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February 27, 1958

2875 Park Street
Regina, Sask.
Canada

Dear Sister

We were so happy to receive your letter a few days ago, and I too remember with a great deal of pleasure my visit with you folk as we were sight-seeing in Jerusalem.

You ask about the statements in Counsels on Diet and Foods regarding grease. I understand this to relate to animal fats and particularly to lard. In a letter my father, W. C. White, wrote about this question, he stated the following:

"It seems to be a fact that our early writers on health reform did not fully recognize the necessity of fats in the make-up of a well balanced dietary. As time went on I have often heard the matter discussed with mother by her cooks and other cooks and she did not object to the proper, well balanced use of vegetable fats."

Regarding your question about baking powder, you will find enclosed two mimeographed documents which I believe will answer your question on this point.

We trust that this information will be helpful to you, and if we can be of further service, please write to us again.

Sincerely your brother,

Arthur L. White, Secretary
ELLEN G. WHITE PUBLICATIONS

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