

Dr. Straith at town hall

A face lift is psychological lift

By MARGARET MILLER

Who goes to the plastic surgeon? Younger and younger women, reports Dr. Richard E. Straith, who talked in the Northville Town Hall series about his work in that field. But also, he said, women farther along in years, who a not long ago might have been considered past interest in a facelift.

Men, too, reported Dr. Straith, especially the ones whose job involves meeting the public and the ones who feel the need to look good. And, of course, accident victims and children with birth defects—the latter group as young as possible.

DR. STRAITH, who is following in the work of his father, Dr. Claire L. Straith, who founded the Straith Memorial Hospital now located in Southfield, showed before and after slides of many patients and answered varied questions in his lecture and celebrity luncheon appearance in the Plymouth Hilton.

The pictures were received with both appreciation and nervous laughter, the questions revealed considerable interest in a topic that is coming more and more into the area of frank discussion.

As a living answer to some questions, Dr. Straith presented to his audience Mrs. John H. Ganschow of Southfield, who had been his patient twice.

"The greatest thing is being able to look in the mirror and not shudder," Mrs. Ganschow told the women.

"I had my second facelift just a few months ago," she said. "For me, it was a matter of a little inconvenience and discomfort, but not really pain. I've never made any secret of the

matter, and I know I'd go back a third time if later I were to feel it necessary. This time, though, I did make a point of going to my bank and making sure someone there knew me, so that I wouldn't have trouble when returning with a new face."

Asked her age, the smooth-complected Vera Ganschow said she is "older than I look."

DR. STRAITH emphasized that he left the decision-making strictly to his client.

"I explain the procedure," he said, "and tell people the costs and the risks, and they make the decision. The surgery itself is not hard on a patient," he said, "and I have had several who had some heart problems. One told me she didn't care if she died on the table—she wanted to look better."

Younger women coming to him worried him some, he said, "because there's more risk if you start with an essentially pretty face and want to improve it."

"I tried to talk one fairly young woman out of having work done, but she kept coming back and insisting. And she was right; the change really seemed to give her a psychological lift."

A MALE PATIENT, Dr. Straith said, came back some time after his surgery to tell him he'd just been made vice president of his company.

"He felt he needed to look good in order to have the self-confidence to present his ideas," the speaker said.

He said he'd also heard from young women who felt their lives changed greatly after nose jobs. "The male image of acceptable female beauty seems to include a delicate nose," he added. "Of course we don't guarantee anything."

In some areas, Dr. Straith said, are less adaptable to plastic surgery than others. A peel treatment, involving a

few days in bandages and a pink face for a couple of months" will help skin coarsened by exposure to the sun, but not acne-pocked skin, he pointed out.

Red birth marks are covered by the addition of pigmentation, but this has to be repeated every few years, he added. With problems like varicose

veins "you have to be sure that the treatment doesn't create a worse problem."

PRICES HE QUOTED for the Straith hospital "begin at \$1,200 for a face lift—mine began at \$1,800." A face peel is about \$750, he said.



Dr. Richard Straith and Mrs. John Ganschow of Southfield look over some of the pictures taken before her recent facelift. (Staff photo by Maurice Walker)



Nov. 25-26—A Christmas bazaar of handcrafted gifts will be held at the Allen House, 556 W. Maple, Birmingham, on Thanksgiving weekend. Hours on Saturday are 10 a.m. to 5 p.m. and on Sunday, noon to 5 p.m.

Nov. 25-30—A Christmas antique show will be held in the Hotsford Inn, Grand River and Eight Mile in Farmington. Hours will be noon to 10 p.m. on Saturday and Sunday. Admission and parking are free. Items will include hand-painted china, art glass, oak furniture including cupboards, ice boxes, tables, and sets of chairs.

Dec. 2—The Third Annual Holiday Mart will be held from 1 p.m. to 7 p.m. in the school gymnasium at Pierce School, 14 Mile and Pierce, Birmingham. More than 25 booths of handcrafted items will be there, and, in addition, there will be a bake shop, cookie sale, coffee and hot cider.

Dec. 6-7—The Romeo Historical Society will sponsor a Christmas fair between 9 a.m. and 5 p.m. in the Romeo Senior High School. Featured will be paintings and crafts by artists from Rochester, Farmington, Troy, Birmingham, Southfield and Livonia. Food will be available.

