

Frozen Kosher Meals Solve Hospital Problem

Hospitals and nursing homes are welcoming the solution to a problem that has troubled them for years. They are called upon occasionally to treat patients who observe Jewish dietary laws and eat only kosher food, and dietitians puzzled over the problem of how to provide for their patients physically without disturbing their spiritual well-being.

Now, however, kosher frozen hospital dinners are available to ease that problem. Kosher food involves some religious detail, but basically these requirements:

The meat of only certain animals may be used. Meat and poultry must be ritually slaughtered in a prescribed manner which eliminates all but the most minimal pain to the animal, and then processed to remove the blood.

Meat and dairy foods or derivatives may not be eaten together, nor may the same utensils be used to prepare or serve these foods. Kosher utensils must be used.

There are hospitals and institutions which are set up to serve the needs of patients who require kosher food. Sinai Hospital, in Detroit, for example, has its own kosher kitchen. But for the most part, even

the most helpful institutions have had to rely on haphazard solutions. Prepared meals of canned fish and vegetables become monotonous and unappetizing.

Last year the Great Lakes Chapter of the Union of Orthodox Jewish Congregations of America acted on a doctor's suggestion, and out of this came kosher meals for any patient in the metropolitan area. The patient makes the request through his doctor. The hospital dietitian orders the necessary amount from the local food distributor, Frigid Foods, which distributes other foods to the hospital.

The dietitian merely heats up the tray before serving, and both the tray and utensils are discarded afterward. The meals are prepared by a New York kosher food service organization which prepares similar trays for use on all airlines. There are thirteen different meals, some of them salt free, for special diets.

Mrs. Milton Duchan, president of the Great Lakes Chapter of UOCSA says that this service is now available on request at Providence Hospital as well as at Carmel, Grace, Harper, Beaumont, Crittenton, Deaconess and Ford.



LIVONIA BENTLEY HIGH school teacher Jim Brieske, whose precision placekicking set a 19-year record for the University of Michigan in 1947, tries on the new foot being made for him by Joseph Giacinto, University Hospital prosthettist. Brieske, who teaches business education, contracted a fibro sarcoma and his foot was amputated above the ankle earlier this year. His 1947 mark of 23 points after touchdown held up until this year when Rick Sygar kicked 24.

Family Gym Offered by "Y"

The Livonia Family "Y" will be presented. For further information contact the Livonia Family "Y" 281-0370.

The class is for Livonia Family "Y" members on a limited registration basis. It will involve a period of family controlled exercise and then special gym games for the children while the adults will be involved in games such as volleyball, badminton, etc. Special gym demonstration

To Sing Tenor In UD Concert

Leslie Halassi, son of Mr. and Mrs. Leslie Halassi, 27731 Buckingham, Livonia, is a member of the University of Detroit Chorus. He will sing tenor in the group's Spring Concert Sunday, April 9.

The concert begins at 8:15 p.m. in the U. of D. Memorial Building.

Varicose Veins Can Have Variety of Causes

What causes varicose veins?

Many women, and quite a few men as well, are familiar with the unsightliness and the pain of varicose veins, but they are unaware of the cause.

"Hereditary weakness in the circulatory system, long periods of standing or straining, tight clothes, blows and bruises—all contribute to the development of varicose veins," said William O. Elson, medical research director of the Bauer and Black Division of the Kendall Company. "Pregnancy, because of the extra weight, and also because of the pressure exerted on the pelvic veins, can create or aggravate varicose veins," Elson stated.

Half of all women over 40, and one out of five women who are pregnant, suffer from this ugly and painful condition, according to estimates by experts in vascular problems.

Elson explained that the problem is the long, uphill climb which the blood must make from the feet to the heart; this climb is aided by a series of valves in the veins—each of which must be capable of supporting a column of blood between itself and the heart.

"Veins nearest the surface are most likely to be unable to carry this load," said Elson, "because they have

compression which is both prophylactic and therapeutic is available to all.

"All today's woman with a varicose vein problem needs to know is that she should follow her doctor's orders. When he prescribes elastic stockings, he means elastic and not 'support' hose.

Wayne State University's 1967 spring football drills will run from April 11 through May 6.

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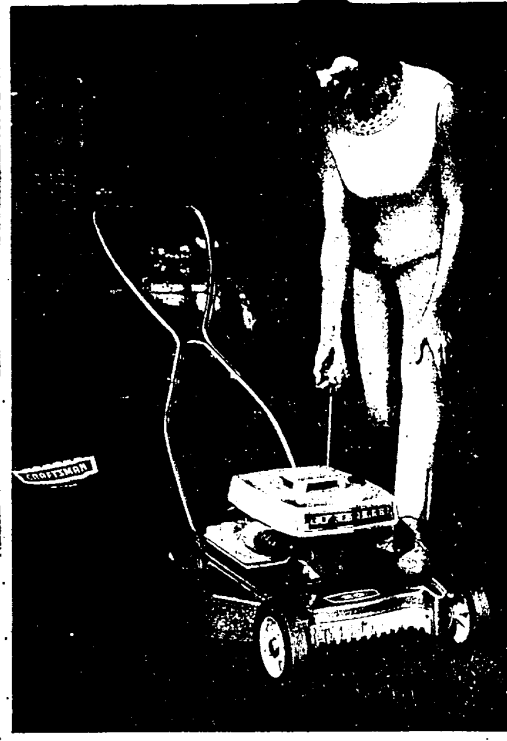


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