

# Outlook on Lifestyle

## DR. GOTT



Peter Gott, M.D.

### Be honest about condoms

By Peter H. Gott, M.D.

DEAR DR. GOTT: I'm 23, female and sexually active. With all the information about AIDS, herpes and other sexually transmitted diseases, I'd like my sex partner to use a condom. Can you suggest a tactful way to ask a man to use a condom, without sounding like I'm accusing him (or me) of being diseased?

DEAR READER: Your question is a common one that many women would like to ask. Each situation must be individualized. For my part, I be-

lieve that honesty is the best approach. Although you might want to alter the phrasing to suit your personal needs, I'd address the issue simply and directly, for example: "Look, I care for you a lot and would like to have sex with you. At this point in our relationship, I would feel more comfortable being sure about protection, so I would like you to use a condom. My preference does not reflect on you as a person; it's just that I also care deeply about my health and I want to make sure that I can avoid potential problems." I believe that most sensitive partners would respond positively to this statement.

To give you more information, I'm sending you a free copy of my Health Report, CONTRACEPTION: AN UPDATE. Other readers who would like a copy should send \$1 and their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: I'm a 60-year-old woman and am experiencing bleeding from the nipple. Should I go to the doctor?

DEAR READER: By all means. At any age, bleeding from the nipple can

be the first sign of serious disorder, such as breast cancer. You need a thorough breast examination and, in my opinion, a mammogram.

DEAR DR. GOTT: Our dog has hookworm. Is there any reason for us to be concerned about our own health?

DEAR READER: Yes. Hookworm larvae — immature forms of the parasite — survive in soil and can penetrate unbroken skin to cause infection in humans. You should avoid walking outdoors in bare feet, have your dog wormed and consult your veterinarian about ways to avoid contracting hookworm.

DEAR DR. GOTT: That was an interesting column you had on the idea of electrodes being secretly placed in people's brains. Things made sense at last: A person could be made unconscious, urinate, defecate, throw up, cry. Why, it sounds just like my 11-month-old. And here I thought he was just being a baby! Thanks for the good laugh.

DEAR READER: You're welcome. Thank you for writing.

## DEAR MEG



Meg Whitcomb

### She uncovers affair 18 years later

By Meg Whitcomb

DEAR MEG — While cleaning out our attic, I got the shock of my life.

I found out my husband had an affair 18 years ago — at a time when I needed him most. It was while our son served in Vietnam, which was the worst year of my life. Yet Tim was spending his time with another woman.

I found the evidence: a picture of the tramp and one of her children, a Christmas card from her and an 18-page love letter. The letter said how

"beautiful love is with you." The letter also made it clear she was a married woman with three children. Yet this tramp was sleeping with my husband.

I've been married to Tim for 30 years, but I'm so hurt and angry that I could kill him. How can I ever trust him again? — SKELETON UNCOVERED, COLUMBUS, OHIO

DEAR S.U. — Instead of working yourself into a murderous rage about something that happened 18 years ago, it would be more useful to examine your 30-year marriage more closely.

If you two had been communicating properly and were in intimate touch with each other's needs at the time, it would have been hard, if not impossible, for your husband to have been conducting a relationship with this woman without it affecting you.

Could you have been so wound up in your own worry about your son that you failed to notice Tim's suffering? Perhaps he found temporary solace in the arms of another woman because you weren't there for him.

The only way you can rebuild trust is to have it out with Tim and take it

from there — slowly and patiently. It's better to give the 18-year-old skeleton a decent burial than to kill a 30-year-old marriage.

DEAR MEG — To set the record straight: In your answer to "Disillusioned," you called the chronic cheating husband a man with the "morals of a coyote."

If you check the facts, you'll find that most wild dogs, i.e. wolves and coyotes, mate for life. Please think twice before comparing an immoral member of the human family with a moral creature of the noble animal family. — CHECKMATE, CENTERVILLE, S.D.

DEAR CHECKMATE — Far be it from me to malign that wild canine, which gives South Dakota its nickname, the "Coyote State." But every farmer I've heard from still calls 'em varmints.

## POLLY'S POINTERS



Polly Fisher

### Popcorn balls are a caramel treat

By Polly Fisher

DEAR POLLY — I have recipes for 11 kinds of flavored popcorn balls, but I can't find one for caramel popcorn balls. Do you have a recipe for them? — R.H.

