



ROBERT L. MERCER, executive vice president of The Potato Board, talks with Lee Haiken (left) and Karen Ginsberg from Weight Watchers magazine about the relatively small amount of calories in a medium-size baked potato.

Potato Board Sponsors Nutrition

National magazine editors, syndicate writers and others who communicate food, nutrition, and health information to the public, recently met nutrition experts in New York City to learn about the role of carbohydrates in a balanced diet.

"The Potato Board sponsored the all-day program as part of our ongoing effort to improve the American consumer's knowledge of nutrition," said Robert L. Mercer, Potato Board executive vice president.

The Potato Board, funded by the nation's 18,000 potato growers, has a multi-faceted campaign working to increase U. S. consumption of potatoes.

Purpose of the seminar was to encourage editors and writers to produce food, nutrition and health stories based on authoritative, accurate, up-to-date information on carbohydrates. Panelists included: nutrition writer Ronald Deutsch; Dr. T. S. Danowski, clinical professor of medicine, University of Pittsburgh; Dr. Zachary I. Sabry, professor of nutrition, University of Quebec, Canada; Dr. David Kritchevsky, professor of bio-chemistry, University of Pennsylvania; and Barbara Ann Hughes, head of the Nutrition and Dietary Services Branch, North Carolina Department of Human Resources.

Throughout the program, speakers indicated the average person needs more carbohydrates from fruits and vegetables in order to get a balanced diet.

Ronald Deutsch, The Potato Board's nutrition consultant, told the editors "It's a modern-day myth that all protein foods are 'good' and keep you thin while carbohydrate foods make you fat."

Quoting the Food and Nutrition Board of the National Research Council, Deutsch stressed the recommendation that people "reduce the consumption of fats and increase intake of complex carbohydrates."

Deutsch, author of the soon-to-be-published **Food Counter's Guide**, said that protein foods should not exceed 15 percent of the total calories in a person's diet which would fulfill the U.S. Recommended Daily Allowance (U.S. RDA). He suggested about 35 percent of the remaining calories for the day should come from fats, and at least 50 percent from carbohydrate foods. Both the American Heart Association and the Food and Nutrition Board recommend similar percentages of the macronutrients -- proteins, fats, and carbohydrates -- for a balanced diet.

Deutsch stressed the need for a "compact" diet, based on a careful selection of foods to meet the body's nutritive needs within a limited number of calories. He indicated it no easy matter to achieve when, according to Harvard University's Dr. Jean Mayer, the average American has the same nutritive needs now as he had in 1900, even though today we consume one-third fewer calories.

According to Deutsch, increased carbohydrate intake helps balance the diet, fill in missing vitamins and minerals, provide more fiber, and automatically lowers cholesterol and fats associated with a multitude of today's health problems.

Dr. Sabry reported to the group that a long term study of the North American diet revealed people now average

about 30 percent of their calories from carbohydrates which is now less than one-half what it should be to provide good nutrition. In our daily calorie intake fats account for 45 percent while 15 percent of our calories come from protein.

Dr. Danowski explained to the editors that most cases of hypoglycemia (low blood sugar syndrome) are more often a symptom of another physical or psychological malady rather than a fundamental medical problem. "It's become stylish, but not very effective, to put hypoglycemics on a low-carbohydrate diet," he said. He also emphasized that eating carbohydrates does not cause diabetes.

Discussing the relationship of a balanced diet to atherosclerosis and heart disease, the leading cause of death in the United States today, Dr. Kritchevsky said heavy smoking, high cholesterol levels and high blood pressure are the chief causes of coronary disease. A change in diet over the past 60 years reveals Americans are eating more animal protein now and less fiber. On the subject of fiber he cautioned against "believing everything you read" but "based on what we do know," he said, "we should be prudent and not hysterical over what we don't know." Panelist Hughes told the editors that a comprehensive study in North Carolina showed the majority of people know what they should eat, but don't eat it.



THE NEW PRINTER at the Gate City Journal is Bud Peterson. The veteran printer grew up in the weekly newspaper business, learning the work when his dad owned the Weekly Sentinel in Westbrook, Minnesota. He has worked on weekly and daily newspapers and commercial shops in Minnesota, Iowa, Illinois and California. He and his wife Dorothy have a new mobile home and live in the Sparks and Baker Court. They have one son, Jim Peterson, who lives in Apple Valley. Bud replaces Rene VanBijouw, who left last week for Minute Man duty at Fort Leonard Wood, Missouri.

