

Warns Of Food Dangers

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We usually prefer our summer foods to be at some "in-between" temperature; not really hot, and not really cold. Such room-temperature foods as potato or tuna salads, cured or cooked lunch meats, sandwich spreads (and so forth) are good examples.

But there is a danger connected with these "room-temperature" foods, a danger you should be aware of, so you can guard against it. That is the danger of food poisoning.

You see, the very same moderate temperature range that we humans prefer for our summer food is also preferred by the germs that cause food poisoning.

Whereas in very hot foods the high temperature kills these germs, and in very cold foods the low temperature slows the growth of these germs. In food that remains for very long at room temperature these germs can thrive and multiply. They can double themselves about twice in a half-hour on a hot summer day.

Your best protection against these food-poisoning germs is to keep hot foods hot and cold foods cold.

Now, this is easy enough to do at home, where you have a range and a refrigerator. But you must take extra trouble on summer picnics and outings, on trips to the cottage or cabin, or to the beach. Insulated jugs and wrappings and a cooler of ice can be very helpful.

Your food must be kept hot (or cold) until just before mealtime... or it must be cooked thoroughly just before eating... or both. Only by keeping the food temperature below 40 degrees, or above 140 degrees, can you insure against the growth of food poisoning germs.

Food poisoning germs are quite common, you know. Everyone has at one time or another carried staphylococcus germs around in his nose or throat or on his skin. Merely sneezing can introduce these germs into food or onto utensils.

Potato salad, ham salad, salads with eggs, custards, deviled eggs, and some cream-filled pastries are especially vulnerable as germ-multiplying grounds. The poison induced by these germs cause the classic food poisoning symptoms of cramps—nausea—headache—vomiting—diarrhea—severe dehydration.

Salmonella germs can contaminate food also, and cause symptoms similar to, but even more severe, than those of staph. Salmonella germs are usually associated with the waste products from humans and other animals and they can be controlled with good personal hygiene and proper cooking and storage of foods.

Well, all this sounds very ominous and complicated and dangerous, doesn't it—but it is really not so at all. Not if you follow just a few simple rules for the safety of your family.

First, keep all hot foods hot and cold foods cold. Avoid the germ-inviting lukewarm food temperatures near room-temperature, except when actually serving and eating the foods.

Second, practice good personal hygiene. Protect food from sneezes and coughs. Wash your hands before preparing food and don't use the same utensils on cooked food as on uncooked food without washing them in between.

Third, when in doubt—throw it out! Any time food is off-color, smells strange, or looks unhappy in any way—don't take a chance. Throw it out.

Red Hot Ball

The center of the earth, scientists believe, is an extremely hot molten ball 8,000 miles in diameter. Its composition, similar to that of meteorites, is primarily iron and nickel.



GET MORE FOR YOUR MONEY

AT KROGER YOU SAVE CASH TOP VALUE STAMPS!

FRESH BARBECUE SIZE
SPARE RIBS
69¢ LB.

LEAN FLAVORFUL
SMOKED PICNICS
39¢ LB.

CENTER CUT RIB
PORK CHOPS
89¢ LB.

U.S. CHOICE
CHUCK ROAST
49¢ LB.
BLADE CENTER CUT
U.S. CHOICE TENDERAY
BEEF RIB ROAST
4TH AND 5TH RIBS **79¢** LB.

FRESH BOSTON BUTT
PORK ROAST.....**59¢** LB.
U.S. CHOICE
CHUCK STEAK.....**69¢** LB.

FULL SHANK HALF
SMOKED HAMS
49¢ LB.

FROZEN TURKEY WINGS OR
DRUMSTICKS.....**29¢** LB.
U.S. CHOICE BOSTON ROLL BONELESS
BEEF ROAST.....**79¢** LB.

SERVE N' SAVE
SLICED BACON.....**69¢** LB.
COUNTRY CLUB
WIENERS.....**59¢** PKG.

BUTTERMILK VARIETY
MEL-O-SOFT WHITE BREAD
5¢ 1/2-LB. LOAVES

ALL PURPOSE
GOLD MEDAL FLOUR
5¢ LB. BAG

20¢ OFF LABEL
VEL LIQUID DETERGENT
49¢ QT. BTL.