DEAR R.H. — This basic recipe from "The Joy of Cooking" by Rombauer and Becker (Bobbs-Merrill, 1975 edition) will produce classic buttery-tasting, caramel-flavored popcorn balls. The mixture also can be packed into two-piece cake molds to form such popcorn treats as lambs, bunnies and more.

To make the syrup, melt 1 1/2 tablespoons butter. Add 1 1/2 cups brown sugar and 6 tablespoons water. Stir until sugar is dissolved. Bring to a boil. Cover and cook for about three minutes until the steam has washed down the sides of the pan. Uncover and cook without stirring to a temperature of 234 on a candy thermometer (the soft-ball stage). Remove from heat and pour over 6 cups of popped corn. Stir gently with a wooden spoon until the popcorn is well coated. When the corn is just cool

enough to handle with lightly buttered fingers (but still quite warm), press it into balls. You may have to re-form the balls a couple of times as they cool. Eventually, the balls will stick together. Let them sit out until cool and dry.

The same mixture may be allowed to cool spread out in a pan, then broken into pieces to eat as loose caramel corn. Roasted peanuts may be mixed into the mixture as well. One precaution: Before mixing the syrup into the popcorn, sift through the popcorn carefully to remove any hard, unpopped kernels; kernels can be real tooth-breakers when bitten in a popcorn ball!

I hope your family and friends enjoy the treat. — POLLY

Gourmet chocolates are delicious — at \$20 a pound! Make your own delicious candies at a fraction of the price with Polly's easy recipes in her newsletter "Handmade Chocolates." You'll create truffles in four flavors, chocolate-coated caramels, marshmallows and more. 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 — Can wool garments marked "hand-washable" or "machine-washable" also be dry-cleaned? — ELENA

DEAR ELENA — All wools may be dry-cleaned professionally. However, when they are washable, you'll save quite a bit of money doing it yourself! Just remember to use a very mild detergent, lukewarm water and a gentle touch. Air-dry wools and woven fabrics on padded hangers and knit garments lying flat, to retain shape, size and texture.

I'm sending you a copy of my newsletter "The Care and Cleaning of

Woolens," which gives specific directions for hand-washing, machine-washing and daily maintenance for wools. This issue also includes tips for sewing with wool fabric, how to press wool garments and how to store wools so they last for many years. 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 — Don't throw away worn-out plastic colanders when you replace them. They make better and bigger sandbox sifters than the ones in the toy department.

When you find eggs stuck to the carton they are packed in, dribble water over the sticky eggs. Let stand five minutes or until they loosen. Then transfer all the eggs to a clean carton.

When I run out of brown sugar when baking, I mix 1/2 cup of granulated sugar with two tablespoons of unsulphured molasses. I then have the needed brown sugar.

Two heads are better than one when you're trying to light a match in the wind. Hold two matches close together so that when one of the heads flares, it ignites the other. The two matches then feed on each other while you light the kindling. — BOBBIE

## Do you have a gifted mind?

Scratch the surface of a highly intelligent adult and you'll probably find a grown-up gifted child.

Contrary to the popular idea that the smart kids in schools can cope for themselves, intellectually gifted children often have difficulties in making social and emotional adjustments to their capabilities. Not a few grow up feeling as if their "gift" is, instead, a "curse."

Fortunately, one organization not only recognizes this gift, but provides a "home base for the intelligent." Mensa is the society to which more than 53,000 gifted Americans now belong.

