

Something You Ate?

Was it the flu or something you ate?

According to the Public Health Service, millions of cases of flu are actually undiagnosed salmonella and staphylococcal poisonings.

Specialists with the North Carolina Agricultural Extension Service report that between 10 and 20 million people in the U. S. suffer from food-caused illnesses each year.

What can you do to make sure the food your family eats is safe?

The most important requirements for the safe handling of food include paying constant attention to the rules of personal hygiene, keeping your kitchen clean and keeping foods at the proper, safe temperatures.

If you are sick, stay out of the kitchen. Wash your hands thoroughly with soap and hot water before handling any foods.

Keep everything in your kitchen clean. The can opener, meat grinder and the bread board are often overlooked when the kitchen gets a cleaning, according to extension specialists.

The best and most efficient way to remove microorganisms from all three is with soap or detergent, water and a disinfectant.

Ordinary chlorine bleach is one of the most efficient and least expensive disinfectants available, they add. It can be used, diluted in water according to instructions, to disinfect and remove stains from sinks, cutting boards, woodwork, tile and appliances.

It can't be used on metal, however.

The easiest way to handle foods safely is to keep cold foods cold and hot foods hot.

Hot food should be kept at 150 degrees F. or above. Cold food should be kept at 40 degrees F. or below.

After you finish a meal, store leftovers immediately.

Some people believe that putting hot food directly into a refrigerator will cause it to "sour." This isn't true, according to the specialists.

Modern refrigerators have the ability to cool hot foods efficiently without the refrigerator temperature increasing. Leaving the food out to cool can be dangerous, however. It may give bacteria the chance they need to grow.

Extension Secretaries Meet in Rutherford

The Southwestern District of the North Carolina Association of Agricultural Extension Secretaries met Wednesday, April 30, in Rutherford County.

Mrs. R. E. (Cleo) Geer, secretary from Polk County attended.

The Southwestern District is comprised of Alexander, Burke, Carbarrus, Caldwell, Catawba, Cleveland, Gaston, Iredell, Lincoln, McDowell, Mecklenburg, Polk, Rowan, Rutherford, Stanly and Union counties.

Betty Greene, President from Union County, presided at the 9:30 a.m. meeting. Other officers are: Vice President — Cleo Grose, Rutherford County; Secretary — Luba Smith, Caldwell County; Treasurer — Cleo Geer, Polk County. Margaret Reynolds from Gaston County is the current First Vice President of the state association.

The Southwestern District Association meets twice yearly, and the State Association meets each year in September.

The program was presented by Eugenia Ware, Home Economics Extension Agent, from Rutherford County. Her slide-tape presentation was entitled "The Rutherford Heritage."

Two special guests were G. E. Biddix, County Extension Chairman from Rutherford County, who welcomed the association to the county, and Dr. Dick Smith, Southwestern District Extension Chairman, from North Carolina State University, Raleigh.

The next district meeting will be in Union County, August 20, 1980.

TRYON SCHOOL LUNCH MENU

Tuesday: Golden fried codfish, homemade tartar sauce, French fries w-catsup, creamy cole slaw, homemade rolls w-butter, milk.

Wednesday: hamburger on homemade bun, mustard, catsup and relish, buttered mash potatoes, fried breaded okra, peanut butter bar, milk.

Thursday: chicken breast filet sandwich, buttered rice, chilled apple sauce, chocolate pudding, milk.

Friday: baked ham and cheese on homemade roll, mustard-mayonnaise, chilled potato salad, fresh fruit du Jour, milk.

N. C. Health Watch

By N. C. Medical Society

"Leaves of three — let them be!" Most of us have heard that old saying about poison ivy. Many of us remember it only after we have entangled ourselves, or at least our arms and legs, within a vine of the itchy stuff.

When coming in contact with the leaves your skin may develop an allergic reaction to the oleoresin, an oil contained in the leaves and berries of the plant. Soon after contact the affected areas of your skin may show a rash of blisters. That's when the itching begins. While you may not get poison ivy the first time you touch the plant, repeated contact with its oleoresin may lead to sensitization, or allergy. Once allergic to poison ivy you are also allergic to poison oak and poison sumac. This is known as cross sensitization.

What can you do to prevent the uncomfortable and sometimes painful itching and blisters of poison ivy? Just learn to identify the plant and avoid it when possible.

Poison ivy is relatively easy to spot. It has three leaves on the stem and the leaves are usually notched. Two of the leaves form a pair on one side of the stem with the third leaf on the opposite side.

As a general rule you should wear protective clothing to keep the plant from touching your skin.

Even if you haven't been out running in the woods you can still contract poison ivy by touching something that has recently come in contact with fresh oleoresin such as pets or golf clubs.

If you've taken all the precautions and still get poison ivy, there is some relief. Plain calamine lotion can be applied to relieve the itching and help dry up the blisters. You may wish to avoid more exotic lotions as they may produce an allergic reaction of their own.

While poison ivy is more uncomfortable than it is dangerous, any serious allergic reaction should be brought to your doctor's attention.

Still, the best medicine is to avoid it in the first place.



The blue whale, largest animal, may live to be 50 years old.

National Volunteer Week

What's right with America? Europeans have often expressed amazement at the ability of Americans to get things done thru voluntary efforts, a characteristic we take for granted.

In Europe, and even more so in Asia and South America, people are inclined to sit back and wait for the government to act.

In America, many of the most important accomplishments have been achieved by volunteers.

The willingness of Americans to volunteer goes back to frontier days; back then, if a task needed doing, you and your neighbors either did it yourselves or it didn't get done.

It's no accident that all the international service organizations originated in the United States, then spread around the world....groups like the Rotary, Kiwanis and Lions Clubs.

Now, this is National Volunteer Week. You're not apt to hear much about it because there's a tendency in our country these days to dwell only on what's wrong.

But the willingness to volunteer is a superb national trait, one we can all be proud of. It's one more thing that's right with America! — WRAP-TV Editorial

Mr. and Mrs. Wallace Crawford of Tryon hosted a Derby Day Party on May 3rd. Out of town guests included Mr. and Mrs. Harry Kershaw, Columbia, S. C.; Mr. and Mrs. Willard Lages, Palos Park, Ill.; Mr. and Mrs. Donald Garrity, Palos Heights, Ill.; Mr. and Mrs. James Gee, Orland Park, Ill.; Mr. and Mrs. Clarence Heim, Oak Brook, Ill.; Mrs. Elizabeth Hornsby, Miami-Pharrie, Fla.; Mr. and Mrs. Willis Alguire, Mrs. Carl Petinson, Mr. and Mrs. Donald Jacobson, all of Hendersonville.

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