

# Health Officers Warn of Dangers in Home Canning

MAY 12, 1965

PRESS-HERALD E-3

By K.H. SUTHERLAND, M.D., County Health Officer. Some urban housewives, who have nostalgia for the simpler life and an urge to cook as their mother used to, still take advantage of the seasonal ripening of fruits and garden vegetables by "putting up" a few quarts of good things. While home canned foods may be economical and ap-

pealing, they should not be attempted without serious recognition of the threat to life presented by improper canning methods. An extremely dangerous type of food poisoning—botulism—is an ever-present possibility in the kitchen of the well meaning but artless home canner. THE ILLNESS of botulism is caused by one of the most

deadly poisons known to man. This poison is produced by the vegetative stages of botulinus bacillus. Its spore, which is a microscopic seed-like structure with a hard, heat resistant covering, is found in soil and therefore in most foods. If the heat used in canning is not maintained high enough or long enough, the spore is not killed and may find ideal conditions for

vegetative growth which manufactures the toxin within the airtight confines of the can. Botulism toxin may give no sign of its presence. It has not taste and no odor. It does not produce spoilage; however, it may be present in cans in which spoilage has occurred since the deficiencies in proper canning methods which allows foods to spoil may also allow the toxin to form.

... nary food poisoning, which affects primarily the gastrointestinal system. Although in cases of botulism nausea and vomiting may occur, the distinguishing systems result from the attack of the poison on the nervous system—double vision, muscular weakness, and loss of ability to swallow, breathe or talk properly. Death by cardiac or respiratory paralysis occurs in about two-thirds of poisoned persons, usually within three to seven days.

Los Angeles County Farm Advisor, 808 N. Spring St., Los Angeles 13, telephone MADison 8-3383. Literature is available on request, giving directions as to safe canning methods, as well as individualized consultation for particular problems. Anyone wishing additional information on botulism poisoning may obtain a leaflet on the subject by directing a written request to the Division of Public Health Education, 220 N. Broadway, Los Angeles 12.

## Two Girls Win Awards For Writing

National honors in creative writing have been won by two South High School students, according to Dr. John A. Lucas, principal. Wendy Anne Larson, the daughter of Mr. and Mrs. Wendell Larson, was named a merit winner in the 44th annual creative writing contest for high school students. The contest is sponsored by the Atlantic Monthly magazine. Miss Larson, who previously has received honorable

mention in the 1965 Scholastic Magazine writing awards, was cited for her short story "Hello, Katey Love." Marcia Mendelsohn, a junior, also was named a merit winner for a short story, "Chocolate and Cold Street Lamps." She is the daughter of Mr. and Mrs. Seymour Mendelsohn. Miss Larson, who is 18, will graduate in June.

In the first weeks of his naval service he will study military subjects and live and work under conditions similar to those he will encounter on his first ship or at his first shore station.

BECAUSE THIS poison gives no warning and because even the slightest taste can bring death, low-acid home canned foods should never be tasted without being boiled or otherwise thoroughly cooked for at least 10 minutes. Such heating destroys the poison, if present, rendering the food safe to eat. Any canned food that has a bad odor, is mushy, or shows evidence of gas formation should be destroyed. Botulism is not like ordi-

THERE IS A mistaken belief held by some persons that only home canned string beans and olives are sources of botulism. In California some 40 kinds of foods have been implicated in past outbreaks of botulism, including vegetables, meats, cheeses, fish and fruits. Successful home canning requires pressurized equipment and good temperature control. Persons planning to indulge in home canning

## DENTAL PLATES

Repair & Relines While -U-Wait

EASY CREDIT TERMS

COMPLETE DENTAL SERVICE IN ONE OFFICE

ALWAYS LOW PRICES

# PENTOTHAL

(FOR SLEEP)

FOR EXTRACTIONS AND FILLINGS

WE WELCOME UNION DENTAL PATIENTS

NO APPOINTMENT NECESSARY

36 MOS. TO PAY

OPEN EVES. & SAT.

