New trimmings for the turkey

Q. Do you have some suggestions for giving my traditional boliday menu — turkey and trimmings — a new look?

A. If your family won't recognize Christmas without the traditional turkey, you might want to try some new side dishes. The following recipes give traditional favorites are wlook and can be used in place of "standard" selections, such as salad or potatoes, without forfeiting good nutrition.

CRANBERRY-PINEAPPLE
RELISH
cup fresh cranberries
small apple
5 cap unsweetened crushed placap
fe ple 4 cup honey

Drain canned pineapple and set aside. Place pineapple juice in blender. Wash berries, Core and silce apple. Add to juice in blender and using "coarse chop" setting, rik until finely chopped. Add pineapple and honey. Chill before serving, Makes 2-3 servings. Can be made ahead and stored for several days before servings.



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Consumer Information Center Dept. 10, Pueblo, Colorado 8100

Wash carrot and grate very fine. Add raisins and orange juice. Mix well. Makes 4 servings. Can be made ahead (except orange juice) and stored in covered container.

EASY VEGETABLE SOUFFLE (side dish or meatless main dish) 3 tablespoons flour 3 tablespoons butter

3 tablespoons butter
1 cap milk
3 eggs
4 cap mayonnaise
5 green onions and tops
4 teaspoons curry powder
salt and pepper to taste
12 ounces, cooked, of one of the following: casiliflower, corn, broccoll,
spinach

spinach
In a saucepan, melt butter, until
foamy, Sprinkle with flour and cook,
stirring, for 23 minutes, Gradually
add milk and cootinue to stir and
cook until thickned. Cool slightly. In
a blender or food processor, pure
vegetable, eggs, mayonnable, green
onlons, seasonings and white sauce.
Four into a one-quart baking dish
with straight sides. Bake at 350 de-

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Pre-Holiday

Hobiday



ings.

CHEESE NOODLE KUGEL
(side dish or meatless main dish)
3 e.ggs, separated
4. cap butter melted
2 tablespoons honey
4. pound medium wide noodles,
cooked cooked % cup whole grain bread crumbs 1 pound cottage cheese 1 cup yogurt

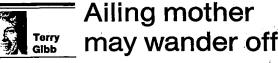
I cup yogurt
Beat egg yolks. Add melted butter,
honey, cottage cheese, yogurt then
the cooked noodles. Four into a two
quart buttered casserole. Top with
bread crumbs and dot with butter
Bake at 375 degrees for 45 minutes.
Makes four servings. Variations: Add
one cup chopped apple and ¼ cup
raisins. Top with ground walnuts.

raisina. Top with ground walnuts.

ECO-TIP: The starred recipes are
from "I Am Not A Vegetarian" —
Meatless Main Dishes for Meatenters from Concern Detroit, fin. This
book is great for those cutting down
on meat and poultry and makes a
great gift for friends teachers, coworkers. There's still time to purchase "I Am Not A Vegetarian" by
sending \$4.50 (includes tax, postage
and handling to any address) to the
address below by Dec. 13. For more
information, call \$65.8022.

The Consumer Medibna an-

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit, 48226.



Dear Jo:
My mother, who lives with us, has
Alzhelmer's disease. She is still in
the early stages of the disease and
manage quite well with her family.
My reason for writing is to sat
you to list some precautions we can
take. She sometimes takes a notion
to leave the bouse and unfortunately
gets lost. Thank you,

Mrs. G.R.

Mrs. G.R. Concerned Daughter

Dear Mrs. R.:
One of the greatest worries of families of persons with Aizhelmer's disease is wandering. Even under the closest observation, the person suffering from the disease seems to wander away from the home, and the results can be disastrous. Some practical safety suggestions are:

are:

• Install locks on inside of doors

and windows.

• Inform neighbors that your

mother could wander and ask them to call you if they see her out on her own.

to call you if they see her out on her own.

• Keep a current photograph and description available.
• Label her clothes with her name and your phone number.
• Consider use of alarms on your front and back doors.
• Call the nearest Aizheimer's Society. It should have a "Wandering Person Registry" which can be helpful should a crisis occur.
• Contact with your local department may be necessary if the problem continues.
Good luck. Your mother is fortunate to have a caring family such as yours.

Dear Jo:
Is cottage cheese a good source of
calcium? I have ostcoporosis and am
trying to increase the calcium in my
diet.



Healthy Senior

Healthy Senior

Dear Miss M.:

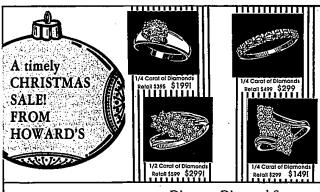
Compared to milk, yogurt, and other cheeses, cottage cheese is a meager source of calcium. To get the recommended 1,500 milligrams of calcium a day, you would have to eat 24 four-ounce serving a day.

A four-ounce serving a cottage cheese has only 60 to 70 milligrams of calcium. One ounce of most bard cheeses has two to four times that much. A six-ounce glass of milk has 300 milligrams and the same amount of yogurt contains about 400 milligrams.

I do not wish to discourage you from eating cottage cheese because it is an excellent source of protein. Just don't rely on cottage cheese as your main source of calcium.

Readers can write to Jolayne

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario LAE 2P8:



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