The only criterion for joining? Score at

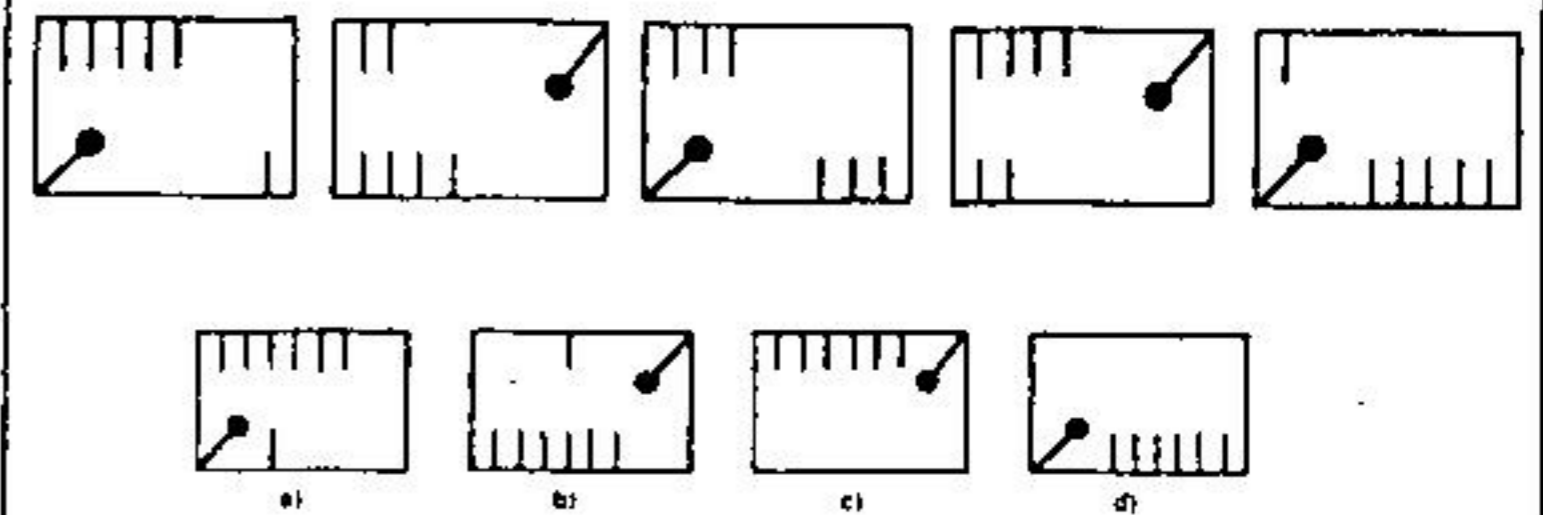
or higher than 98 percent of the general population on supervised, standard intelligence tests, or submit evidence from other sources, such as the Scholastic Aptitude Test (SAT) or Graduate Record Exam (GRE), that meets the organization's eligibility standards.

People interested in seeing if they can qualify may send \$9.00 (U.S. funds only, please), check or money order, for a practice test they can take at home. Write now, to Mensa, Dept. MG57, 2626 E. 14th St., Brooklyn NY 11235-3992.

In the meantime, try this mini-test to see how you can do. Answers are given elsewhere in this issue.

### THE MENSA MINI-TEST

1. If two typists can type two pages in two minutes, how many typists will it take to type 18 pages in six minutes?
2. Continue the following number series with the group of numbers below which best continues the series: 1, 10, 3, 9, 5, 8, 7, 7, 9, 6.  
(a) 11, 5 (b) 10, 5 (c) 10, 4 (d) 11, 6
3. Which of the following is least like the others?  
(a) poem, (b) novel, (c) painting, (d) statue, (e) flower.
4. What is the following word when it is unscrambled?  
H C P R A A T E U
5. What number is one half of one quarter of one tenth of 400?
6. Pear is to apple as potato is to:  
(a) banana, (b) radish, (c) strawberry (d) peach, (e) lettuce.
7. Two watches are running badly. One runs two minutes an hour fast, and the other runs two minutes per hour slow. Starting at any time, when both show the same time, how many hours will it be until the fast watch is one hour ahead of the slow watch?
8. Find the four-digit number that meets these requirements: The first digit (on the left) multiplied by 2 equals the fourth digit; the second digit multiplied by 2 equals the third digit, and half the sum of the first and last digits (that is, the two numbers added together) equals the third digit. There are no zeroes.
9. The same eleven letters, if rearranged properly, can be used to fill in the blanks of the following sentence:  
The art of \_\_\_\_\_ is old, and is often used to demonstrate a particular point in an advertisement, for example, most \_\_\_\_\_.
10. Which of the figures shown below the line of drawings best completes the series?



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### Answers to Mensa Mini-Test

1. Six typists. One typist types one page in two minutes.
2. (a) 11, 5. Alternate numbers go up by 2 and down by 1, starting with 1 and 10.
3. (e) Flower, the only one that is not an artistic work made by man.
4. PARACHUTE.
5. 5 (five).
6. (b). Both grow in the ground.
7. 15 hours. Every hour the fast watch gains 4 minutes on the slower one. There-fore, in 15 hours it will gain 60 minutes, or one hour.
8. 4368.
9. CALLIGRAPHY GRAPHICALLY.
10. (c). The number of lines goes down opposite the stick, up on the side with the stick, and the stick alternates from top right to lower left.

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