



# FEDS GIVE US MORE GASOLINE

## *Abe Demands 'Rationing' Here*



News photo by Paul DeMarla

## Senate OKs Oil Price Rollback

Stories on page 2

## *Mitchell, Stans Go on Trial*

Former Attorney General John N. Mitchell arrives at Manhattan Federal Court yesterday to go on trial with former Commerce Secretary Maurice H. Stans on obstruction-of-justice charges. They were first ex-cabinet members to go on trial in a half century. Jury selection got off to slow start and could take a week or more.

—Story on page 3

## A stitch in time helps save \$ on new sewing machine

By BESS MYERSON

Dear Bess: Part of my budget-tightening is to begin sewing again, but it's been so long since I owned a sewing machine that I'm not sure I know what to look for today. I want to buy one, but I want it to be a good buy.

MRS. ARLENE G.

Before you even head for the marketplace, Arlene, there are three basic questions you should resolve: (1) What kind of sewing do you plan to do. That will eliminate some machines. (2) What kind of experiences have your friends and neighbors had with machines they bought recently. That will continue the elimination. (3) What do Consumer Reports and other independent consumer testing organizations say about prices and performances of specific brands.

### Make your own test

Although many manufacturers and retailers distribute excellent pamphlets about the basic features of sewing machine selection, use and maintenance they don't always perform the way copywriters say.

When you've narrowed down the choices with your homework, go to the stores as if you were your own independent consumer testing organization. Take along samples of the fabrics and sewing challenges on which you expect to work. Responsible stores won't mind a bit. Here are some of the tests.

**Stitch quality:** Does the machine stitch evenly, not erratically in long and short stretches beyond precise control?

**Speed control:** You should run the machine, not the salesperson. Fast or slow must be your decision.

**Foot control:** Is it within easy reach, and will it be comfortable for long periods of sewing? (After all, you wouldn't want to erase 18 minutes of pattern, would you?)

**Touch control:** Are the dials, buttons, levers easy to read, and understand, and

Listen,  
Bess...



can they be reset easily by you without having to call a serviceman?

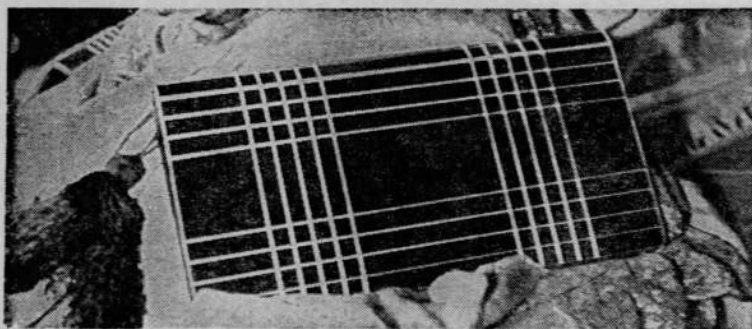
Can the bobbins be wound easily and evenly and are they easy to replace? Is the lighting sufficient for close work? Is the bulb easily replaced? Are the attachments durable? Will they be easy to replace when needed? Is storing a problem? Is the machine easy to maintain? Is the instruction book in clear language? And if it claims to be a "portable," can you really lift it and carry it easily?

### What's in the guarantee

Pre-test the guarantee carefully as you pre-test the machine itself. Depending on the model, the guarantee for the head assembly should be from 20 to 30 years. The repair of the motor should be guaranteed for from 1 to 2 years. This repair guarantee should cover cost of labor, and also that it will be done at your home or at a convenient service center. You shouldn't have to ship the machine to Walla Walla.

Have the guarantee spell out the seller's responsibility for parts availability if your model is discontinued during the life of the guarantee. Many name-brand companies are just "assemblers" of parts manufactured in foreign countries, and replacement can be a growing problem.

Readers with consumer problems should write to Bess Myerson, P. O. Box 300, New York, N.Y. 10017. All letters cannot be answered personally, but she will handle issues raised by readers in this twice-weekly column.



The status symbol mirrored crystal evening bag by Jose Cotel.

## Handbag mirrors chic scene

By MONIQUE

Paris—Exactly 1,000 of the most elegant women in Paris now own the same evening handbag, and none minds if its twin shows up at the same party.

A 10-inch long flat clutch paved in a gridiron pattern of mirror squares, it always looks different from its neighbor because it reflects a different scene, hand or dress.

Priced at \$90, it has become the instant status symbol of the '74 after-dark season. Pacesetters Catherine Deneuve and Nathalie Delon, of films, Madame Bourguiba, wife of Tunisia's president, soul-singer Barbara and dozens of other chic members of the international set carry them. All have

discovered that for checking makeup either side of the purse doubles as a looking glass.

The sectioned, tartan-patterned-square glass is available in a dozen tints including iridescent pink, lake blue, smoky gray, water green, silver or gold, and a hard brittle blue favored by those doing a retro into the '30s mood, when this material was invented.

