

## POLLY'S POINTERS



Polly Fisher

### Soy milk doesn't have to taste bad

By Polly Fisher

**DEAR POLLY** — My son is allergic to cow's milk and must drink soy beverages instead. But he hates the flavor! Do you have any recipes for making soy milk taste good? — LINDA

**DEAR LINDA** — Soy beverages may take some getting used to. However, flavoring the milk can help make it palatable. Here are some recipes to try:

**Almond soy drink:** Stir together 1 cup soy milk, ¼ teaspoon almond extract and ½ teaspoon sugar.

**Blueberry shake:** In a blender, blend 1 cup soy milk, ½ cup blueberries, 1 teaspoon lemon juice and ½ teaspoon honey until smooth. Pour into a glass and garnish with a lemon slice.

**Peanut egg shake:** In a blender, blend 1 cup soy milk, 1 egg, ¼ cup peanut butter and 1 teaspoon honey until smooth. Garnish with a dash of ground cinnamon.

**Maple soy milk:** Stir 1 tablespoon maple syrup into 1 cup soy milk. Garnish with a pinch of ground cinnamon.

ish with a pinch of ground cinnamon. I'm sending you a copy of my newsletter "Nutritious Milk and Fruit Beverages." Any of the milk beverage recipes may be made with soy milk or nut milk instead of dairy milk. I hope you'll also try the nutritious fruit beverages, which are great alternatives to sugar-sweetened sodas. 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** — When sauteing meats or vegetables, I brush oil onto the skillet with a pastry brush instead of just pouring it in. I can coat the skillet thoroughly with a minimum of oil, cutting calories and fat. — MARIA

**DEAR POLLY** — When I warm leftover meat in my microwave oven, the edges get dried out and tough. Is there any way to avoid this? — C.S.W.

**DEAR C.S.W.** — Without knowing exactly what technique you use, it's difficult to say what could improve your results, but here are a few ideas:

Be sure you cover the dish. Either use a covered casserole for warming leftovers or cover the dish with microwave-safe plastic wrap, bending back one corner slightly to allow steam to escape. This will hold in moisture, preventing the meat from drying out.

Warm leftovers on a lower power level — 50 percent to 70 percent. During the slightly longer cooking time, turn and rearrange the meat so it warms evenly and the edges don't become overcooked.

If you're still having problems, add a little water, broth, gravy, wine or other liquid to the dish to provide ex-

tra moisture.

Overheating is probably the major cause of dried-out microwaved food, so watch it carefully and cook just until heated enough to serve. — POLLY

**DEAR POLLY** — My 4-year-old still needed to wear diapers at night, but balked at this last vestige of babyhood. However, he agreed to wear a folded cloth diaper tucked into a pair of absorbent training pants. This arrangement gives the needed protection, but he feels he's wearing "big boy" pants under his pj's. — R.K.

**DEAR POLLY** — Since the nearest lending library is 20 miles away, I have always bought a lot of books through the mail. I lent the books I had already read to my friends, and it has developed into a full-fledged book-exchange library.

Each member either brings in a number of her own books to exchange for an equal number of new books (which then can be exchanged for another set of new books, etc.), or pays a nominal yearly charge to borrow books without an initial donation.

We use the membership fees as well as money from fund-raisers to buy new books (often at yard sales around the county, so our money goes further). We also bring a selection of books each month to several elderly friends who can't get out easily, especially in the winter. This project has been fun as well as a way to keep me stocked with fresh reading material! — BETTIE

**DEAR BETTIE** — Each group or community can set up such an exchange to suit its own situation. This is an excellent way to start what could turn into a real library! 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 may order it for \$6.50. Make your check payable to POLLY'S POINTERS and send to POLLY'S POINTERS, P.O. Box 93863, Cleveland, OH 44101-5863. — POLLY

**DEAR POLLY** — In our tiny apartment, there was no room for a permanent crib. This was no problem since we were happy to have our newborn share our bed at night. However, daytime naps have become more of a problem since the baby learned to roll over and crawl. Leaving her on our bed alone is no longer safe.