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Lectures Slated At TVCC

The third in an outstanding series of lectures dealing with various aspects of Oregon history is slated for Thursday, March 10 in Treasure Valley Community College's Administration Building beginning at 8 p.m.

Miss Janet Takami, Nyssa, will present the program on "Textile Industry in Early Oregon." She will illustrate her talk with specially prepared slides. Janet, who graduated from Oregon State University while majoring in textiles, will explain and demonstrate the processes of making woolen goods from the sheep to the finished product. People from the audience will be invited to try their hand at carding, spinning and weaving.

Most textile manufacture in early Oregon was a result of cottage industry. In this part of the territory that became Oregon, the first clothing material was made of skins and hides. Later sheep raising resulted in cottage industry manufacture of some woolen goods used by members of the family which produced the garments. It was Joseph Watt who is credited with bringing sheep to Oregon in 1840. He was not the first to start out with sheep on the Oregon Trail but, according to Janet, was the first to make it all the way. Others who brought sheep with them did so as a source of food rather than hoping to start a new business.

There were some early attempts at raising cotton in Oregon but these ventures failed as did those attempts in early day Utah when silk

was unsuccessfully tried by the first settlers who followed Brigham Young. Famous names like Jantzen, Pendleton and Hudson's Bay all have a connection in Oregon with textiles. And, as late as the 1940's flax was a crop in

the Willamette Valley and was the basis for line manufacture. These and other interesting anecdotes will be featured at the Malheur Country Historical Society's next meeting.

Federal Land Bank Stockholders Meet

R. H. Howland was re-elected president during a short business meeting of the board of directors.

Roberts told the stockholders that their association extended \$7,899,500 of long-term mortgage credit during 1976, a new record high. The total volume of the association is \$28,182,000.

About 290 farmers and stockmen from this area attended the annual meeting. Door prizes were won by Dick Stam, Martin Matthews and Ida Kurokawa.

Federal Land Bank Association of Ontario stockholders re-elected Robert E. White to the association's board of directors. The election came during the FLBA's annual stockholder meeting Friday which featured a movie entitled "Generations of the Land."

Reports were also heard from Dan E. Roberts, FLBA manager and David Burgess, assistant vice president - field, of the Federal Land Bank of Spokane.

Morrow County Top State Spud Grower

Morrow County became the No. 1 potato-growing county in Oregon indicated by the Oregon State University Extension Service commodity sheets for 1976.

In 1976, Morrow County led the statewide acreage list, followed by Malheur County with 11,000 acres; Umatilla County with more than 8,000 acres; Klamath

County with more than 8,000 acres; and Jefferson and Crook Counties each with more than 2,000 acres.

Malheur was the state's potato acreage leader until 1975 when Morrow County doubled acreage from 11,000 to more than 20,000 acres. During the late 1960's, Malheur County had 22,000 acres producing potatoes.

THIS STUFFED CABBAGE HAS A FLAVOR SECRET



A ground beef and rice stuffing, temptingly seasoned with onion, tomato and a measure of Worcestershire sauce is one of the best things to happen to a cabbage leaf. This is a healthful family main dish, thrifty and easily prepared, but you can also serve it proudly to guests whose taste buds know what's good.

SAVORY STUFFED CABBAGE

- 1 small head cabbage
- 1 tablespoon oil
- 1 cup chopped onions
- 1 can (1 lb.) tomatoes, broken up
- 3 beef bouillon cubes
- 1 cup water
- 5 teaspoons original Worcestershire sauce, divided
- 1 pound ground lean beef
- 3 tablespoons raw rice
- 2 tablespoons water
- 2 tablespoons firmly packed brown sugar

Pour boiling water over cabbage to cover; let stand for 15 minutes. Remove leaves; set aside. In a large saucepot heat oil. Add onions; saute for 2 minutes. Stir in tomatoes, bouillon cubes, water and 3 teaspoons of the Worcestershire sauce. Bring to boiling point. Reduce heat and simmer, covered, for 30 minutes. Meanwhile mix beef, rice, egg, water and remaining 2 teaspoons Worcestershire sauce. Place a tablespoonful on each cabbage leaf; tuck in sides, roll up. Place extra cabbage in sauce. Arrange stuffed cabbage on top; sprinkle with brown sugar. Cover and simmer for 1 1/2 hours. Uncover and simmer until sauce is slightly thickened, about 20 minutes. Yield: About 16 stuffed cabbages—4 to 6 portions.

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