

Catholic daughters plan fall activities

Court Sancta Maria 715 Catholic Daughters of Norwood started their Fall season with a covered dish supper held in the Church Hall, Tuesday evening, September 6.

Supper was followed by the business meeting at which time a calendar for the year's activities was drawn up.

The first big event will be the annual silver tea to be held on Tuesday, September 27 at the Knights of Columbus Hall.

The annual rummage sale will be held from noon October 13 through Friday, October 14. Coffee and doughnuts will be on sale Friday.

Mary Sutter reported on the mission work. Since she became chairperson in 1964, 30,000 articles have been sent.



A PLANNING MEETING for the Great American Ride (Bike-a-thon) and Walk-a-thon to be held in Potsdam, September 24, (rain date-September 25) was held at the Newman Center recently. Benefit of the St. Lawrence County Unit, American Cancer Society. Seated are from left, J. Peter Brady, Alpha Phi Omega-Clarkson; Captain Nancy Zizunas, R.O.T.C., Clarkson; Stan Letarte, Troop 57; Jean Theobald, Cindy Theobald, representing the 4-H; Fred Giuliani,

McDonald's; Bill Lewis, co-chairman. Standing, from left, Deputy Sheriff Douglas Poppo; Joe Blegen, co-chairman; Peter Nevesky, Alpha Phi Omega, Clarkson; Francis Smith, representing the Fraishville Boy Scouts; Barbara Trenise, representing Norwood-Norfolk Schools; Kay Sullivan and Marcia Weller, Gamma Sigma Sigma, S.U.C.P.; and Sue Maiello who is collecting the prizes.

Food Sense

BY RANDALL C. ROLFE

Lucky are those who live by the sea. Almost every human society has valued fish in its diet. It is believed that our ancestors in prehistory ate small fish and shellfish they found on the beaches and riversides, cracking the latter as do gulls and others today, long before they learned to use weapons against land animals.

Fish is a food well suited to our metabolisms. Indeed, if it played a large part in our prehistoric diets, it may be that we are well suited to it. It is composed primarily of water, protein, fat, minerals, and vitamins, with only traces of carbohydrate. Fat content varies from almost none-in cod, halibut, lobster-to about 25 percent by weight-in sardines and salmon. Generally, the more flavorful the fish and the more

"fishy" it smells when its fats go rancid, the greater the fat content.

The fats in fish are exceptional. Even the fish considered fatty still contain less fat relative to protein than most commercial beef and other land-animal meats, except if the oil sometimes used in canning is included. Fish fat is mostly unsaturated, unlike all other animal foods. Because our modern diet tends to be very high in fat and in refined foods and a high consumption of saturated fat in this context seems to put a strain on the cardiovascular system, saturation has become an important concept in evaluating fats. Fish is closer to vegetables than animals in this quality of its fat. Tests have repeatedly shown that fish fat has an even greater effect in lessening certain symptoms of cardiovascular distress, such as high levels of serum cholesterol, than does vegetable fat.

If fish is substituted for other animal tissue foods and some dairy foods, both less total fat and a lower proportion of saturated fat to total fat will be eaten, two goals recently recognized by the Senate Select Committee on Nutrition and Human Needs in its six Dietary Goals for the U.S. Shellfish is sometimes avoided because of its high cholesterol content-twice that of white chicken meat and half that of one egg per three ounce serving-but other fish has very little cholesterol.

Fish fats have a considerable amount of the fat-soluble vitamins A and D which are virtually absent from other animal foods. These two vitamins are often found insufficient in the usual American diet.

Other vitamins are also plentiful in fish. The entire B-complex is present, including especially B-6, B-12, and biotin in greater amounts than in other animal tissues aside from organ meats.