Difficult Cases Welcomed

O.A.S. PENSIONERS WELCOME

Se Habla Espanol

DR. TARR

Phone Fairfax 8-0250

2418 TORRANCE BLVD. TORRANCE Torrance Family Credit Dentist

NEAR CRENSHAW - GROUND FLOOR - MODERN, AIR CONDITIONED OFFICE

# Savings Fling!



<p>DUNCAN HINES</p> <h2>CAKE MIXES</h2> <p>reg. size 33¢</p> <p>Deep Chocolate Swiss Chocolate Devil's Food Lemon Supreme White Yellow Pineapple Supreme</p> <p><b>SAVE 10¢</b></p>	<p>U.S.D.A. "Choice" or Food Giant "Banquet Perfect"</p> <h2>BONELESS BEEF ROAST</h2> <p>shoulder 69¢/lb.</p>	<p>U.S.D.A. "Choice" or Food Giant "Banquet Perfect"</p> <h2>SWISS STEAK</h2> <p>round bone shoulder 59¢/lb.</p>	<p>U.S.D.A. "Choice" or Food Giant "Banquet Perfect"</p> <h2>CHUCK STEAK</h2> <p>blade cuts 39¢/lb.</p>
---	---	--	---

<p><b>PATIO TABLE</b></p> <p>handy in the patio, by the pool, or in the living room</p> <p>sturdy construction choice of designs reg. \$1.99 value</p> <p><b>99¢</b></p>	<p>Fresh Midwest Pork</p> <h2>Fresh Pork Roast</h2> <p>full shank half or whole picnic 33¢</p> <p>Fresh Midwest Pork</p> <h2>Pork Roast</h2> <p>boneless boston butt 59¢</p> <p>U.S.D.A. "Choice" or Food Giant "Banquet Perfect"</p> <h2>7-Bone Roast</h2> <p>49¢</p> <p>U.S.D.A. "Choice" or Food Giant "Banquet Perfect"</p> <h2>Shoulder Clod</h2> <p>boneless rolled &amp; tied 89¢</p> <p>Farmer John fully cooked</p> <h2>Butt Portion Ham</h2> <p>49¢</p> <p>Farmer John fully cooked</p> <h2>Ham Slices</h2> <p>center cut 89¢</p> <p>Corn King, Farmer John, Luer, Finest Quality, Morrell, Yorkshire, Iowa Farms</p> <p>Sliced Bacon — one pound package 59¢</p> <p>U.S.D.A. Grade A, one day fresh Lancaster Farms 59¢</p> <p>Roasting Chickens 59¢</p> <p>1-lb. pkg., frozen Rupert Ocean Perch 49¢</p> <p>Fresh Fillet of True Cod 69¢</p>	<p>FARMER JOHN FULLY COOKED HAMS</p> <h2>FULL SHANK HALF HAM</h2> <p>7-lb. avg. 39¢</p> <p>LEAN GROUND CHUCK 59¢</p> <p>FRESH GROUND BEEF 39¢</p> <p>Patman's Cryovac bottom round</p> <p>BONELESS CORNED BEEF 69¢</p> <p>U.S.D.A. "Choice" or Food Giant "Banquet Perfect"</p> <h2>RIB ROAST</h2> <p>standing 4, 5, 6, 7th ribs 79¢</p>	<p>Wesson Salad Oil 38-oz. bottle 59¢</p> <p>Brown Crock Baked Beans 27-oz. can 29¢</p> <p>Chiffon Toilet Tissue assorted or white (inc. 2c off) 2 pk. 22¢</p> <p>Instant Mashed Potatoes French's 7-oz. pkg. 39¢</p>
--	--	--	---

<p>BRAYO FLOOR WAX 27-oz. can 98¢</p> <p>HOLLYWOOD SAFFLOWER MARGARINE 1-lb. pkg. 35¢</p> <p>WONG'S FROZEN DINNERS — 11-oz. .... 59¢</p> <p>ENTREES — reg. pkg. 55¢</p> <p>ROUND RICE — 11-oz. 49¢</p>	<p>LAVA SOAP 2 for 25¢</p> <p>DETERGENT TIDE LARGE SIZE 2 1/2 69¢</p> <p>IVORY SNOW giant size 83¢</p>	<p>FLOOR &amp; WALL CLEANER SPIC &amp; SPAN reg. size 31¢</p> <p>NORTHERN ASSORTED TOILET TISSUE 4 roll pkg. 37¢</p> <p>PASTRY CHEF FROZEN PIES &amp; CAKES Black Bottom Pie Banana Cream Cake 85¢</p>	<p>DETERGENT SALVO TABLETS giant size 79¢</p> <p>OH BOY FROZEN PIZZA cheese 9 3/4-oz. 47¢ sausage 8 3/4-oz. 57¢</p> <p>OH BOY FROZEN 3 CT. Submarine Sandwich 79¢</p> <p>SUNSHINE KRISPY CRACKERS 1-lb. box 33¢</p>
--	--	--	---

4 MAGIC SALE DAYS, THURS.-SUN., MAY 13 - 16

**YOU ALWAYS BUY THE BEST FOR LESS AT FOOD GIANT**