Don't mix alcohol, medicine

Alcohol does not mix well with many medications. Antibiotics, anticoagulants, antidiabetic drugs including insulin, antihistamines, high blood pressure drugs, MAO inhibitors and sedatives an even aspirin can cause problems if taken with alcohol, says Dr. Mary Ann Spruill, extension foods and nutrition specialist, North Carolina State University.

Alcohol combined with antihistamines, tranquilizers or antidepressants may make a person too sleepy to drive a car or operate machinery.

Even aspirin and alcohol can cause problems. "Aspirin is an acid and can cause bleeding from the lining of the stomach. When aspirin is taken over a long period of time, such as for arthritis, there can be enough loss of blood to cause iron deficiency anemia. When alcohol and aspirin are taken together, there is an increased risk of gastric bleeding," Dr. Spruill says.

"A good rule of thumb is to avoid alcohol beverages when taking any type of prescription or over-the-counter medication," the extension specialist says.

Falls

From Page B10

frozen food section of your favorite supermarket. That is why you should check this section of the store each time you go shopping.

Experts agree that freezing is the best method of long-term food preservation in use today. Foods frozen according to correct procedures maintain appearance, flavor and vitamins better than canned or dried foods. However, both canned and dried foods are nutritious and highly accepted by preservation experts.

Many homemakers fail to make their freezers work for them because they freeze a limited variety of foods. Use your freezer to produce delicious meals when you want them and when you need them for your family and friends.

Recipes

From Page B9

CHOCOLATE-FROSTED **ICEBOX CAKE**

20 (about) whole graham crackers

- 2 packages (4-serving size) brand vanilla flavor instant pudding and pie filling
- 3 cups cold milk 1 container (4 oz.) Cool Whipped
- topping
- 74 cup ready-to-spread chocolate fudge frosting

Line 13x9-inch pan with some of the graham crackers, breaking crackers if necessary. Prepare pudding mix with milk as directed on package for pudding. Let stand 5 minutes, then blend in whipped topping. Spread half the pudding mixture over crackers. Add another layer of crackers; top with remaining pudding mixture and remaining crackers. Spread frosting carefully over top layer of crackers.

Jell-O and Cool Whip are registered trademarks of General Foods Corporation for a line of dessert food products and whipped toppings, respectively. If you wish to give a credit line, please use Jell-O and Cool Whip exactly as printed here, followed by the product name, for example, Jell-O instant pudding and pie filling and Cool Whip whipped topping.

Chill 3 hours. Makes 12 servings.

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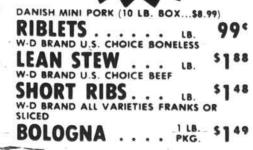
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