

# Diabetes Search Goes On

By K. H. Sutherland, M. D. County Health Officer

Every year this department lends its support in the search for unknown cases of diabetes in the annual detection campaign of the Diabetes Association.

Diabetes is one of the oldest of known diseases and one of the commonest. It is estimated that between 2½ and 3 million people in the United States have diabetes, including somewhat over 100,000 in Southern California.

The problem lies chiefly in that approximately half of the diabetics in this country do not know they have the disease. The diabetic person who is under a medically supervised regimen can usually look forward to a full, productive, normal life. Diabetes which is not treated, not controlled, is dangerous and may lead to widespread damage to a number of organs within the body.

FORTUNATELY, diabetes is fairly easy to detect. Found early enough, it can be controlled. For this reason clinics providing screening tests for diabetes at no charge are conducted during National Diabetes Week which, this year, will be Nov. 15-21.

Highlighting the week will be Diabetes Detection Sunday, Nov. 15, when clinics throughout the area will be open, including those at 15 centers of the Los Angeles County Health Department.

Exact schedules of times, dates and places will be published in local newspapers in November prior to the beginning of the program. Additional information about the clinics and the tests is available to anyone who calls the Diabetes Association of Southern California at HUBBARD 3-3740.

DIABETES is a disease in which the body cannot make use of certain foods in a normal way. Particularly involved are sweet and starchy foods, known as carbohydrates, which are the body's chief source of energy. Normally the body changes them into a usable form of sugar called glucose. In diabetes, this glucose cannot be used to supply body heat and energy in the usual way. Instead the glucose accumulates in the blood. The kidneys then must work overtime to take the wasted sugar out of the body by way of the urine.

A simple urine test, then, is the first screening device used to detect diabetes. For the clinics to be conducted during Diabetes Detection Week, the diabetes association is urging all people who come for tests first to eat a large meal containing sweets or starches, wait two hours and then come for the test. If diabetes is present, it will be most easily detected at that time.

Although any person may have diabetes, this condition is found most often in people over age 40, those who are overweight, and those who have one or more diabetics among their relatives. It affects more women than men.

A leaflet providing more information about diabetes, its symptoms, effects and control, will be sent to anyone who sends a written request to the Los Angeles County Health Department, Division of Health Education, 220 N. Broadway, Los Angeles 12.

## Three U. S. Presidents:



cleared the tracks nationally for railroad peace—Let's complete the job in California!

PROPOSITION 17 makes it possible for California to put into effect the national transportation settlements—worked out by Congress and Presidents Eisenhower, Kennedy and Johnson—which eliminate wasteful featherbedding in the railroad industry under terms that insure maximum job protection, yet retain two men in the cab of all trains.

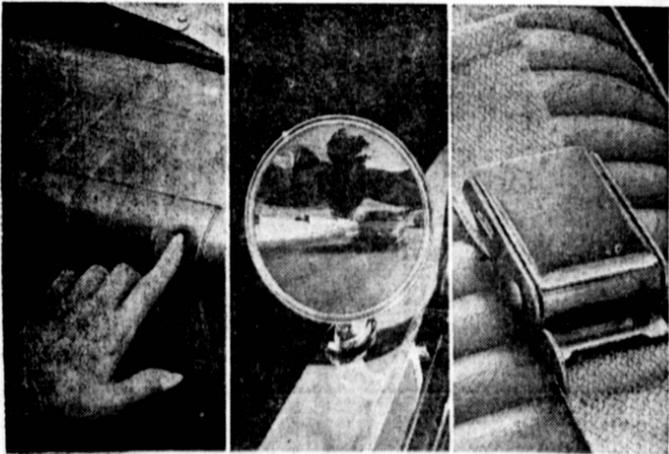
These settlements are now in effect in most states—but not in California because of a conflicting "horse and buggy days" law which Proposition 17 repeals.

