## Outlook on Lifestyle



DEAR MEG

Her Navy man's in

dangerous waters

DEAR MEG - I'm 19, and my hus-

band is 22. We have a year-old child

and another on the way. Jack's a

Navy man and away for weeks at a

time. I just found out that he's been

seeing a very young friend of my

I wrote Jack and told him everyone

is accusing him of fooling around. He

By Meg Whitcomb

sister.

Meg

Whitcomb

DEAR DR. GOTT - I'm 70. My gynecologist says that I have vulvo-vaginitis and that many older women have this problem. Sitz baths of baking soda and cornstarch help a lot, but I have to be consistent. On occasion, I' take Negram 500 for cystitis. Would this cause the regular flareups?

DEAR READER - Irritation of the lower reproductive tract can be a result of menopause. Vulvo-vaginitis

wrote back that it's all lies, but I know it's true. My source is a reliable one. I

still love Jack, but this situation is traring me apart. My mother advised me to wait until he gets home and discuss things in person, but I'm not sure py? - ASSAD, N.Y. I want to give him another chance to hurt me. - GIGI, VA.

DEAR CIGI - Doubts and suspi-So-called "reliable sources" are often unreliable, or carriers of half-truths. And as the wise man said, "Watch out for half-truths; you may get hold of the wrong half!"

you any more than you're already purposes, you are American. hurting. Till then, stay busy and keep

DEAR MEG - I'm a 16-year-old not narrowing them. American boy whose family is from Jordan, and I'm dating an American girl. My mother disapproves. She wants me to date (and marry) a girl from her country.

results when these sensitive tissues respond to the decrease in the levels of female hormone. Of course, older women also can develop infections but many postmenopausal women can develop vulvo-vaginitis simply

from lack of hormone. burning).

This summer, I'm spending two months in Jordan. Should I drop my girlfriend and look for a young lady there to make my mother happy or keep my girlfriend and make me hap-

P.S. I've lived in the United States for 12 years and feel American.

DEAR ASSAD - Mom is jumping cions can't be resolved long-distance. the gun. You've got plenty of time before tackling the alsie run. But you have grounds for worry later. Exogamous marriages - that's a five-dollar word for marrying outside your group - are more problematic than Your best bet is to wait and deal ones where couples share similar with Jack face to face. It can't hurt backgrounds. And for all intents and

Keep your options open. At 16 you should be broadening your horizons,

Meg's booklet "Teenage Sex -Should I or Shouldn't I?" is available by sending \$1 to DEAR MEG, in care of this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.

Ask your doctor to prescribe hormone cream that you can apply to the affected area. This often solves the problem and makes the use of antibi-

otics, such as Negram, unnecessary. DEAR DR. GOTT - A woman I know is four months pregnant and is In addition, the hormone deficiency confined completely to bed because can cause an irritation of the urethra she has an open cervix. She said she (bladder opening) that resembles uri- developed this because her mother pary infection (causing frequency and took drugs to prevent a miscarriage. Is this possible? Also: Can't her cervix

be sutured? DEAR READER - The drugs that her mother took did not cause this condition. An open (incompetent) cervix is dangerous in early pregnancy because it can result in premature labor and harm to the unborn baby. Bed rest is the traditional method of treatment; sometimes drugs (to prevent la-

bor) are used. Because all drugs have side-effects obstetricians may prefer to close the cervix with sutures until the woman is at the end of her pregnancy. Your friend probably should see a specialist who is trained in managing high-

risk pregnancy. DEAR DR. GOTT - 1 am 71 and have been taking medicine for 10 to

\* With a Personal Touch

\* Creations by Donna

873-1749

Stained Glass

& Such

tor called it the world's worst pain, and I agree. If it lasted long, I'd probably lose my mind. Drugs don't help after a while. I'm now taking Darvocet-N (100 milligrams) four times a day. Is there anything else that would help?

12 years for tie douloureux. One doc-

DEAR READER - Tic douloureux, or trigeminal neuralgia, is caused by breakdown of, or pressure on, a nerve in the face. The condition produces sharp, stabbing attacks of pain that last for hours or days. Sometimes surgery is needed to release the pressure on the nerve. The neuralgia is difficult to treat and may become chronic. Pain medicine may help.

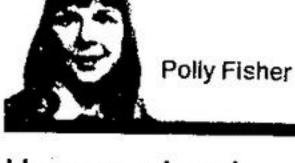
There are several experimental techniques being tested for tic douloureux, including injection of materials - such as anesthetics - into the nerve to deaden it. Ask your doctor if one of the newer treatments would be

appropriate in your case.
Dr. Gott's new Health Report, ABOUT GOUT, explains the cause and treatment of this disease. For your copy, Send \$1 and your name and address to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to mention



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## POLLY'S **POINTERS**



Use sourdough in coffee cake

By Polly Fisher

DEAR POLLY - Would you repeat the recipe for "herman" sourdough that is used to make coffee cake? -ALISON

DEAR ALISON -- This popular recipe makes a sweet yeast dough starter that can be used to make a variety of coffee cakes.

Mix 2 cups flour, 3 tablespoons sugar, I teaspoon salt and I package active dry yeast, Gradually stir in 2 cups

Cover bowl loosely with plastic

wrap and let stand at room temperature for three days, stirring at least once a day. At the end of three days, the starter should be bubbly with a clean, sour, somewhat alcoholic aroma. Use immediately or store in the refrigerator for up to 14 days.

To make a basic coffee cake, mix ! cup of the starter, I cup flour, 14 cup sugar, 1 teaspoon baking powder, % teaspoon baking soda, 14 teaspoon salt, 15 cup vegetable oll, 1 egg, 14 cup raisins, and % cup chopped walnuts until thoroughly combined. Don't beat the mixture.

Spread the batter in a greased and floured 8-inch square pan. Mix together 1/2 cup brown sugar and 2 tablespoons butter and dot over the top of the batter. Bake at 350 degrees for 30

minutes or until nicely browned.

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## Tasty Recipes

RICE PULLAO 3 cups basmati rice

¼ cup vegetable oil

- ½ tsp. turmeric 1 tsp. whole cloves •1 cinnamon stick, broken Into
- 1" pleces • 1 tsp. cardamom seeds
- 2 bay leaves •3 cups chicken stock or
- water salt to taste

Garnish: nuts and raisins.

Soak rice 1/2 hour. Drain: rinse with cold water.

Heat oil over high heat in saucepan. Add all spices and rice. Fry rice until coated in oil. Add stock; bring to boil and cover. Turn heat to low; cook 25 minutes. Season with salt if needed. Serve garnished with nuts and raisins.



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