Try turkey stuffing outside the bird

If you don't stuff the turkey, it will cook faster, and you can still get that "cooked in the bird" flavor by cooking the giblets in simmering water and using this to make the dressing.

Dressing that has been cooked in the bird tends to be heavier and more moist than dressing not cooked in the bird. If you don't stuff the bird, you can make as much dressing as you want—you're not limited to the amount that will fit into the turkey cavity.

If you decide to stuff the bird, allow three-fourths cup of stuffing per pound of turkey, dressed weight, or one cup per pound ready-to-cook weight. Allow the same amount of stuffing for a turkey weighing 20 pounds or more because the cavity of large birds are approximately the same size.

For fluffy, light-textured stuffings which are high in flavor, fill the cavity lightly. As the juices are absorbed by the dressing during the roasting period, the dressing will expand. Overpacking will result in a compact, less desirable product.

FOR SAFEST results, mix the stuffing just before using. The stuffing should be placed in a pre-heated oven

at once. If it is necessary to hold the stuffed poultry before roasting, chill the stuffing before using and then reheat it in clean, stuffed bird.

The holding period should not be more than four hours. These precautions reduce the possibility of food poisoning, an unhappy result of poor food handling practices.

For advance preparations of stuffing, Janet Voorhes, Michigan State University Home Economist, Oakland County Cooperative Extension Service suggests:

•Prepare and measure dry ingredients. Store at room temperature.

•Prepare and measure liquid and perishable ingredients. Refrigerate.

•Combine liquid and dry ingredients at the last minute.

•Fill turkey, truss and roast immediately. After roasting, remove the stuffing as soon as possible and serve in another dish.

Once the meal is over, store the bird and stuffing in the refrigerator; immediately if it is more dangerous to leave the bird sitting on the counter, than to continually open the refrigerator to get a bite of turkey.

Do not freeze prepared stuffing. It will be very wet and the seasoning will take on a bitter flavor.

Diabetics' Thanksgiving talk set

"Diabetics can have a lovely Thanksgiving Day dinner, just as good or better than everybody else's."

This is the message Barbara Lofquist, director of program for Michigan affiliate of the American Diabetes Association, will offer at a diet discussion scheduled for 8 p.m., Tuesday, Nov. 25, at the Beechwood Recreation Center, 2280 Beech in Southfield.

Moderator will be Becky Alchin of Novi, a member of the South Oakland County Unit of the Association, sponsor of the discussion.

The one food diabetics must handle with great care is sugar, the sugar that comes in paper bags and is used in many dishes if only for flavoring," says Ms. Lofquist, formerly therapeutic dietitian at both the University of Michigan and Mt. Carmel Hospitals.

"Because raw sugar, whether or not cooked with other foods, is digested immediately, it causes a sharp rise in blood sugar levels, which always poses a danger to a diabetic."

"The answer lies in the use of artificial sweeteners, especially saccharine," she explains. "It makes delicious pumpkin or pumpkin chiffon pies, orange-apricot molded gelatin salads, cranberry punch, and many others."

Admission, along with coffee, literature, data and diet information, is free. Diabetes Christmas Cards will be available for sale.

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MACLD will meet

The Farmington chapter of the Michigan Association for Children with Learning Disabilities will meet Tuesday, Nov. 25, in Warner Junior High School, 30303 W. 14 Mile, Farmington Hills.

The meeting, designed as an informal presentation of reading lab equip-

ment and materials, will begin at 7:30 p.m. Farmington school district reading specialists Hope Alken, Lois Bock, John Fleck, Karen Jallas and Shirley Lavigne will make the presentation and answer questions.

Members of all MACLD chapters in the area are invited to attend.

Thanksgiving at L'Auberge:

It's becoming a custom here at L'Auberge, and we'd like you and your family to join us. Yes, there'll be turkey for you traditionalists as well as other main dishes to choose from if you wish. Plus all the delicacies of this annual harvest feast—from spicy dressings to cranberries to whipped potatoes, sautéed and pumpkin pie. Plus some unique specialties from the adept L'Auberge cooks, served by our cheerful staff, and all you have to do is enjoy. There'll be special children's menus, too, and you can pick your dinner hour from noon until 7 p.m. But we do suggest reservations. Just call 643-7474.

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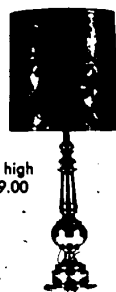
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