

Outlook on Lifestyle

POLLY'S POINTERS



Polly Fisher

Familiar smells soothe an infant

By Polly Fisher

DEAR POLLY — When traveling with our 3-month-old daughter, I always take along our own receiving blankets. Most motels will furnish a crib upon request. I put the receiving blanket down on top of the sheet. The blankets have the smells of home, so our child feels more comfortable and sleeps much better. We too get a better night's sleep and are more refreshed the next morning. — LINDA

DEAR MEG



Meg Whitcomb

Perfect mate is afraid to commit

By Meg Whitcomb

DEAR MEG — Mark and I have been living together on and off for five years. We love each other madly, and everything would be perfect, except for one problem: I'm 30, and I want to get married and have a family.

But every time we get around to setting a date for the wedding, we either have a huge argument or Mark just disappears. Last time, he took a leave of absence from his job, left town and was gone for three months. He says he just isn't ready to settle down, even though I'm the one girl in the world for him.

When we're so happy together, why does he panic at the mention of marriage? — HURT, ABILENE, TEXAS

DR. GOTT



Peter Gott, M.D.

To be safe, avoid alcohol

By Peter H. Gott, M.D.

DEAR DR. GOTT: I took tetracycline for an infection. The drug book I read stated that consuming alcohol and taking tetracycline could cause liver damage, but the pharmacist and

doctor both said not to worry. Who is right?
DEAR READER: Many drugs react badly with alcohol. In my opinion, taking medicine with alcohol-containing beverages is unwise. The liver detoxifies both alcohol and tetracycline, so, when taken together, the combination could — in theory — cause liver damage in susceptible individuals. Nevertheless, this reaction would be very unusual and highly unlikely. Therefore, I believe that the advice you received is appropriate. The chances of your having trouble are small. But in the future, you can simplify the issue by avoiding alcohol when you take medicine. This is the safest approach.

DEAR LINDA — What a smart mom! Infants are sensitive to familiar smells (almost immediately after birth, they learn to identify Mom partly by her smell), so a familiar-smelling blanket is probably a great comfort to a baby in a strange situation. Your helpful Pointer earns you the Pointer of the Week award, a copy of my book "Polly's Pointers: 1,081 Helpful Hints for Making Everything Last Longer." Others who would like this book may order it for \$6.50. Make check payable to POLLY'S POINTERS and send to POLLY'S POINTERS, P.O. Box 93863, Cleveland, OH 44101-5863. — POLLY

DEAR POLLY — I have many cookbooks from churches and other organizations whose recipes I've tried and I know are good. So I remember to make them again, I put a gold star by those recipes. This is especially helpful when I make my many Christmas cookies. I know at a glance which I like — because they are starred. — HAZEL

DEAR POLLY — My family loves German kuchen with a custard topping containing cream. I find that vanilla ice cream melted and cooked a bit with a few additional eggs and a

little flour for thickening works well. Since I add no sugar nor vanilla — it's already in the ice cream — this saves a bit of money. A half gallon of ice cream is enough to fill 10 to 12 kuchen or more, depending on the amount of custard one puts on the fruit. Also, I keep the ice cream in the freezer at all times and can decide to bake on short notice. — IRENE

DEAR POLLY — I have many sweaters labeled "hand wash only." Can these sweaters be dry-cleaned? — SHERRY

DEAR SHERRY — Almost all woollens can be dry-cleaned. The "hand wash" label is really aimed at preventing you from machine washing, which could shrink or otherwise damage the sweaters. When you take woollens to a dry-cleaner, be sure you tell the cleaning personnel the causes of any stains, spots or unusual soil. Also, point out any areas of excessive wear or required mending. Then your cleaner will be able to give you reliable, professional results.

I'm sending you a copy of my newsletter "The Care and Cleaning of Wool," which has complete directions for maintaining, cleaning, pressing and storing woollens, plus tips for sewing with wool fabrics. Others who

would repeatedly choose to create life and then destroy it.

There are choices other than abortion. I pray more women will be choosing to share the lives they create. — FRANCINE, SAN JOSE, CALIF.

P.S. Another thing: Why, in this day and age, can't a woman figure out that birth control is a far better choice than abortion?

DEAR FRANCINE — Your sorrow over your inability to become pregnant is understandable. So is your frustration over the long time you've had to wait to adopt. My heart goes out to you, and I pray your waiting will soon be over.

While I agree with what you say about women who have repeat abortions, a Canadian study on the subject shows that most women who have repeat abortions used contraception — which apparently failed.

A good outlet for your energies — and a vent for your frustrations — would be to work for Planned Parenthood in educating people about safe contraception or in one of the volunteer adoption services.

Write to Meg care of this newspaper. Meg can only answer letters that contain a self-addressed, stamped envelope. Questions of general interest will be discussed in future columns. © 1988, NEWSPAPER ENTERPRISE ASSN.

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 — Yes, you can use fitted sheets on a water bed mattress, as long as you buy sheets one size larger than your mattress. For instance, a single water bed will take double-size sheets, a queen-size bed will take king-size sheets. — TONI

DEAR POLLY — To remove a scuff mark from patent leather, rub the spot with a cotton ball soaked in rubbing alcohol.

To revive the luster of worn leather, work petroleum jelly into it. — DOROTHY

DEAR POLLY — Wearing shoes the same color as skirts or pants will make your legs and hips look 10 pounds thinner! I do it every chance I get! — MARGARET

DEAR MARGARET AND READERS — Thanks for a great tip! Wearing panty hose of a similar shade as your skirt and shoes will also trim off those pounds! — POLLY

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