

# Choosing the Right Hospital

Because one of my duties as family resource management agent for Forsyth County is to help inform the public about community resources, this column focuses on the art of choosing the right hospital. I hasten to point out that this idea grew out of an article I read in The Star news-paper under the byline of Tom Martin.

Martin mentions a book entitled *The People's Hospital Book* by Dr. Ronald Gots, director of the National Medical Advisory Service, Bethesda, Md. and Dr. Arthur Kaufman, director of Prince George's Hospital in Cheverly, Md. "Knowing which hospital offers what can save your life," Dr. Gots says. This statement caused me to think that every citizen in Forsyth would be wise to con-

sider this question: If someone in my family became critically ill late tonight, and I could not reach my family doctor,

heart diseases. I found out that Baptist does not specialize in obstetrics, so don't head there if a new citizen is on the

help determine the age of the fetus." Forsyth also houses the John C. Whittaker Rehabilitation Center

appointments are needed for gynecology, pregnant women's clinic, well and sick child clinic, stomach ailments, arthritis, foot clinic, high blood pressure, diabetes and many more.

The Public Health Department offers at Reynolds numerous free examination clinics including chest x-rays, T.B. skin test, pap test, glaucoma, blood pressure and orthopedic. It offers well child neighborhood clinics.

driver for Reynolds Health Center, said citizens can secure transportation to Reynolds by calling 727-8215 on weekdays 8-5. Miss Lynn Knapp, health education specialist at Reynolds said call 727-8216 for information concerning all services offered at Reynolds.

## Better Living

By

JoAnne Falls



to which emergency room would I direct the curiosity prompted me to gather this data.

Bill Glass, public relations director for Baptist Hospital, said that Baptist is equipped and staffed to handle emergencies of all kinds around the clock; severe burns; critically ill babies and baby operations; heart emergency cases and

Paul Wiles, vice presi-Forsyth already has a head scanner. He also said that since last May Forsyth has had ultra sound equipment that enables doctors to view the abdominal organs.

Wiles said Forsyth has machinery for obstetrical viewing of the fetus, head of the fetus and birth, canal. This can

which is one of the finest the center that helps patients help themselves. It has an abundance of equipment.

Mrs. Phoen Beal, health education specialist at Reynolds Health Center, said that Reynolds offers general health care for anyone over 16 based on the ability to pay. There

### INFLATION-FIGHTING FOOD IDEAS

RICE: BEFORE AND AFTER THE GAME

Now that there is a chill in the air (or even a frost in some parts of the country!) and the football season is in full swing, fans are gathering for pre-game and post-game food and fun. And the appetites are hearty.



FLUFFY MOUNDS OF PARSLEY RICE will underscore the robust flavor of this Chicken-Ham Combo.

#### CHICKEN-HAM COMBO

- 1 cup chopped onions
- 2 green peppers, cut in 1-inch squares
- 3 tablespoons butter or margarine, melted
- 3 cans (10-3/4 ounces) cream of chicken soup
- 3 to 4 cups cooked chicken or turkey
- 2 cups cubed cooked ham
- 1 can (15-1/4 ounces) crushed pineapple, drained

- 2/3 cup toasted sliced almonds
- 6 to 8 cups hot Parsley Rice\*

Cook onions and peppers in butter until tender but not brown. Blend in soup. Add chicken, ham, and almonds. Heat through. Sprinkle with sliced almonds. Serve over rice. Makes 12 servings.

\*Cook rice in chicken or turkey broth. Stir 1/4 cup butter or margarine and 1/4 cup chopped parsley into hot rice.

From extra economical meat...and everything in between...rice can be served as the entire base, or it can be stirred in with the meat or seafood and baked in a casserole.

A delicious middle-of-the-road dish from a price point of view is the following casserole, Chicken-Ham Combo. Chicken is a good budget meat, and when combined with ham, pineapple, rice, chicken soup and seasonings, the resulting meal has an extra special flavor and is not too expensive.

What's interesting about ham is that, although more expensive than chicken, it has more flavor so you need only about half as much ham in the recipe. The

chicken stretches the flavor of the ham and the rice stretches them both! It's a winning combo for football fans...either the stadium or the at-home TV kind!

## Birth of A Sandwich

Sometime during the 16th Century a devoted gambler ordered meat served between two slices of bread. He asked that it be brought to the gambling table which he was reluctant to leave because he was winning. His name was John Montagu, Fourth Earl of Sandwich. And that is how the sandwich was born...and named by its designer.

Centuries have passed. New foods and convenience foods have appeared in the Western world. But the sandwich has not lost its identity. In fact, it continues to win friends. It makes a wholesome meal to carry to work and to school. And with the variety of breads available today, there are infinite possibilities for breakfast as well as lunch.

Bread for sandwiches to carry or to eat-on-the-run must be firm, not soft. It should slice clean, without tearing or crumbs. And it must be compatible with favorite fillings. The following recipe for Potato Rye Bread meets those specifications. Seasoned with onion salt and caraway seed, it offers aroma as well as taste. The recipe calls for two cups of mashed potatoes which contribute toward a moist, firm crumb. It goes well with cheese, ham, mustard, fish, bacon and peanut butter and responds favorably to toasting as well.

**POTATO RYE BREAD**  
4 cups unsifted rye flour  
2 1/2 - 3 cups unsifted flour  
3 teaspoons onion salt  
1 Tablespoon caraway seed  
2 packages Fleischmann's Active Dry Yeast  
1 cup water  
1/2 cup dark molasses  
2 cups mashed potatoes

Combine flours; in a large bowl thoroughly mix 2 cups flour mixture, onion salt, caraway seed and undissolved Fleischmann's Active Dry Yeast.

Combine water and molasses in a saucepan. Heat over low heat until liquids are very warm (120° F. - 130° F.). Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add potatoes and 1 cup flour mixture. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour mixture to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, turning to grease top. Cover; let rise in a warm

### Blacks Sailed With Columbus

A black pilot, Pedro Alonso Nino, is believed to have been a member of the crew when Christopher Columbus embarked in 1492. Also it is believed that a black cabin boy, Diego el Negro, sailed with Columbus on his fourth voyage in 1502.

### Black Soldiers

Black soldiers were with General Washington when he crossed the Delaware. One Prince Whipple, was in the general's own boat.

place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down; turn out onto lightly floured board. Divide dough into 2 equal pieces. Shape each half into a loaf; place in greased 8 1/2" x 4 1/2" bread pans. Cover, let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 375° F. for 25 minutes, or until done. Remove from baking pans and cool on wire racks. Makes 2 loaves.



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