NEW PACK CLOVER VALLEY
STRAWBERRY PRESERVES
2¢ LB. JAR

RECONSTITUTED
REAL LEMON JUICE
49¢ QT. BTL.

ASSORTED FLAVORS
HI-C DRINKS.....**25¢** 7-OT 14-OT CAN
PIZZA OR HICKORY FLAVORED
HUNT'S CATSUP.....**10¢** 1/2-OT 1-LB. BTL.
KROGER BRAND
PORK & BEANS.....**10¢** 7-LB. CAN
ALL PURPOSE
MAZOLA OIL.....**59¢** QT. BTL.

FRESH SUN GOLD BRAND
SALTINE CRACKERS.....**19¢** 7-LB. PKG.
PURE GRANULATED
PIONEER SUGAR.....**49¢** 5-LB. BAG
KROGER ALL WHITE
GRADE 'A' LARGE EGGS DOZ **45¢**

BORDEN'S ELSIE
ICE CREAM BARS
12¢ 49¢ BARS
BORDEN'S ELSIE
ICE CREAM
69¢ 1/2-CAL CTN. 1/2-CAL CTN. 1/2-CAL CTN. 1/2-CAL CTN.

KRAFT PHILADELPHIA
CREAM CHEESE.....**29¢** 8-OZ. NT PKG.
COUNTRY CLUB SALTED
ROLL BUTTER.....**69¢** 1-LB. ROLL
EATMORE GOLDEN
ROLL MARGARINE.....**15¢** 1-LB. ROLL
CHEF'S DELIGHT
CHEESE SPREAD.....**49¢** 2-LB. LOAF
KRAFT SALAD DRESSING
MIRACLE WHIP.....**48¢** QT. JAR
COUNTRY CLUB BEEF, CHICKEN OR TURKEY
FROZEN POT PIES.....**15¢** 8-OZ. NT PKG.



GOLDEN RIPE BANANAS
12¢ LB.
FRESH SWEET
BING CHERRIES
49¢ LB.

HOME GROWN
SWEET CORN.....**10¢** EAR 59¢
NEW CROP-MICHIGAN
BLUEBERRIES.....**39¢** PINT
RED RIPE CALIFORNIA
STRAWBERRIES.....**39¢** PINT



COFFEE
28¢ 1/2-LB. CAN



IVORY SOAP
5¢ BAR

VALUABLE COUPON Limit One Coupon
WITH THIS COUPON & 55 PURCHASE KROGER REG. OR DRIP
VAC PAC COFFEE
3¢ 1/2-LB. CAN

Valid thru Sun., July 30, 1967 at Kroger Det. & East, Mich.

VALUABLE COUPON Limit One Coupon
WITH THIS COUPON AND 35 PURCHASE OR MORE

Personal Size IVORY SOAP
5¢ BAR

Valid thru Sun., July 30, 1967 at Kroger Det. & East, Mich.

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WITH THIS COUPON ON ANY 2-LB. ROLL OR BULK LINK GORDONS PORK SAUSAGE
Valid thru Sun., July 30, 1967 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON ANY 10-LB. BAG POTATOES
Valid thru Sun., July 30, 1967 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON 14-FL. OZ. BTL. REEF MOUTHWASH
Valid thru Sun., July 30, 1967 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON TWO JARS KROGER SPICES
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50 TOP VALUE STAMPS
WITH THIS COUPON ON 2 PKGS CUT-UP FRYERS, 2 PKGS FRYER PARTS OR 2 SPLIT BROILERS
Valid thru Sun., July 30, 1967 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON ANY 2-LBS. SLICED BACON
Valid thru Sun., July 30, 1967 at Kroger Det. & East, Mich.

50 TOP VALUE STAMPS
WITH THIS COUPON ON 6 ENVELOPES KROGER INSTANT TEA MIX
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50 TOP VALUE STAMPS
WITH THIS COUPON ON TWO JARS KROGER SPICES
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