

HEALTH

Infant Babbling Useful

Two researchers have developed an inexpensive screening method to detect severe hearing loss in infants. The method relies on teaching parents to listen for certain sound patterns in infant vocalizing, which typically occur by 11 months of age in normally hearing children. Once identified, the infants' hearing loss can be compensated for early, when chances are greatest that they will be able to acquire spoken language normally.

The method could result in the diagnosis of severe-to-profound hearing loss as early as one year of age. This is nearly 2 years earlier than the average age at diagnosis at 3 years of age in the United States.

The research was conducted by Rebecca D. Eilers, PhD and D. Kimbrough Oller, PhD, of the Departments of Psychology and Pediatrics at the University of Miami and the University of Miami Ear Institute in Miami, Florida. The research team was founded in part by the National Institute on Deafness and other Communicative Disorders and the Na-

tional Institute of Child and Health and Human Development, both part of the National Institute of Health in Bethesda, Maryland.

The study appeared in February, 1994 issue of The Journal of Pediatrics.

Although Drs. Eilers and Oller believe that their method will prove to be highly effective, the researchers stress that it is not a substitute for other, earlier, screening attempts. Moreover, parents who suspect their children have a hearing loss should immediately discuss their concern with a pediatrician, and not wait until their children are old enough to begin babbling.

In the article, the researchers referred to an NIH Consensus Development Conference that recommended universal hearing screening for all infants before 3 months of age. As of yet, this recommendation has not been carried out. In the meantime, Drs. Eilers and Oller think their method will help to identify a large proportion of hearing-impaired children.

The diagnostic technique developed

by the two researchers consists of teaching parents to listen for canonical babbling — well formed speech sounds that children with normal hearing almost always make by 11 months of age. Essentially, canonical babbling consists of strings of syllables that are so speechlike that many parents say their children almost sound as if they are talking. Examples of canonical babbling include syllables like "da," "na," "bee," or "yaya." Unlike true speech, these syllables are not associated with any word meaning.

About 0.2 percent of U.S. children have moderate to severe hearing loss by the time they reach one year of age, said Dr. Eilers. Such hearing loss may involve damage to the cochlea, the bony structure of the inner ear or damage to the nerves conveying sound impulses from the inner ear to the brain. This damage may occur as a result of hereditary conditions, or complications of pregnancy or birth, such as low oxygen levels, high bilirubin levels, or infection with cytomegalovirus.

headed the therapy department at the Hartland Wellness Center and taught massage and hydrotherapy at Hartland College in Virginia.

Ronda Smith, R.N. also has her B.S. in Health Education. She has worked in the area of wellness education for 15 years at Weimar Institute in California, and at Hartland Wellness Center in Virginia. She has added cooking classes to the program at Son-Lit Acres, so that each guest will learn to prepare the delicious, healthful foods to continue their new lifestyle when they return home.

With so much research validating that a healthful lifestyle is so effective in reversing diseases, it is fortunate to have this program right in our area. Health guests enjoy a comfortable, homestyle setting during their 18-day stay, and experience the benefits of health education classes, relaxing treatments. Cooking classes, exercise, delicious meals and association with the warm, caring staff. If you would like more information, please call (503) 367-5430 and they will send you information and answer your questions.

FOOD PAGE

Lawry's Seeks "Tasty Tips"

Calling all cooks! Calling all cooks!! Do you have a unique flair for preparing a particular dish in the kitchen? What is that special something that you do to make your fried chicken

crispy and moist or your collard greens more flavorful? Lawry's Foods, Inc. is hoping that you will share some of your cooking secrets with others in

the Lawry's "Tasty Tips from Seasoned Veterans" column.

The column will spotlight tasty tips used by amateur and professional cooks from across the country. Cooks whose tasty tips are featured will receive valuable Lawry's coupons and products as well as gift certificates for free groceries.

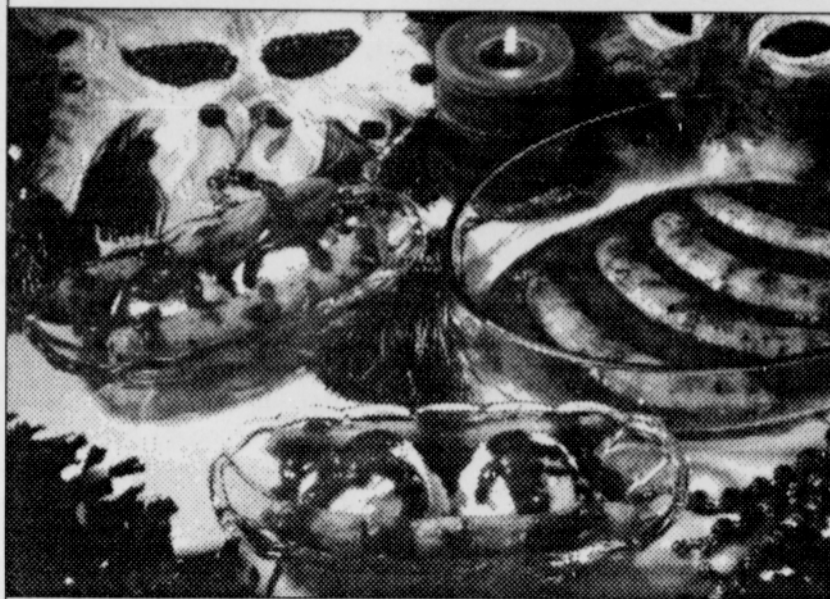
In addition, the column will feature tasty tips from Lawry's "Tasty Tips from Seasoned Veterans" national spokesperson, Chef Ben Gordon, owner of Restaurant 2110 and Benny's in Baltimore.

