

\$20 stocks family medicine cabinet

If you get back to basics... you can stock the family medicine cabinet with virtually everything you need for about \$20.

So says the American Pharmaceutical Assn., the national professional society of pharmacists.

APHA offers this suggested list:

- Analgesic: Aspirin or a similar product, unflavored for headache or pain from minor illness. Check with physician or pharmacist for children's dosage.
- Anti-diarrheal remedy: A kaolin and pectin containing product for mild cases of diarrhea.
- Antacid: Tablets, powder or liquid for stomach or intestinal distress.
- First aid ointment or spray: For minor cuts, burns and insect stings or bites.
- Eye drops: A small bottle for the relief of irritation; prolonged use from the same container increases chances of contamination.
- Laxative: Milk of magnesia or any other mild laxative for occasional constipation.

•Petroleum jelly: For soothing chafed areas and blisters; also for lubricating children's rectal thermometer.

•Rubbing alcohol: For relief from muscle strains and bruises; also useful for sponge bathing persons with a fever.

•Spirits of ammonia: For reviving someone who has fainted.

APHA suggests purchase of these first-aid supplies:

- Absorbent cotton: For cleansing cuts and applying some medications.
- Adhesive bandages: For covering small cuts and scratches.
- Applicator swabs: Or cotton-tipped applicators for applying medication.
- Pair of tweezers: For removing splinters.
- Safety pins: May be needed for holding bandages.
- Scissors: Blunt-tipped, for cutting bandages.
- Sterile gauze bandage: One-inch roll; one and two-inch pads for bandage dressings.

•Thermometer: If you have small children you may need a rectal thermometer as well as an oral one. Ask your pharmacist about a combination thermometer, and its use.

There are other items you may wish to add to the list, such as cough syrup, but APHA suggests that you obtain such products only when you get fresh medications at proper strength and reduces the chances of accidental poisonings in the home.



NEW SPANISH-INSPIRED vinyl asbestos floor tile goes with many decorative schemes. The two-color embossed Palacio del sol pattern by Azrock is used in a modern kitchen-living area.

Time to order seed catalogs

Now is the time to start planning your garden. Order your seed catalogs from a reputable dealer. Determine the size and location of your garden and what you want to plant. Plan your garden on well drained, rich soil and where it will receive plenty of full sunlight. Order your seeds as soon as possible to make sure you can get the varieties you want. Michigan State University horticulturists are predicting a shortage of all types of seeds.

With rising food prices and the energy crisis, more families are realizing that they can produce some of their own food at a more economical cost, and that it is a relaxing and rewarding hobby requiring little or no energy other than human.

Black walnut roots toxic

Many plants are killed or injured when grown within the root spread of black walnut trees, says Harold Davidson, Michigan State University horticulturist.

The roots of the black walnut tree contain a phytotoxin, Juglon, but the phytotoxin is not secreted into the soil. MSU studies show that the roots of the black walnut and the roots of the susceptible plant must touch for injury to occur. The range of the

toxic zone is the spread of the root system, which can be as far as 80 feet. The average range is 50-60 feet. The damage caused by the toxin cannot be reversed or alleviated. Wilting, stunting or death may occur. If only part of the plant with it, it is the part in contact with the root of the tree. The black walnut tree should not be planted on small lots or near the home-site.

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