

Outlook on Lifestyle

POLLY'S POINTERS

Both kinds of fat cause disease

By Polly Fisher

DEAR POLLY — What is the difference between saturated fat and cholesterol? — E.R.N.

DEAR E.R.N. — Here is a brief explanation. Cholesterol is a substance found only in animal foods such as meat, eggs, seafood and dairy products. Our own bodies manufacture cholesterol, and it is an essential substance for good health. However, an increased blood cholesterol count has been shown to be a contributing factor to heart disease in some people. The current scientific thinking suggests that for people with raised blood cholesterol levels, the intake of dietary cholesterol from such sources as eggs and meat should be reduced or, at least, controlled.

Saturated fat is a kind of fat most commonly found in animal products such as meat and whole-milk dairy products, but it is also found in some vegetable products such as palm oil and coconut oil. Excessive consumption of saturated fats is also thought to contribute to high blood cholesterol levels and other problems connected with heart disease. So the U.S. government, in its "Dietary Guidelines for Americans" recommends the reduction of daily consumption of saturated fat for the U.S. population as a whole.

I'm sending you a copy of my newsletter "Cooking for Health," which details the U.S. Department of Agriculture's "Dietary Guidelines," containing their position on cholesterol and saturated fat. This issue also has some recipes for healthier eating, including some salt-free seasonings. Others who would like this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

BRIDGE

James Jacoby

West	North	East	South
1 ♦	Pass	2 NT	3 ♦
Pass	4 ♦	Pass	4 ♠
Pass	Pass	Pass	5 ♦

Delaying a discard

By James Jacoby

Sorry, but I would open the bidding with the North hand. North has prime cards, two and a half quick tricks, and 12 high-card points with a 10-spot for a kicker. But North did compensate for his original pass with strong subsequent bidding. I particularly like the four-spade cue-bid to tell partner not only that he had first-round control of spades but that he had passed a hand that many players would have opened. Still that's not the problem here. You get to five clubs, and West leads the spade queen. Blot out the actual East-West cards from your mind and plan the play.

It's tempting to shed a heart on the spade ace right away and then rely on the diamond suit behaving. Unfortunately that approach founders because the location of the diamond honors favors the defenders. But you can combine all your chances. Trump the opening lead, keeping the spade ace for later. Then play a low diamond toward dummy. When West plays low, insert the 10. Maybe that will force the king. But East wins the jack and returns a heart. Take the heart ace, cash two clubs (leaving a trump entry in dummy) and then play a diamond to dummy's ace. When the king does not pop up, play the spade ace and throw your diamond queen away. You can now ruff a diamond, and lo and behold, the diamonds are 3-3. You return to dummy with a club to pitch a heart loser on the long diamond, and you have taken 11 tricks and made your contract.

DEAR MEG



Meg Whitcomb

Strict mom stalls her driving plans

By Meg Whitcomb

DEAR MEG — My mother won't let me drive. My 16th birthday was four months ago, I got an A on the drivers' test, and my license came in the mail three weeks later. My average in drivers' ed last semester was an A.

The worst part of it is, Grandma gave me her car, and it's just sitting in the driveway. I can afford gas because I have a job after school. Please help. I've only been allowed to drive alone three times, and that was to the store — which is exactly a quarter of a mile away — NO WHEELS, N.Y.

DEAR NO — One of the hardest steps for overprotective parents is to give their teens a ticket to ride the open road. Yet having wheels and learning to handle the freedom and mobility they entail in a mature way is an important part of growing up.

Why not offer to drive your mother around and show her what a capable driver you are? Volunteering to do errands and drive your parents on trips is another way to demonstrate your skill and sense of responsibility. If Mom is still adamant, you may have to call in another adult to get yourself into gear.

DEAR MEG — Last week my husband told me he didn't love me anymore. We've been married 3 1/2

months.

