

Health And Beauty

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

These "summer diarrheas" What has become of the old-fashioned man who put honor above profits—has he gone out of business?

are frequent occurrences in the hot weather because of inadequacies in food preservation. Much care should be taken in the preparation of foods which could harbor common harmful bacteria.

As an illustration, sporadic epidemics of so-called food poisoning are often brought to our attention dramatically where a large number of people have eaten from the

same kitchen.

A great deal of pain, prostration and panic usually results among those involved. Investigative procedures following an episode of this nature usually show one of the foods to be contaminated by a type of bacteria that could have been avoided by adequate preservation and preparation.

A minute number of these common bacteria are normally found in most foods. When given an opportunity to multiply through a delayed period of growth in abnormally elevated temperatures, not suitable for food storage, thus resulting in increased proportion of bacteria presents a hazard.

Proper refrigeration is most important in summer for meats, pastries, custards, dairy products, and some other foods. And care should

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

As the pace quickens to get the most out of the remaining summer weeks, all picnickers are urged to be extra careful in the preparation and preservation of food before and after the picnic lunch.

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 wonderful, but 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 clean-

liness, 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.



That's The Life For You
"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 window for a week."

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 of 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.

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 and 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"

apart. 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 controlled. Dacthal or 6 pounds of Diphemnamid per acre in early October and before these seeds germinate.

On Food Contents


The chairman of a House subcommittee, Benjamin S. Rosenthal, reports that businesses 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 container.

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29³⁶

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3⁹⁰

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1²⁶

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