

## POLLY'S POINTERS



Polly Fisher

### To store wine, you must be precise

By Polly Fisher

**DEAR POLLY** — My husband and I have just purchased a case of wine and we would like to know what the optimum storage temperature is. — BERYL

**DEAR BERYL** — For long-term storage — especially if you are aging the wines — an ideal temperature is between 53 and 57 degrees Fahrenheit. Optimum humidity in the storage area should be 60 to 70 percent. However, unless you have a special wine cellar, it's not always easy to maintain these precise conditions.

Assuming that you will be drinking your wine within a year or so, less than perfect conditions should be adequate. The wine may be stored in the refrigerator (where it will not age — or at least not as rapidly as under ideal conditions) or in any cool place. The temperature should be fairly constant as big fluctuations in temperature can ruin wine faster than anything

else can. Also, the storage area should not be too warm — less than 65 degrees or so. At the same time, the bottles must be protected from freezing.

Of course if you refrigerate your wine, it will be very cold and may need to warm up at room temperature until it reaches the desired drinking temperature. Wine experts suggest that this is about 40 degrees for white wines, roses and champagne, and 60 to 66 degrees for reds. But you may drink your wines at whatever temperature you prefer.

**DEAR POLLY** — Do you know of a way to remove yellow-brown cigarette stains from fingernails? I'm desperate! — CAROLYN

**DEAR CAROLYN** — Of course the stained portion of the nails will grow out in time, provided that you stop smoking so they aren't stained further. (And that's really my BEST advice.)

However, you may be able to bleach out the stains somewhat by soaking your nails in a solution of a tablespoon cream of tartar in 3 tablespoons of water. The solution may also be painted on the nails, allowed to sit for 10 to 15 minutes, then rinsed off.

Soaking in a very weak bleach solution (a teaspoon of bleach to a cup of water) will also help to remove stains.

With either solution, be sure to wash your hands and nails thoroughly after treatment, then apply a rich hand cream to minimize any drying of the skin and nails. — POLLY

**DEAR POLLY** — My dryer doesn't have a timer signal on it, so I place a chain of safety pins in it with the clothes. I can easily hear the pins clanking around in it so I know when it stops. The pins do not damage the enamel interior of the drum.

To prepare a frozen double-crust pie, I cover it with aluminum foil and bake it for 35 minutes, remove the foil, then finish baking. The fruit cooks through and the crust doesn't get too brown. — CLARA

**DEAR CLARA AND READERS** — Your dryer tip is a good one, but a lightweight neck chain might be safer. If a safety pin accidentally became unhooked, it could damage the clothes. Many thanks for your helpful hints. — POLLY

**DEAR POLLY** — I know my mother used oatmeal in her meatloaf, but I'm not sure how. Are you supposed to precook the oatmeal? How much oatmeal is needed to stretch a pound of meat? — SANDRA

**DEAR SANDRA** — Oatmeal

makes an excellent filler for meatloaf. Not only does it stretch the meat and help bind the loaf, but it also adds valuable fiber and nutrients.

I use approximately 1/4 cup of rolled oats to 1 1/4 pounds of meat. Slightly more or less may be used as you de-

sire, but too much will cause the loaf to be mealy instead of meaty! A loaf stretched with oatmeal may need extra liquid in it to stay moist, so I add 1/2 cup of beef broth (although it could be tomato juice, water or another liquid) for juiciness and an egg or two to help hold everything together. Fortunately, meatloaf is a flexible and forgiving recipe. You can vary the flavors of your loaf by changing the liquid, the type of meat, and the seasonings at will. I usually season with Worcestershire sauce, garlic, onion, pepper — and sometimes a little basil.

