

Consumers' Corner

Use Care When Canning

Constant vigilance might well be the watchword for homemakers as they handle, process, prepare and eat food.

Although certain forms of mold, yeast and bacteria can be important in some areas of food production, other forms can be quite harmful and even fatal.

With canning season upon us, it is important to be alert to the dangers of one of the worst offenders in the whole story of food processing.

This organism, a type of bacterium, produces a deadly poison and causes the disease, botulism. The organism is colorless, odorless and tasteless.

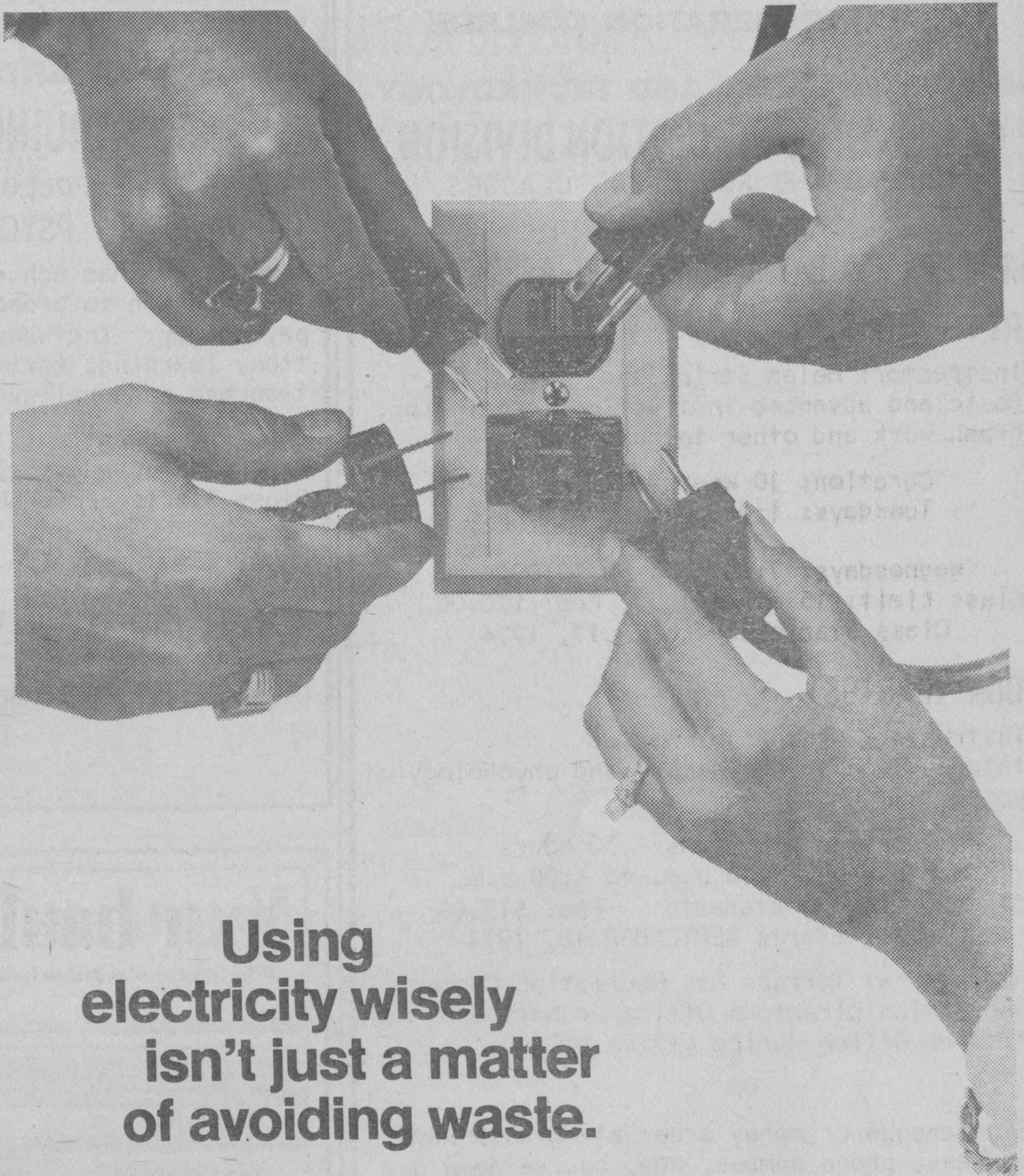
The disease it causes has marked symptoms, including muscular weakness, double vision, dilated pupils, swelling of the tongue, and paralysis of the throat and eye muscles, often making it impossible for the person to see or speak.

Unless the disease, which is sometimes mistaken for tetanus, is diagnosed correctly within a few hours, it is fatal.

Fortunately, this disease can be prevented. The organism that causes it grows in a non-acid or low-acid medium and in the absence of air.

A jar or can of low-acid food that has not been properly processed is a fertile place for bacterial growth. The organism can survive a temperature of 212 degrees for 8 to 10 hours. But it can easily be destroyed at a temperature of 240 degrees and 10 pounds pressure in a matter of minutes, depending on the food.

For this reason, it is important to use a pressure canner that has been tested and is working properly, when canning low-acid foods. These foods include meats and all vegetables, except tomatoes.



Using electricity wisely isn't just a matter of avoiding waste.

Being watchful to avoid the frittering away of kilowatthours is everyone's concern, in the interest of economy and conservation of valuable energy resources.

But for some people, living in older homes with outdated wiring, restricted use of appliances is not always a matter of choice. They do not have sufficient circuits to serve normal needs without resorting to 'octopus' outlets and extension cords. The result: overloading and blowing of fuses.

These conditions also tend to diminish the performance of appliances and shortens their life.

Inadequate wiring is not only inconvenient, it can be a safety hazard. If you have any doubts about the capacity of your home's wiring have it checked by a qualified Electrical Contractor.

Then, use electricity wisely... and safely.

your hydro 

MINIQUIZ

on Canada's Great People

BY RAY IRELAND

What extremely brave contemporary fighter (who has fought many world-ranking heavyweights including Muhammed Ali and Joe Frazier) has always prided himself on his capacity to withstand the worst possible punishment in the ring?