

# Her guests were rude but partly right

DEAR POLLY — A short time ago, while having guests for dessert, I passed around a frozen, non-dairy topping for the pumpkin pie. Some of the guests had heard something about palm oil and other ingredients and no one would touch it. I said nothing but felt insulted because they said it was poison. It seems that they could have just calmly said "No thanks" without the comments.

Just how bad is this type of topping? Much of it is still being sold and I know of no one who has had any problems. I realize, from reading articles since then, that other oils are safer, but since we seldom eat topping, we should be in no danger of dying from it. I would appreciate hearing what you think about this. — M.M.

DEAR M.M. — Well, it's not poison and you don't risk dying from eating an occasional small portion of such whipped toppings. What they do contain is a large amount of fat, much of it saturated.

And since most of us would do well to eat less saturated fat (and less fat of any type) in order to decrease our risk of heart disease and clogged arteries, these toppings — as well as real whipped cream — should probably be used only occasionally and in small quantities. Actually, if they contain a large quantity of palm oil, they could be even higher in saturated fat than real whipped cream!

## POLLY'S POINTERS



POLLY FISHER

The problem with palm oil (and coconut oil, too) is that it is a highly saturated fat, containing a greater por-

tion of saturated fat than even butter! However, because it is a vegetable oil, it contains no cholesterol (only animal products contain cholesterol), so many food manufacturers have used it in baked goods and other products, then have boasted that their products contain no cholesterol.

However, saturated fat is even worse for your health than dietary cholesterol, so these claims impart a very misleading message concerning the healthfulness of such food products.

Once again, the key word is moderation. Your friends needn't fear a polite taste of your topping, and they were certainly rude about it. However, from the standpoint of a good diet, it's best to use such toppings only infrequently. — POLLY

Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peavee or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.

## CELEBRITY CIPHER

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another. Today's clue: 2 equals R.

E V E V H Z D R R D L  
 G E K U H D J H P D A Z J V  
 S U E S B T J .  
 U J P P X G J J L E R  
 U X H D ; O D G X J Z M  
 E R K B P M ; S U E S B T J  
 E R G J Z M . —  
 V E S U B D P L J Y T P B R .

SOLUTION: "I'm impressed with people from Chicago, Hollywood is hype, New York is talk; Chicago is work." — Michael Douglas.

## OPEN HOUSES THIS SUNDAY

1:00-4:00 P.M.



### 5 CLEAVEHOLM DR., GEORGETOWN

Dir: Henry St. off Hwy. 7 West to Cleaveholm (1 Block)

\$399,900.

NRS-9084



### 14 CHANTELAY CRES., STEWARTTOWN

Dir: Trafalgar Rd. to 15th Sdrd., Turn East at School to Chantelay

\$419,900.

NRS-9087



### 115 IRWIN CRES., GEORGETOWN

Off Delrex Blvd. 1 street west of Mountainview Rd. S.

\$254,900.

NRS-9193



### SOUTH OF ERIN VILLAGE

Dir: 2nd house south of Bellfountain Rd.

\$279,900.

NRS-9177



NRS NATIONAL REAL ESTATE SERVICE 873-0300  
**BRAND REALTY INC.**

# We Proudly Present!



**IT'S A WINNER!**  
 Less than one year old, this Hillsborough home is filled with extras for the family. Central air, main floor family room, 2 baths, main floor laundry, and a walkout to an oversized deck that overlooks trees, trees, trees. Ideal location for commuters and truckers as it is only minutes to Hwy. 24. Don't miss this attractive home for \$204,900. Call Glenda Hughes for a personal showing. NRS-9185



**IF FAMILY LIFE IS IMPORTANT**  
 ...then this pretty hideaway in Moore Park is for you. Gather the kids around the table in the big kitchen; have family gatherings in the dining room and have fun in the main floor family room. In the Summer, entertain by the gorgeous pool. It's a honey of a home, maintenance free and spotless. Court location for \$229,900. Tour at your leisure with Glenda Hughes. NRS-9183



**IF YOUR ADDRESS IS IMPORTANT...**  
 ...then take a look at this Wildwood Rd. home. 2,500 sq. ft. of living space with a beautiful family room and fireplace. Main floor laundry room, master ensuite, beautiful crown moldings, hardwood floors. This custom home sits on a 1/2 acre lot that is beautifully landscaped and well treed. See it with Glenda Hughes. NRS-9144



**EXTRA VALUE HOME!**  
 Let the family enjoy a home to grow in, and a place to appreciate Mother Nature with. This spotlessly clean Acton split is in a quiet area of town, and well priced at \$184,900. Nice features include a new roof, double drive, 2 baths, built-in dishwasher and a finished rec room. See this cutie with Glenda Hughes. NRS-9189



**UNIQUE HOME!**  
 This Cape Cod home features a gourmet kitchen with built-in appliances - a dream to prepare meals. The finished lower level has a walkout, plus 2 walkouts from the main level to a large deck that overlooks miles and miles. See the view with John Hill. Prices at \$299,900. NRS-9187



**\$229,900!**  
 Lots of value here for your hard earned dollars! Just 3 years old, this maintenance free home is loaded with the features everyone is looking for: central air, roughed in central vac, finished rec room, beautiful oversized deck and a fenced yard. It's a treat to see this well decorated, immaculate home. Call John Hill for a lesson in value. NRS-9110



**FIRST TIME BUYERS TAKE NOTE!**  
 This very pretty semi in Georgetown is a great stepping stone for the family who wants good space, and still speak to their bank manager! Finished from top to bottom with a 4th bedroom down, plus a wood-stove in the rec room. Nicely decorated and on a lovely treed lot which you can enjoy from a delightful interlocking brick patio. A great buy for \$179,900. Check out this winner with John Hill. NRS-9139



**SOLID BRICK BUNGALOW!**  
 Don't let the picture fool you; this nice home has a lot going for it. New windows, new roof, finished rec room, hardwood floors and mature trees. Priced at \$187,000, it's worth a second look with John Hill. NRS-9082



JOHN HILL  
 Sales Representative



GLEND A HUGHES  
 Sales Representative

Business: 873-0300  
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