I'm sending you a copy of my newsletter "Nutrition Boosters" which includes a recipe for a vegetable-and-meat loaf that incorporates even more nutrition into the loaf because it

as vegetables layered in the meat mixture. This issue also offers recipes for other enriched foods, including a formula for Cornell enriched bread, fruit-filled oatmeal cookies and more. Others who would like a copy of this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

**DEAR POLLY** — Why don't makers of panty hose put their name on a label inside them? I have a pair that I like so much, but I don't remember where I purchased them, or the brand, so I can't get another pair! — FREDA

**DEAR FREDA** — Here's your comment for all those manufacturers. Sounds to me like they're losing valuable business by not including labels! Thanks for writing. — POLLY

## DEAR MEG



Meg Whitcomb

### Homeless granma ruins a marriage

By Meg Whitcomb

**DEAR MEG** — No one in the family wanted my grandmother to live with them. She's 81 and needed someplace to live, but my mother, sisters and aunts said they wouldn't take her. So my husband offered to let her live with us because we have a four-bedroom house and no children.

Bob's offer made me happy. But now that Gram has been with us for six weeks, my marriage and family are falling apart.

Bob is so angry that my family wouldn't give Gram a home that he doesn't want me to speak to them. And he won't let Gram see them, either. I know what they did was selfish, but why should I pay for their selfishness?

One day Bob is nice to Gram, and the next he says he doesn't want her here. But she has only \$300 a month from Social Security and nowhere else to go. She doesn't need nursing, but she definitely needs direction and hates to be alone at night.

I feel cut off from my family, and I'm starting to feel bitter toward Bob. Everything is a mess. — HOUSE IS NOT A HOME, ST. PAUL, MINN.

**DEAR HOME** — You need all the help you can get — fast. Bob may have bitten off more than he (or you) could chew in offering your grandmother a home.

But since there's no other immediate solution, your first priority is to make this one work. Bob should let other members of the family shoulder their share of the responsibility, and you should insist on it. They are bound by duty to lighten your load.

If you get no cooperation, you can get information and help from over 650 resource agencies founded under the Older Americans Act. To find the one nearest you, get a copy of "A Directory of State and Area Agencies on the Aging" (Bulletin No. 052-05816-1). It's \$6.50 from the U.S. Government Printing Office, Washington, D.C. 20402. Good luck.

**DEAR MEG** — All my life I've planned to go to college and have a career. Now I'm very serious about a

guy I've been dating for six months,

and I think I would like to spend the rest of my life with him. He wants to get married as soon as I graduate from high school. But if I marry him, I'm almost sure I can't go to college.

I'm afraid that if I don't marry him I'll lose him to someone else, and I don't want that to happen under any circumstances. But I'd hate to give up my hope for college.

Should I just go to college and let him figure out what to do about us, or go ahead and marry him? — SENIOR IN LOVE, W.VA.

**DEAR S.I.L.** — Don't rule out the college option. In fact, if your boyfriend is making marriage vs. college an either/or proposition, I'd question his motives. This is the time in your life to be broadening, not narrowing, your horizons. If he truly cares for you, he'd encourage you to finish your education.

**DEAR MEG** — The psychiatrists at the hospital where I'm staying want to release me to a halfway house that includes male residents. They want to maintain me on my medication, a major tranquilizer.

I feel very optimistic about the plan, but my mother is fighting it. She wants me to stay in a house with just women, and she insists that I still have too little control over my anger when I'm on medication.

She visits me every week and says she loves me, but she always criticizes me for being overweight. She says that's the reason the rest of my family won't visit me. I don't believe her.

Meg, I have been in and out of mental hospitals since I was 19, and I'm finally convinced I can take that first step toward independence if I'm allowed to follow doctors' orders. I want to complete my recovery and eventually be able to help other people who suffer mental illness.

I feel I could handle life if my mother would just allow me to do it the way the doctors say. — J., WINGDALE, N.Y.

**DEAR J.** — Doctors' orders are more important than your mother's wishes or opinions. Nobody, not even your mother, can prevent you from following them if you set your mind to it.

It wouldn't hurt to tell your mother this. Sounds like she's part of the problem. Good luck.



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By the way, I take double cream or milk and no sugar. Let's enjoy a cup together. I would love to meet you.



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