
Health And Beauty

A great deal of pain, pros-

tration and panic usually re-

sults among those involved.

Investigative procedures fol-

During summer there is, annually, an outcropping of intestinal upsets, usually characterized by nausea, vomiting and diarrhea

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EXCEPTIONAL FRINGE BENEFITS AND

WORKING CONDITIONS

These "summer diarrheas"

What has become of the old-fashioned man who put or above profits-has he gone out of business?

are frequent occurrances in the hot weather because of inadequacies in food preserva-Much care should be taken in the preparation of foods which could harbor

lowing an episode of this na-ture usually show one of the common harmful bacteria. foods to be contaminated by As an illustration, sporadic epidemics of so-called food a type of bacteria that could have been avoided by adepoisoning are often brought to our attention dramatically where a large number of people have eaten from the

quate preservation and prepa-A minute number of these common bacteria are normally found in most foods. **MALE FACTORY WORKER** When given an opportunity to multiply through a delayed WANTED period of growth in abnormally elevated temperatures, not suitable for food storage,

> hazard. Proper refrigeration is most important in summer for meats, pastries, custards, dairy products, and some

thus resulting increased por-

portion of bacteria presents a

be observed in the storage of foods after cooking-as well as before!

As the pace quickens to get the most out of the re-maining summer weeks, all picnickers are urged to be extra careful in the prepara-tion and preservation of food before and after the picnic

By all means, home remedies should be avoided in cases of acute food poisoning.

Acne is a problem faced often by teenagers, as if they didn't have enough emotional problems during that wonderbut frequently trying,

period of their lives.

Acne is a disease of the tiny oil glands of the skin. It is found most often on the face. When these glands don't get the proper amount of stimulation in the form of exercise and thorough cleanliness, tiny red pimples form, The result is an acne condition of the skin.

The sooner you begin work on a sluggish, acne-type skin, the better your chances are to prevent permanent scars. Proper cleansing and exercise must be coupled with at least eight hours of sleep each night. Drink plenty of water each day and get a certain amount of sunlight Don't over-do the sun treatment, however.

Cleanliness is very important, so bathe frequently, both your face and body. Shampoo your hair as often as it needs it. Keep away from oily or creamy-type make-up.

Avoid eating rich or fried foods of any kind. Chocolate, nuts, soft drinks, creamy foods, sugar, cheese and any foods rich in fats and oils have no place in your diet.

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"Mother," said little John bursting into the house, 'there's going to be trouble at the chemist's. His wife has got a baby girl and he's had a 'Boy Wanted' sign in his win-

Attends English Consortium

Mrs. Allen de Hart attended an English Consortium from August 3-15 at Marymount College, Arlington, Virginia. Pictured from left to right are the instructor for the Consortium, Dr. Stuart Johnson of UCLA, Mrs. Allen de Hart the Louisburg College English Department, and Mrs. Patricia Wyatt of Southwest Virginia Community College. The Consortium was under the directorship of the Regional Educational Laboratory for Virginia and the Carolinas which is initiating an experimental program in English at participating junior colleges in Virginia and North Carolina.

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Fertilize Strawberries

Strawberries plants should be fertilized by September 15th. Use 20-30 pounds actual nitrogen per acre for very best results. To reduce the amount of fertilizer injury, a split application should be applied.

It is important to fertilize by September 15th because fruit buds are forming and the plants must be healthy vigorous to set a good crop of buds for next year's crop. Fertilizer should be applied when plants are dry and brush it off the leaves. Too much fertilizer can seriously injure strawberries. If a complete fertilizer is used, such as an 8-8-8, only use extra nitrogen to bring the total to 40-60 pounds per acre.

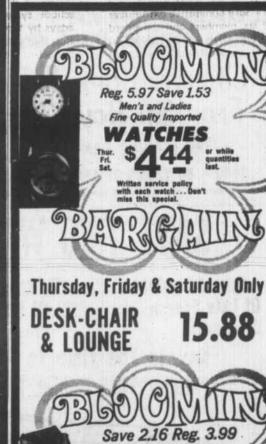
Fall thinning is also important. Under good growing conditions, some varieties, especially Earlibelle, make too many plants to give maximum yield. Yields are increased as much as 35% when plants are thinned 5 to 8'

Insects and diseases must be controlled also at all times. Check for red spiders closely and treat immediately if they are found. Use Systax or Kathane according to manufacturers directions.

Weeds should also be con trolled. Dacthal or 6 pounds of Diphemnamid per acre in early October and before these seeds germinate.

On Food Contents

The chairman of a House ubcommittee, Benjamin S. Rosenthal, reports that bus-inesses have added a hidden 10 per cent to the cost of many food and drug items since 1964 by reducing the contents in packages. He charges that frequently contents reductions are made without changing the package size or redesigning the co





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