

# How to take iron-rich foods

Dear Jo:

I read your column each week with great interest. I believe it provides such good information about so many different subjects which are of concern not only to those who are elderly, but to all of us. I would like to add, if I may, to your column on increasing intake of iron in the diet.

Iron-rich foods are better absorbed if they are consumed with other foods that are high in ascorbic acid or vitamin C... namely - vegetables, such as broccoli, brussels sprouts, cabbage, raw cauliflower, kale, red and green peppers and tomatoes; or fruits - namely oranges, cantaloupe, grapefruit, papaya, strawberries and tangerines.

Also, iron-rich foods should be cooked in small amounts of liquid so as to retain their iron content.

Large amounts of tea and milk should not be served with iron-rich meals as these products tend to inhibit the absorption of iron.

Lastly, if iron supplementation is advised, it should be taken between meals for best absorption, unless it causes gastrointestinal distress.

Keep up the good work, Jo.  
H.E. Dietician,  
The University of Michigan

Dear Mrs. H.:

Thank you so much for your professional advice. Many of the readers of this column have, or are at risk, for developing iron deficiency anemia and your suggestions are greatly appreciated.

Dear Jo:

Once a month I bring my 74-year-old aunt to the foot doctor (podiatrist). She has terrible foot problems, but with treatment she is doing fine. After last month's visit she tried to pay me for my "trouble." I refused the money and told her it was no inconvenience to me at all, and I was glad to be able to help her out. I really enjoy her company and a few hours spent driving her to her appointment is nothing.

Now, she refuses to let me drive her anywhere because I won't accept any money from her; she says she doesn't want to inconvenience me and has can-



gerontology  
**A. Jolayne Farrell**

celled her next appointment - she needs this treatment badly.

Other than accept her money, what would you suggest I do? I don't want to lose her friendship.  
M.F.

Dear Mrs. F.:

I agree that your aunt's visits to the podiatrist are essential so you two are going to have to work something out. You sound just as determined not to accept the money as she is in not letting you drive her anywhere without payment.

You and your aunt are both very giving people. Let her pay for coffee or lunch after the appointment, or maybe accept a minimal amount of money for the gas. Frankly, for your friendship to continue, you're going to have to let her contribute in some way - her own way to it. Good luck.

Could the two of you come to a compromise? Let her pay for coffee or lunch after the appointment, or maybe accept a minimal amount of money for the gas. Frankly, for your friendship to continue, you're going to have to let her contribute in some way - her own way to it. Good luck.



## Card helps Asthma Center

Purchase of this Christmas card will help the Detroit League of the National Asthma Center. Cards are \$9.25 for a box of 25, \$15.50 for 50. For names imprinted, 25 cost \$13 and 50 cost \$20.75. For information, write the league at 19420 Beaverland, Detroit MI 48219, or call 535-5247 or 559-6974.

## class reunions

As a public service, the Observer and Eccentric Newspapers will print announcements of class reunions. Please include a first and last name with telephone numbers.

● **SEAHOLM**  
Seaholm High School's five-year reunion will be held Dec. 23. Reservations may be made by calling 994-3089.

● **BROTHER RICE/MARIAN**  
Brother Rice and Marian high schools class of 1978 will hold a class reunion, Nov. 25 at 7:30 p.m. in Mari-

an High School cafeteria. Price is \$10 per person. Make checks payable to: Marian Alumni Association and mail to Julie Hastings, 27027 Eldorado, Lakrup Village 48074 or Mike Kinna, 120 Clifton, Birmingham 48010. Or call 559-4036 or 647-7942.

● **MUMFORD**  
The class of 1953, the first to graduate from Mumford High School, will hold a 30-year reunion Saturday, Nov. 26 at Roma Hall, 2101 S. Telegraph, Bloomfield Hills. All graduates who have not

been contacted are urged to call 851-3777 or 551-3468.

● **TROY**  
Troy High School class of 1973 will hold a 10-year reunion Nov. 26. For information and tickets, call 635-2735.

● **CENTRAL/NORTHERN**  
A combined reunion of the classes of 1934 of Detroit Central and Northern High

schools is being planned for July 1984. For more information, contact I. Mallin, 864-2508.

● **CHADSEY**  
Chadsey High School class of 1955 is planning a 30-year reunion. Information is needed on students' whereabouts. Call Barbara (Brown) Allen at 821-8257 or Yvonne (Caron) Zapinski at 422-2585 with information.

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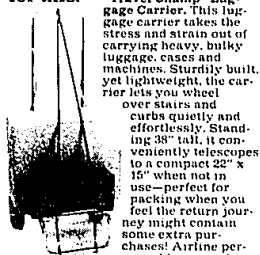


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