To keep California competitive—  
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**17**

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## MARY WISE Menu Planners AND SHOPPING SUGGESTIONS

### Add Sparkle to Fruit for Dessert

The unmistakable flavors of cinnamon, cloves and ginger lend further sparkle to canned fruit cocktail in Frosty Spiced Fruit, a chilled dessert to enhance a dinner menu.

Even the syrup from the can of fruit cocktail is used in this make-ahead treat featuring colorful bite-size pieces of cling peaches, pears, pineapple, seedless grapes and maraschino cherries.

- FROSTY SPICED FRUIT**
- 1 can (1 lb. 14 oz.) fruit cocktail
  - 1 stick (3-inch) cinnamon
  - 5 cloves
  - ½ teaspoon powdered ginger
  - 2 tablespoons Curacao or frozen orange juice concentrate
  - ½ pint dairy sour cream

Drain fruit cocktail, reserving all syrup. Combine fruit syrup with cinnamon, cloves and ginger.

Bring to a rolling boil and boil 5 minutes. Remove from heat; add Curacao and fruit cocktail.

Chill 4 to 5 hours. Remove cinnamon and cloves. Serve in chilled sherbet glasses topped with a generous spoonful of sour cream.

Makes 4 or 5 servings.

### Sour Cream Zips Tomatoes

Broiled tomatoes are an old standby. However, they take on new interest and appeal when spread with smooth, taste-appealing dairy sour cream before the broiling process.

- BROILED TOMATOES**
- ½ cup dairy sour cream
  - ½ tsp. garlic salt
  - 1 tsp. chopped parsley
  - 1 lb. bread crumbs
  - 6 large fresh tomatoes

Combine dairy sour cream, garlic salt and crumbs. Cut core from fresh tomatoes in half crosswise.

Spread dairy sour cream mixture over cut side of tomatoes. Broil 4 to 5 minutes about 4 inches from source of heat, or until topping is brown and tomatoes are heated through.

### Entree Go-With

Apple Squash Bake is delicious with steaks, chops or fried chicken. Thaw one 12-ounce package frozen squash. Combine with 1½ cups apple sauce, 2 tablespoons sugar, ¼ teaspoon salt and ½ teaspoon nutmeg.

Transfer to casserole. Sprinkle with buttered bread crumbs and bake at 375 degrees for 30 minutes.



PREPARE Cheesed Potatoes in foil to satisfy hungry appetites. This makes a nippy food which is just right for fall menus.

## Nippy Foods Are Fine for Fall Appetites

Cubes of nippy cheese are combined with crisp bacon, onion rings and Tater Tots, to provide potato pleasing eating whether grilled outdoors or baked in a hot oven.

Frozen Tater Tots are made by selecting only the finest northern potatoes, carefully dicing, shaping and then pre-cooking them.

A few minutes in a hot oven is all it takes to have tender, nutritious potatoes ready to eat with your favorite entree.

When you are preparing these potatoes over coals, be sure your fire is hot and you turn the foil package several times while they are roasting.

Other foods may be prepared in foil over the coals, such as peas, corn and fresh tomatoes.

Outdoor cooking is fun when the whole meal can be watched over by the backyard chefs.

### CHEESED POTATOES

- 1 pkg. frozen (Ore-Ida) Tater Tots
- Salt
- 4 slices bacon, crisp-cooked
- 5 onion slices, separated in rings
- ¼ lb. sharp cheese, cubed
- 2 lbs. butter

Empty Tater Tots onto a big piece of aluminum foil and sprinkle with salt and pepper. Crumble bacon over.

Add onion and cheese cubes. Slice butter over all, and mix on the foil.

Bring edges of foil up and leaving a little space for expansion of steam, seal well with double fold.

Place package on grill and cook over coals about 30 minutes or until done, turning package several times.

Or, place in a preheated 425°F. oven for 30 minutes. Serves 6.