"It is quite an honor to be selected by Lawry's as a "seasoned veteran" in the cooking arena," said Gordon. "I'm excited about sharing my behind-the-scene food preparation skills with the public and look forward to learning new tips from them as well."

If you want to share your tasty tip(s), please send them to Lawry's Tasty Tips From Seasoned Veterans, c/o Flowers Communications Group, 542 S. Dearborn, Suite 1150, Chicago, IL 60605. Telephone entries are not eligible.

Lawry's is the leading producer of seasoned salt among African-American consumers.

Bananas Mardi Gras



- 4 large ripe firm bananas
- 1/2 cup brown sugar
- 1/2 cup Heath Bits 'O Brickle
- 6 Tablespoons butter or margarine
- 2 Tablespoons rum
- or 1 teaspoon rum extract
- Cinnamon

Peel the bananas and halve lengthwise. Melt Bits 'O Brickle, brown sugar and butter in skillet. Add bananas; cook until just tender. Remove bananas from skillet. Sprinkle with cinnamon. Add rum to skillet and stir until sauce is smooth. Pour over bananas and serve as is or with scoops of vanilla ice cream. Make 4 servings.

Heart Disease Reversal Program In Sweet Home

You can have much the same Heart Disease Reversal Program in our area in Sweet Home, Oregon as the famous Ornish program that is being started in three large medical centers in the east. Mutual of Omaha, the nation's largest provider of health insurance for individuals, has contributed \$100,000 to each of the three medical centers to get them started on this program that has proven to be such a benefit to those who have tried it.

Dean Ornish, M.D., whose Heart Disease Reversal Program is being used in the medical centers, tells us in his book Eat More, Weigh Less: "Along the way, we discovered that people who followed our program...improved not only their hearts but also their waist lines...The program takes an approach to dieting scientifically based on the type, rather than just the amount, of food consumed."

This same type of Heart Disease Reversal Program has been carried on at Son-Lit Acres, in a small rural setting near Sweet Home, for the past ten years, with similar dramatic results. Using God-given remedies such as tasty, healthful food, exercise, hy-

drotherapy and massage, not only reverse heart disease, but also helps diabetes, arthritis, obesity, hypertension and other common diseases. Health quests come to experience this program from all over the Western United States.

Imelda came to the program with a blood pressure of 180/104 and walking 1/4 mile at a time. At the end of the program the doctor had discontinued her hypertension medication, her blood pressure was 134/76 and she was walking two miles at a time and four miles a day.

Louis, a 65 year old diabetic decreased her daily insulin from 52 units to 15; her weight from 222 to 213; and her triglycerides from 248 to 206 during the session.

Son-Lit Acres is enhancing its staff with the addition of Rich and Ronda Smith. Rich's background has been in the field of massage and hydrotherapy. His training was under the guidance of Charles Thomas, RPT, PhD, former director of Physical Therapy at Loma Linda University, and a recognized authority in hydrotherapy. For the past 4 years Rich has

Dear Betty Crocker

Q. When I frost my cakes the surface crumbles or breaks and gets mixed in with the frosting. Help! L. K., Bakersfield, CA

A. Before frosting, be sure to cool cake on wire racks. Then, gently brush away loose crumbs and fill visible pockets or holes in cake with frosting. You should use a flexible, metal spatula to frost cake, and keep a cup of warm water nearby. If spatula pulls up crumbs or is not spreading smoothly, dip it in water, wipe dry and begin again.

Frosting can pull and tear cake if it's too thick. To thin frosting, stir in a few drops of water or milk. Coat torn section with a thin layer of frosting to seal in crumbs before continuing.

Q. A friend gave me a trifle bowl, but I don't know what a trifle is. R. W., Los Angeles, CA

A. Trifle is an English dessert made of a simple cake soaked with sherry, rum, cognac or whiskey and layered with custard sauce, whipped cream, toasted nuts and sometimes fruit, jam and grated chocolate.

Q. Whenever I make a cheesecake, it splits in the middle after baking. What might I be doing wrong? D.B., Wenonah Oak Valley, NJ and D.J., Philadelphia, PA

A. Cheesecake is more likely to crack if it's baked at too high an oven temperature, or over baked. Check your oven tempera-

ture with a small oven thermometer and adjust accordingly.

In addition, it helps to place cheesecake on the middle position rack of the oven so heat flows evenly during baking.

Tip Of The Week: Bananas are a great snack you can eat all year. Purchase bananas that are yellow or yellow tipped with green and free from bruises. You can use bananas to prevent discoloration. One medium or two small bananas yields one cup sliced.

Do you have a cooking question? Write Dear Betty Crocker, Box 1113, Dept. Betty, Minneapolis, MN 55440

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