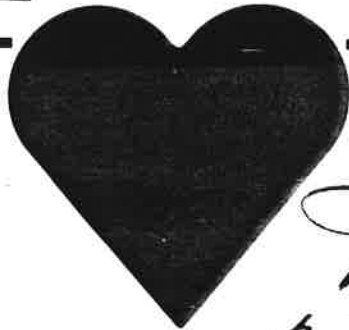


*Concep Z. Hawley*



# COOKING À LA HEART



*Dear Zita & Bill -  
We're proud of  
this volunteer effort  
in Mankato! (Order  
blankets for friends  
at the end of  
the book!)*

Delicious Heart Healthy Recipes  
from the Mankato  
Heart Health Program

written by:  
Linda Hachfeld, M.P.H., R.D.  
Betsy Eykyn, M.S.

*Thanks to  
you, who are  
doing so much to  
promote health!*

Mankato Heart Health Program Foundation, Inc.  
Mankato, Minnesota

*20 Sept 68*

To Max  
Furukawa

With gratitude & admiration  
of what you do, as individuals  
and as a family, to promote  
health!

Regards -  
Henry Furukawa  
9/88

TW - sent  
9/23

Epi - M. Hayley