## ELECT A WINNER, VOTE FOR HONEY

Be a winner and use the food that is a gift to you from thousands of honeybees who dedicate their lives to producing honey.

These busy workers give you a natural sweet that comes to you ready to use.

Its flavor depends upon the flowers from which the bees gather nectar. Markets carry a wide selection of honey—often called the Nectar of the Gods. Read the label and buy the flavor you enjoy most.

### Liquid Honey

Liquid honey flows freely when it is first produced but it is natural for it to crystallize on standing. The crystals formed are coarsely-textured.

Some people have come to enjoy it in this form using it as a spread. However, it can be restored to its pourable state if the container is placed in warm water.

True to our modern way of life, a method of producing crystallized honey into a smooth creamy spread has been introduced.

Now you'll find it in cartons and jars on the same shelves with the jars of liquid honey.

### Leaflet Available

Honey Butter, which is a blend of creamy butter and natural honey comes plain or with cinnamon. It is always

Spoon sugared berries of any kind into chilled serving dishes; top with dairy sour cream followed by dash of nutmeg. Offer with fancy salted crackers.

found in the market refrigerator.

Send a card with your name and address to California Honey Advisory Board, 127 South Milton Avenue, Whittier, California, for free leaflets giving recipes using honey in top-notch fashion.

## Teens Need Vitamin A

Dancing in the dark is one thing, but stumbling in the dark due to poor "dark adaptation" or night blindness due to a deficiency of vitamin A is quite another.

This condition has been found to be fairly prevalent among high school students.

According to a report issued by the Dairy Council of California, night blindness is only one evidence of lack of this important vitamin.

Found abundantly in dairy products, vitamin A is also important to the maintenance of clear, healthy skin; it plays a vital part in the building of good strong bones and teeth and aids the body in the manufacture of hemoglobin.

Now you'll find it in cartons and jars on the same shelves with the jars of liquid honey.

### Honey of a Sundae

For a dessert or snack that is as pretty as it is good eating, flavor some of California's light amber-colored honey with a few drops of peppermint extract. Warm honey with a spoon over vanilla ice cream. Decorate with chocolate sprinkles.

Tonight could be the night!

The night you dress up your crispy-good fried chicken with canned cling peaches—hot and fragrant. And why not, when it's so easy? Just drain the excess fat from the pan 10 minutes before the chicken's done, add well-drained cling peach halves and heat 10 minutes longer. Tonight could be the night all right, and if it's not, you're missing a treat.

Oh Boy!

NEW CROP

**B.C. MACS**

ARE HERE!

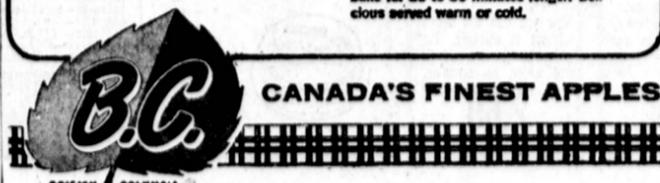
Mother Nature puts extra flavor, extra juicy goodness into these crisp mountain grown apples from Canada. You're sure to like top quality, all purpose B.C. McIntosh Reds... the one apple that's best for every apple use. Buy a bag today, and try them in this apple pie for dinner tonight.

### B.C. APPLE PIE

- Pastry for 9-inch pie
- 7 cups thinly sliced B.C. apples
- 1 cup sugar
- 1 tablespoon butter

Prepare pastry. Wipe, quarter, core, peel and slice apples, then measure. Arrange apples in layers in pastry-lined deep 9-inch pie plate. Sprinkle each layer with sugar. Dot top layer with small pieces of

butter. Cover with top crust. Place pie on lowest rack in oven pre-heated to 450 degrees F. (very hot oven). Bake for 10 minutes, then reduce oven temperature to 350 degrees F. (moderate oven) and bake for 20 to 35 minutes longer. Delicious served warm or cold.



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