on Tuesday, January 13, at 1:30 p.m.

Buena Vista — Home Extension Unit will meet at Joan's Kitchen on Tuesday, January 13, at 10 a.m. The project, low calorie meals, will be the lunch and members are asked to bring table service.

Rainbow Girls — Assembly 57, Order of Rainbow Girls, will meet January 12 at 7:30 in the Scottish Rite Temple. Masons and Eastern Stars are welcome.

Bob Bonney — city park and recreation director, was in Salem Friday where he attended a meeting of the Oregon Association for Health, Physical Education and Recreation. Bonney is a member of the executive board, serving as state vice president.

Nampa, Idaho, is named for Chief Nampuh ("Big Foot"), leader of the Idaho band of Shoshone Indians.

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Victim Found On Roadside

MADRAS, Ore. (AP) — Sammy Pierre Adams, 23, Bonners Ferry, Idaho, was found lying face down in a roadside ditch 15 miles west of here Friday. Police said it was possible he had been struck by a car.

Adams was taken to a Redmond hospital with a basal skull fracture. His condition was listed as fair, but police said he was unable to remember how he had been injured.

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DECEMBER 31, 1958

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RESOURCES	
Cash on Hand and Due from Banks	\$ 176,609,853.18
United States Government Bonds	296,246,830.10
Municipal and Other Bonds	88,628,085.65
Loans and Discounts—Net	331,479,546.83
Stock in Federal Reserve Bank	1,200,000.00
Bank Premises (Including Branches)	12,570,287.86
Interest Earned	3,755,458.48
Other Resources	204,167.16
	\$ 910,694,229.26
LIABILITIES	
Capital	\$ 20,000,000.00
Surplus	20,000,000.00
Undivided Profits	26,180,973.74
Reserves for Interest, Taxes, etc.	4,427,166.55
Dividends Declared	650,000.00
Deposits	829,029,903.59
Interest Collected Not Earned	5,377,587.83
Other Liabilities	5,028,597.55
	\$ 910,694,229.26

This statement includes 65 branches in Oregon
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Mr. Theroux, who works at the Great Northern, saw the ad in the Herald and News, where George Dugan and Bob Mest admitted they were flabbergasted when they got 29.1 miles per gallon on a new Chevy. Because he was from Missouri he decided to try the trip himself in his 1959 Chevy purchased from Dugan and Mest just a few days previous to the ad. He drove to Tulelake and back filling up both times at Klaus's Richfield station on Summers Lane. The first time he got 25.8 miles per gallon and the second time, to prove it to himself, he took Mr. Klaus with him and both were amazed when they totaled up 26.3 miles per gallon.

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