

Helps Shrink Swelling Of Hemorrhoidal Tissues

caused by inflammation

Doctors have found a medication that in many cases gives prompt, temporary relief from pain and burning itch in hemorrhoidal tissues. Then it actually helps shrink swelling of these tissues caused by inflammation.

The answer is Preparation H®. No prescription is needed for Preparation H. Ointment or suppositories.



7 per cent has no rest, nor no religion, it works nights and Sundays, and even wet days.



More and Fashion -- Posing for pictures at a recent Ebony Fashion Fair reception co-sponsored by More cigarettes in Columbus, Ohio are [left to right] Pat Baum, Mary Johnson, Robert J. Smitherman, Kathy Weirrich, Cecilla McGennis and Mary Gilbert. The ladies are members of Twig 110, a Columbus charity organization. Smitherman, who attended the reception on behalf of More, is Brand Promotion Manager at R.J. Reynolds Tobacco Company, makers of More.

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Corona, 4 dr., fully equipped, factory air, steel belted.

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2-dr. hardtop, fully equipped, automatic, bucket seats & console, yellow with black top.

'68 TORINO \$1395
2-dr. hardtop, fully equipped, FACTORY AIR, extra, extra clean.

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NCL #703

Canning: Guard Against Botulism

The nationwide shortage of canning lids has thwarted many home gardeners' canning plans; some will have to turn to freezing their produce or else simply eating it quickly. But for those lucky enough already to have obtained their canning equipment, canning time has arrived.

For many home gardeners, this will be a first attempt at canning; others are long-time canners. Whether novice or veteran, the Better Business Bureau advises home canners to follow strict precautions to guard against botulism.

Outbreaks of botulism are on the increase, and about 90 percent of these are caused by improperly preserved home-canned foods. Although last year there were only about 20 recorded incidents of poisoning involving 30 persons, there may be many more outbreaks this year. The Government estimates that there are six million new vegetable gardeners this year, half of whom will be canning.

When canning, consumers are advised to keep in mind the following precautionary steps:

*Do not take shortcuts or try new experiments or trick methods such as aspirin, canning powders or other unreliable methods. Use only tested, currently approved methods of canning. Don't rely on old cookbooks or old instruction books. They may be outdated.

*Use only jars, cans and lids made specifically for home canning and do not re-use sealing lids.

*Use fruit (and all other produce) at the height of ripeness.

*Don't overpack, as this can lead to underprocessing and spoilage.

*Time and temperature instructions should be followed exactly for the size of food pieces and container used.

*Higher altitudes require longer processing times. Adjust time accordingly.

*After cooling, test jar seals according to directions on the box of lids.

*Although there is usually no warning smell or taste associated with botulism contamination, other food poisoning organisms can cause bulging lids, off-odors, or tastes and mold. (Do not assume that mold cannot hurt you - it can.) If in doubt, discard the produce without tasting it. A mere taste of a botulism-contaminated product can be fatal. Destroy suspect foods out of reach of children and pets.

The Department of Agriculture says the Better Business Bureau recommends that all home-canned foods be boiled for ten minutes after the jar is opened and before contents are sampled. The deadly toxin that botulism organisms produce can be destroyed by this procedure, protecting you against inadvertent errors made in the canning process.

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