

Don't give food poisoning as a holiday gift. Foodborne illnesses do not only happen when the weather is hot, warns the Oakland County Cooperative Extension Service.

Bacteria can cause food poisoning. All they need to grow is the right combination of time, temperature, and moisture. Food poisoning can cause diarrhea, vomiting, stomach cramps, and other unpleasant symptoms. Proper handling, preparation, and storage can avoid these kinds of problems. It's as easy as 1, 2, 3, 1. Keep foods clean. 2. Keep food cold or 3. Keep foods hot.

PERISHABLES foods such as cream, seafoods and dishes made with eggs, fish, meat, and poultry must be kept below 40 degrees. Do not let these foods stand above this temperature danger zone for more than three hours.

Follow these simple precautions:

- Cook rare beef to at least an internal temperature of 140 degrees.
- Heat pan drippings to the boiling

point before serving. hours.

- Refrigerate leftovers promptly.
- Avoid "cross contamination" of bacteria by washing counters and cutting boards with soap and water in between preparing different foods.
- Never partially cook a turkey one day and finish cooking it the next day.
- Thaw fresh frozen turkeys on a tray in the refrigerator or in cold water, never thaw any meat, fish or poultry on the counter at room temperature.
- Don't thaw commercially stuffed frozen birds at all; place them in the oven directly from the freezer and roast.
- Never stuff any turkey the night before cooking because the stuffing is a good breeding ground for bacteria.

Evidence appears to be mounting that adequate calcium intake is a first line of defense against high blood pressure.

According to a study conducted by Achley, Barrett-Connor and Suarez at the University of California, San Diego, men with high blood pressures (hypertension) were shown to drink significantly less milk on a daily basis than those with normal blood pressures.

Calcium is the component in milk and other dairy foods suspected of offering some protection against high blood pressure. An explanation seems to be that calcium relaxes the muscles around the blood vessel, offering less resistance to blood flow.

A dietary analysis of what 15 percent of the more than 5,000 study participants ate during a 24-hour period revealed that men with high blood pressures

Joan Corgiat, a home economist with Oakland County Cooperative Extension Service says, "Most of us don't think of the holiday season as a time to begin or continue eating a healthy diet. But with a little planning you can eat nutrient rich tasty holiday treats and still avoid extra calories."

She advises, "Eat the foods you want, but eat smaller amounts. Instead of loading your holiday foods with empty calories — sugar, chocolate, and candy — enjoy raisins, nuts and other dried fruits."

Here are some suggestions. Choose raisin oatmeal cookies instead of chocolate chip; pumpkin bread instead of cinnamon coffee cake; cottage cheese dip instead of sour cream; raw vegetables instead of chips and dip; bran muffins instead of brown and serve rolls; yogurt with granola instead of vanilla ice cream and fresh fruit instead of fruit slices.

"Remember, moderation is the key if you are looking to stay in shape this holiday season," she said.

had significantly lower daily intakes of calcium from all dairy foods. According to the U.S. Department of Agriculture, dairy foods supply more than 70 percent of the available calcium in the American diet.

This protective effect of calcium is supported by findings from other studies. Dr. David McCarron, associate professor of medicine at Oregon Health Sciences University in Portland, for example, found that people with high blood pressure consumed about 20 percent less calcium on any given day than individuals with normal blood pressures. This evidence was presented in September in Dearborn at a nutrition symposium.

Also, an increase in calcium intake has been shown to lower blood pressure. Dr. Jose Bellizzi and associates from the Institute of Nutrition of Central America and Panama, Guatemala City, and The Johns Hopkins University, Baltimore, Md., demonstrated that calcium supplements of one gram each day (equivalent to about three eight-ounce glasses of milk) were effective in significantly lowering blood pressure in 30 healthy young adults.

We Pump It For You
at SELF SERVE PRICES

Regular 109.9	No-Lead 116.9	Diesel 113.9
--------------------------------	--------------------------------	-------------------------------

SUNOCO **2nd** **car wash** 

12 Mile at Orchard Lake Rd.

by
Allen
DuQuet



When the gold content of any alloy is expressed in karats, it refers to the proportion of pure (24 karat) gold. Thus, "18 karat" is $18/24$ pure gold.

As of today, I will begin doing a column twice weekly for the Observer & Eccentric Newspapers about jewelry.

Through Christmas we will be open from 9 a.m. to 8 p.m. Monday through Saturday and Sunday from noon 'til 5 p.m. Come in and see us. We've added over 1,000 new pieces in just the last 30 days for Christmas.

DuQuet
Jewelers

Farmington
474-4061

Troy
739-7144

EXTRA SHOPPING HOURS FOR EXTRA HOLIDAY SAVINGS

Moonlight Madness Sale

FRIDAY, DEC. 16 6p.m.-11p.m.