A gift of a playpen solved the problem. We leave the playpen set up in the living room with a thick layer of blankets in it. Our baby naps in the playpen during the day. If we're expecting guests or need more room for some activity, the playpen folds up easily to be tucked away for a few hours. — NANETTE

**DEAR POLLY** — A colorful plastic laundry basket makes a good depository for baby's toys. We keep one in the living room for indoor baby toys and one on the back porch for outdoor toys for the older children. — J.W.

**DEAR POLLY** — Must fabric softener always be added during the rinse cycle? Can I put it in at the beginning of the wash? — P.P.

**DEAR P.P.** — Some fabric softeners are formulated to be added at the beginning of the wash cycle, so you might want to try one of these. Just read the label to find out if it's recommended for this use. Other rinse-cycle softeners can also be added at the beginning, but they will generally not be as effective as when added during the rinse cycle.

If your machine doesn't have an automatic fabric softener dispenser, some brands of softener sell a dispenser through the mail. Again, check the labels at the supermarket to find such information.

Of course, you can also try a softener sheet meant to be used in the dryer. These are excellent for reducing static cling but, in my opinion, they're

somewhat less effective than the rinse-cycle fabric softeners at actually softening garments. And static cling is only a problem if you're washing synthetics. If you wear mostly cottons and other natural fibers, you want a softener that really softens, reducing wrinkling.

One word of caution: Don't use fabric softeners on towels, diapers and other fabrics you want to be able to absorb water. Fabric softener will lessen their absorption capabilities. — POLLY

**DEAR POLLY** — When cleaning knickknacks and table decorations, don't forget to clean the glass on framed pictures. You'll be surprised at how much brighter those photos of loved ones are after a spritz of vine-

gar and water, and polishing with a soft cloth. — HAZEL

**DEAR POLLY** — Just a warning: Don't let a baby crawl on a rug that has been freshly shampooed. The shampoo residue can be harmful. Let the rug dry thoroughly for several days before allowing a baby on it. — M.D.



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## DR. GOTT



Peter Gott, M.D.

### It's time to change doctors

By Peter H. Gott, M.D.

**DEAR DR. GOTT:** I've had a problem with doctors and dentists making me wait up to six hours to be seen. Don't they have a legal responsibility to provide service within a reasonable period of time?

**DEAR READER:** Not to my knowledge. In non-emergency situations, doctors (and dentists) have a humane, social obligation to see people on time; I am not aware of any legal obligation.

Unquestionably, doctors often are delayed for perfectly valid reasons, such as emergencies. I find that most patients accept this unexpected in-

convenience, providing they are told about it. I rant and rave about doctors who callously keep patients waiting without a word. I think that professionals owe their clients the courtesy of letting them know that something has come up. A professional can simply tell the office receptionist — by phone or in person — that he or she is running late, and that patients should have the option of coming back another time or waiting.

If your doctor has spells of lateness, try calling his office just before you leave for your appointment. Ask the receptionist if Dr. X is running late; if he's hours behind, ask the receptionist if your appointment can be rescheduled for a later time that day.

However, lateness shouldn't be habitual. I can think of few situations in which the courteous physician cannot inform his patients that he is delayed. In some cases, the healer is too arrogant or inconsiderate to be kind to patients. A long waiting time does not necessarily mean that your doctor is smart, successful, busy, dedicated or involved in saving lives; more often, it means that he is insensitive and has overbooked his appointment calendar because he is greedy.

Neither you nor any other patient has to put up with long, unexplained

waiting. Express your discomfort to the receptionist, walk out of the office and find a doctor who will treat you like a human being.

To give you more information, I am sending you a copy of my Health Report, "Choosing a Physician." 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:** Is there such a thing as being allergic to a new house? Since my friend moved into her new house, she has been ill with sinus trouble and lung congestion. She also did a lot of sanding and painting herself. Is there a connection?

**DEAR READER:** Your friend may indeed be allergic to components of her new house. Formaldehyde and urethane are substances well-known to cause allergic reactions and are present in particle board, insulation and other building materials.

Of course, paint fumes and dust from sanding also can cause respiratory irritation. Therefore, I advise your friend to discontinue do-it-yourself home improvements before

blaming the contractor. An allergist would be able to help her sort out this confusing situation.

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Rules include:

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- Use all imperial measures.
- There is no limit on the number of recipes you can submit, but to avoid duplication you may want to submit more than one recipe. Organizations may also submit recipes.
- Recipes may be for any type of food or beverage.

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