The amount of protein per edible portion in most fish exceeds all other foods except lean meat and fowl and hard cheeses. The quality of the protein is also special. It consists of as much complete protein (essential amino acids in proportions usable by the body) as other animal tissues, but it is more digestible and absorbable than most, so that its net utilization by the body is surpassed only by eggs and milk. It is easy to see that fish is easily digested by the way it disintegrates even without cooking. It has less connective tissue than land animals, which is a principal reason for cooking those foods. Fish requires only a fraction of the cooking time, and should never be overdone.

The greatest benefit of fish is probably its high and varied mineral content. Living in an environment always rich in minerals, fish make full use of them and carry traces of all minerals known to be useful to our metabolism. Most land-animal tissue foods have far fewer minerals. Our chief source of minerals, vegetables, suffer from the hazard of where they were grown. Many soils have been found dangerously deficient in such trace minerals as zinc, iodine, vanadium, and manganese. Such soils include most of those farmed for years without a return of trace minerals to the soil (via manure or other organic fertilizer and those where large amounts of chemical fertilizer are used, since this tends to decrease plant absorption of trace minerals).

In sea water, though the density of dissolved minerals may vary, their proportions are fairly constant because, of course, they may move freely. Fish therefore have access to all the minerals important to life. The smaller fish offer us the advantage that their entire skeleton may be eaten, as in sardines and anchovies, giving a valuable source of calcium, which otherwise must come chiefly from milk and green vegetables in this culture.

A further advantage distinguishes fish from other animal foods. They are the only major group of animals whose lives and metabolisms have not been substantially and environmentally changed to produce a larger amount of muscle and fat than they used to. A hard white more saturated fat has replaced the soft yellow fat seen in their wild counterparts. In contrast, most fish are still free to breed and select their food for their own good. Consequently, they are healthier, more naturally balanced animals and offer greater benefit to us.

Unfortunately, this is not assured for all time. Already "fish farms" exist, and it is to be expected that growers will again try to maximize quantity for the least feed. River-beds too are already being treated to affect the yield of fish-life.

Fish also, in general, contains less pollutants than other foods, because the ocean is so vast and relatively unoccupied by man that the pollutants are still fairly dilute. But oil spills, industrial and agricultural chemicals, and greater use of the seas threatens to change this too. Already, Mirex has been found in fish of the St. Lawrence, and hepatitis, spread by raw sewage, has contaminated shell-fish along the shores.

Finally, fish have a high nucleic acid content, especially the small ones, such as sardines, oysters, and herring. Though a tiny part by weight, nucleic acids are vital to all life, making up the genetic material and the substances which translate the genetic instructions into cellular metabolism. So far, nucleic acids have not been generally accepted as essential in the diet, because they can be made in the body. But evidence is accumulating to suggest that the body does not make enough, especially as we get older, for optimal health.

With all these advantages, and the wonderful variety of fish available-from scallops, almost sweet, to anchovies, very tart-fish could beneficially play a much larger part in the modern diet. It is even relatively cheap!

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Afflicting more people than those who suffer from blindness, cancer, tuberculosis, heart disease and multiple sclerosis combined, hearing impairments are among the most widespread handicapping disabilities affecting Americans today, officials of the Beltone Crusade for Hearing Conservation report. Over 14 1/2 million Americans are estimated to be suffering with a significant degree of hearing loss, they add.

STOCK-UP NOW!