We got married two months earlier than we'd planned because he didn't want to wait. Then he insisted I stop smoking, so I did. The day after the wedding we moved in with his parents although I didn't want to. We used to make love every night, but he hasn't touched me or even spoken to me in a week.

I cry all the time because I don't know what's wrong. We never even had an argument — he just said it was over. Please tell me what I can do to make him change his mind. When I suggested a marriage counselor, he said, "No way." — SHARON, OKLAHOMA CITY, OKLA. (P.S. We're both 19.)

DEAR SHARON — I'm sorry to have to say this, but your husband is telling you that your marriage was a mistake. Please believe him. He doesn't know how to express his feelings any other way.

What can you do to change his mind? The answer, I'm afraid, is nothing. But you can help yourself. To save yourself future unhappiness, cut the cord now.

DEAR MEG — The father of my baby is a two-timing womanizer. I've caught him twice with other women, and I'm staying with him only so my baby can be with her father. We're not married, but at least he's helping support the baby and me.

To make things worse, I'm taking care of my grandmother next door, who has cancer. The stress of living with a house and having so much responsibility is getting to me. Don couldn't care less.

My only ray of hope comes from Freddy, a guy I've met who is very kind and supportive. He wants me to leave Don and live with him. He says he'll take care of the baby and my grandmother, and seems sincerely fond of both of them.

I no longer love Don, but I don't know if I should leave him, since he's

the father of my baby. — BURDENED, OKLA.

DEAR BURDENED — Don may qualify legally as a father, but he doesn't qualify emotionally as either a parent or a live-in. But running into another man's arms isn't the answer. You need to sit down and decide what you want for yourself, your daughter and your grandmother. Freddy may be a suitable port in the storm, but you don't say whether you love him!

Should you decide to split, talk to a lawyer about child support and Don's visitation rights. (They're due him even though you're not married.) To give yourself some time to think, you could move in with your grandmother. Good luck.

DEAR MEG — Reading your column today shows me there are no "significant accidents." I moved here from an excellent job in another state and left all my friends in my AA group in Texas. I was lonely and feeling all the stresses of moving. For the first time in my three years of sobriety, I was returning to my old fears and shyness.

Then I came across the column in which you describe your recovery from alcoholism, and I knew I was not alone. I know now that I need to seek help and friendship from others like me. Your words, "I drank because I couldn't not drink," really hit home. I had been using those words for three years. Now I'm heading to AA meetings in my new town. Thanks for your honesty. — RECOVERING, CROWN POINT, IND.

DEAR RECOVERING — Thank you for a heartwarming message. AA is a vital factor for most of us in our recovery from alcoholism, so keep hitting those meetings. And since you're alone, be sure to use HALT for the times you may be tempted to pick up a drink — when you're Hungry, Angry, Lonely or Tired.

Health Tips

PROTEIN

1. Protein is necessary to help control the proper rate of metabolism.
2. Protein renews and rebuilds tissues and cells.
3. Fish is high in protein and low in calories.
4. USRDA requirements for protein: 45 g. for women, 55g. for men.
5. Eat protein with 8 essential amino acids.
6. An extremely high-protein, low-carbohydrate diet is a fad diet and can be dangerous to your health.



98 Mill St.
Georgetown
Office 877-2900
Evenings 853-0780
HOURS:
Mon.-Thurs. 7:30 a.m. - 4:30 P.M.
Friday 7:30 a.m. - 1:30 p.m.
Saturday 9:00 a.m. - 11:00 a.m.



WAREHOUSE CLEARANCE SALE!

1 DAY ONLY
SATURDAY, NOV. 14/87
8:00 A.M. — 1:00 P.M.

BRING YOUR MEASUREMENTS

CLAD, WOOD WINDOWS
ANGLE BAYS, ENTRY
DOORS, SKYLIGHTS
PATIO DOORS.

BIG SAVINGS WHILE STOCK LASTS

100 WILKINSON RD., BRAMPTON

(416) 454-5362

ALL ITEMS CASH AND CARRY



