

Ask the Doctor



This column is presented as a public service by the Oakland County Medical Society and The Birmingham Eccentric. It is written by "465 physicians in Oakland County" who are members of the society. Questions should be addressed to the Oakland County Medical Society, 846 Park, Birmingham. Questions must be of a general nature, as effort will be made toward diagnosis or treatment in specific cases.

MILK GOOD FOOD

Q—Is it possible to have an adequate healthy diet without milk?

A—It would be helpful to know why you want to eliminate milk. If yours is a flavor problem, milk can be disguised by a wide variety of flavoring agents. The after-taste of milk is caused by fat that coats the mouth for a short time. Non-fat milk will not do this.

If it is calories that concern you, non-fat milk and low-fat cheese, such as uncreamed cottage cheese, can provide most of the nutrients found in milk.

The only nutrients that present a problem when milk is eliminated from the diet are calcium and vitamin D. Calcium is present in the green leafy vegetables and, of course, can be taken in the form of calcium tablets.

A BALANCED DIET

Q—Recently our five-year-old has become a "picky" eater. How can I be sure he will get a balanced diet?

A—A number of factors, none of them usually serious, should be considered. For one thing, make sure your son is not eating between meals. At age five, children need relatively less food because their rate of growth has slowed considerably.

Sometimes emotional reasons may cause a child to reject his food. If he feels insecurity, rivalry or lack of family attention for some reason, he may try to compensate for this by arousing parental concern. Children learn quickly that most parents get disturbed if food is rejected.

It is wise to get the opinion of your family doctor about the physical condition of your son. Any child who is ill is apt to eat poorly. Mouth or tooth disease must also be considered. Sometimes a child will reject food because it is painful to eat, but he may not tell the parent this unless questioned closely.

IF NO PHYSICAL cause for not eating can be found, the best approach is to accept the child's decision calmly and permit him to leave the table. Make sure he does not eat anything until the next regular mealtime. Under such a routine, indifference about food will disappear quickly, and the child will realize that eating is a privilege, not a way of promoting family favor. If an emotional problem exists, parents must direct their attention to eliminating it through family readjustments, separating the matter completely from mealtime.

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ADELE CARRAHER

Busy Month Scheduled by High 12 Club

Birmingham's High Twelve annual Spring Ladies' Night on April 20 will feature Adele Carraher, service representative of the city's Bell Telephone office. She will present the new color film, "Decorating Unlimited."

On Saturday, the local High Twelve club will enter three men's and one ladies team in the state bowling tournament at Strike 'N Spare. This year's event is sponsored by the Bloomfield Hills High Twelve Club.

ON THE FOLLOWING Monday night at the Community House S. J. Curtis, president of Executive Consultants of Dayton, will speak on "Why People Steal," a talk drawn from 25 years of retail security experience.

Winding up the month's schedule on April 27, Dr. G. Ernest Thomas, pastor of the First Methodist Church, will present "The American Image in the Changing World." His talk will relate experiences while traveling in Africa, South America, Russia and Europe.



Retiring

Joseph J. Hartigan, 2790 Mackintosh, Bloomfield Hills, one of the most respected advertising media men in America, will terminate his advertising career with Campbell-Ewald Co. May 10. Hartigan is senior vice president, vice chairman of the board, director and a member of the executive committee of the agency. He has been with Campbell-Ewald over 39 years. It is estimated that, during his career, he has directed the investment of two billion dollars in media for Campbell-Ewald clients.

The Battle of Little Big Horn, fought in June of 1876, is one of the most famous military encounters in American history and also one of the shortest. The battle in which the Sioux under Chief Crazy Horse massacred General George Armstrong Custer and his whole force, lasted only twenty minutes.



The Boys' Club 'Big Three'

Birmingham and Bloomfield Hills claim three of the six winners of the annual Man and Boy Award of the Boys' Clubs of Detroit. The award was presented to United Foundation Executive Vice President Walter C. Laidlaw (center), 404 Tottanham, Birmingham. With him are previous winners, Thomas B. Adams, (left), 931 N. Harndale, Bloomfield Hills, president of Campbell-Ewald Co., and Edward N. Cole of 1371 Kirkway, Bloomfield Hills, group vice president of General Motors. The award was made on Laidlaw's first day back at work after suffering a stroke a month ago.

Fortunately, most motorists prefer to be recognized as a highway conformist. The Institute for Safer Living classifies a non-conformist as anyone who frequently drives too slow, tailgates, exceeds speed limits, cuts in, dodges from lane to lane, passes on the right, or otherwise violates accepted rules of the road.

Fruit Pie Topping Uses Layer of Nuts

A layer of buttered chopped nuts on top of your fruit pies will provide a crunchy topping, suggest home economists.

Combine nuts and dried fruits for candies the family will enjoy anytime. Store unshelled nuts in a jar in the refrigerator.

To restore crispness to nuts, heat them in 325° oven in an open pan for a few minutes. Stir occasionally.

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