The mirror is first glued to a strong but soft jersey, and then scored into geometric patterns or initials, according to demand. The last of the Paris craftsman still making it began with cabaret backdrops, 50 years ago, for Mistinguett, the darling of Paris

who loved to see her every movement reflected a thousand times.

Handbag designer Jose Cotel signed the craftsman just in time, for there is a new run on this unique flexible mirroring, now ordered again as it was in the '30s, to sheath furniture, bar fronts, pillars and walls.

For rock singer Helios, Cotel designed a "suit-of-light" that included a deep corselet belt, a dog collar necklace, and slave bracelet in the same 'looking-glass' look.

Similar designs are now flowing out of his 15 Rue de Buci workshop, in narrower versions sold to women who want mirrored jewels to match their bags.

Dr. Jean Mayer

## Battle of the egg, cholesterol rages

When a man fatally stabs another man, in front of witnesses, there is no question about the cause of death or the identity of the guilty person.

Unfortunately, in the case of disease, it is not always so easy to prove, beyond a shadow of a doubt, that A caused B—even though there is often so much evidence that anybody with common sense would see it.

This unfortunate fact is taken unfair advantage of by certain economic interests who are waging a campaign which has an effect on our health, particularly the health of our hearts. Their weapons are doubt, confusion, and ambiguity, backed by a lot of money.

Lets take a look at one example of the efforts of what might be described as "the heart disease Mafia." On one side are the American Heart Association, the Intersociety Commission for Heart Disease Resources, and some public interest law groups. On the other is a group who call themselves the National Commission on Egg Nutrition (which is a nice, official-sounding name).

The latter group has been retained by egg producers to spearhead a promotional counterattack against the growing public awareness that egg yolks are the single largest source of cholesterol in the American diet today.

The commission decided to bring its battle into the open—and in direct conflict with the American Heart Association and the health profession—with full-page advertisements in the New York Times and the Wall Street Journal.

The first ad in the series stated in bold print: "There is absolutely no scientific evidence that eating eggs, even in quantity, will increase the risk of a heart attack." The second and third advertisements highlighted similar statements.

The American Heart Assn. took the unprecedented step of asking the Federal Trade

Commission to take formal action against the Commission on Egg Nutrition to make the egg group "cease and desist from such false, deceptive and misleading advertising."

Eggs are an excellent food—for some people. Eggs are an inexpensive source of good quality protein, vitamin A, iron, and other vitamins, and trace minerals. They are a valuable part of the diet of children and young women.

But the yolk of an egg contains huge amounts of cholesterol. And that is not good for most middle-aged men and women, whose cholesterol average is already too high and for whom any further increase presents a clear and present danger.

In the carefully reached opinion of the vast majority of health specialists, eating more than two or three eggs a week contributes to the increased risk of heart disease in these middle-aged people.

We've already been confronted with confusion propa-

ganda by the Salt Institute, which disputes the widely accepted medical opinion on the role of salt and high blood pressure.

The sugar industry has attempted to persuade us that tooth decay has little to do with the high consumption of their product, just as the cigarette industry has denied the link between smoking and lung cancer and heart disease.

Now the National Commission on Egg Nutrition is trying to convince us that cholesterol is harmless.

These groups are not acting in the best interest of the health of millions of Americans. As in the Westens, it's time for the sheriff to disarm the hired guns. Let's face it, these vested interests can kill more Americans than Jesse James ever did.

What's your question? Dr. Mayer welcomes reader mail about nutrition and in his column will answer letters judged to have the most interest to readers. Sorry, he cannot write individual answers or accept reader telephone inquiries. Address letters to DR. JEAN MAYER, The News, Box 840, New York, N.Y. 10017.

## Jelly Side Down



By NANCY STAHL

One of my friends suggested recently that I take up a winter sport.

"I HAVE a winter sport," I countered.

"Sitting in front of a fireplace in red woolen socks drinking hot toddies is NOT a winter sport," she declared. "Consider your body."

We peered reflectively at my body.

"You look," she declared, "like something ready to spin a cocoon. Where are your muscles?"

"Don't be silly. Watch this," I replied, inhaling and drawing in my muscles sharply. Nothing moved.

"Maybe you're right," I conceded.

"That's the spirit!" she chortled, snatching my hot toddy and draining it. "We'll rent equipment and go cross-country skiing tomorrow."

The next day I met her in the park.

"All right," I announced. "I am ready to learn the basic techniques of traverse, herringbone, sidestep, the snowplow turn, traversing down, and the telemark turn."

"Before we get into the advanced lessons, maybe you had better adjust your skis. The pointy end goes in the front."

It has often been claimed that cross-country skiing is a lot like walking. But only if you are accustomed to walking in narrow shoes that are six feet too big. I soon developed my own style, which I call the Lateral Crouch. It involves sitting on the back of the skis, gripping the knees with both hands, and sobbing.

In spite of my difficulties, I must admit that I enjoyed the afternoon enough to buy my own skis the next day.

"What kind of skis did you have in mind?" the salesman asked. "We have hickory skis with lignostone edges, hickory skis with plastic edges, birch skis with hickory edges, plastic impregnated, and fiberglass skis."

"Do you have anything with training wheels?"