FOODS FESTIVAL



Prices good thru Monday, September 19, 1977

Italian Food Festival

<p>PROGRESSO WINE VINEGAR 25 oz. btl. 56</p> <p>Progresso 20 oz. can 66¢ Bread Crumbs 66¢ Tomato Soup w/Shell 20 oz. can 46¢ Progresso Soup 20 oz. can 58¢ Clam Chowder w/noodles, or Home Style 58¢ Progresso Chicken 30 oz. pkg. 55¢ Gioia Lasagna 16 oz. 55¢</p>	<p>ON-COR VEAL PARMESAN 2 lb. pkg. 98</p> <p>Frozen 60¢</p> <p>Abel's 12 oz. pkg. 68¢ Garlic Bread Frozen 68¢ Celentano 13 oz. pkg. 95¢ Cheese Ravioli 95¢ Celentano 18 oz. \$1.44 Manicotti pkg. 95¢ Meat or Cheese 30 oz. pkg. \$1.35 Rosetto Ravioli 1.35</p>	<p>GIOIA SAUCE quart jar 66</p> <p>Plain, Meat, Mushroom or Sausage 14¢</p> <p>Bucket 6 oz. btl. 88¢ Mario Olives 88¢ Blend gal. \$3.68 Casenova Oil \$3.68 Sunny Square Broad or Medium Noodles 16 oz. pkg. 48¢ Rigatoni, Cut Ziti, 1 lb. pkg. 28¢ Gioia Shells 28¢</p>	<p>LAROSA SPAGHETTI 3 lb. pkg. 68</p> <p>Regular or Thin 20¢</p> <p>Dececco 28 oz. can 55¢ Crush Tomatoes 55¢ Country Manor 28 oz. can 48¢ Tomatoes 48¢ Progresso 15 1/2 oz. jar 44¢ Pizza Sauce 44¢ Progresso 10 1/2 oz. can 78¢ Clam Sauce 78¢</p>
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PIZZA FESTIVAL

<p>VALU PACK CHICKEN 3 Breast Qtrs. w/Wings, 3 Qtrs. w/Backs, 3 Wings, Necks, Giblets 41</p> <p>Qtr. Loin Rib Ends & Center 128</p> <p>Gianelli Pure Pork Regular or Hot 128</p> <p>Assorted Peschke 12 oz. 78¢ Lunch Meat 8 oz. pkg. 68¢ Sliced Liverwurst 8 oz. pkg. 68¢</p> <p>Cortland Valley 2 lb. 35¢ Sauerkraut bag 35¢ Center Cut Water Added Ham Slices \$1.58</p>	<p>HAMBURG 100% Pure Beef 3 lbs. or more 65</p> <p>GROUND CHUCK 100% Pure Beef Bonus Pack 76</p> <p>Beef Rib 148</p> <p>RIB STEAK lb. 148</p> <p>Shorgood Grade A Quartered 58</p> <p>LEGS OR BREASTS lb. 58</p> <p>Boneless 128</p> <p>ROAST SHOULDER lb. 128</p> <p>Pilgrim 108</p> <p>POLISH SAUSAGE lb. 108</p>	<p>JENO'S PIZZA 13 oz. pkg. 78</p> <p>Thick Crust with Cheese 88¢ Celentano Pizza 11 oz. pkg. 88¢ Saluto 23 oz. pkg. \$2.38 Deluxe Pizza Cheese Frozen 16 oz. pkg. 98¢ Ellio Round Pizza 98¢ Appian Way 12 oz. pkg. 49</p>
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FARMER'S CHOICE

<p>First of the season California 49</p> <p>RED Tokay GRAPES lb. 49</p> <p>Large Med Spanish Onions 18¢ Sunkist Lemons 6 for 58¢</p>	<p>New Crop 19</p> <p>Southern YAMS lb. 19</p> <p>Nappa-Suey Choy 38¢ Chinese Cabbage 38¢ Canadian Yellow Turnips 10¢</p>	<p>PRUNES lb. 25</p> <p>PLANT lb. 25</p> <p>Italian 28</p> <p>Cubanelle Peppers 28 U.S. No. 1 Beak & Skirt 78 McIntosh Apples bag 78</p>	<p>Tasty 25</p> <p>EGG PLANT lb. 25</p> <p>U.S. No. 1 Wactarr 35</p> <p>BARTLETT PEARS lb. 35</p> <p>Beautiful Outdoor Planting 35 Potted Mums ea. \$1.39</p>
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Frozen pkg. of 6

3 DIAMOND LIGHT CHUNK TUNA FISH

59

6 1/2 oz. can

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