

# 'If In Doubt-- Throw It Out' A Good Picnic Slogan

Don't spoil a picnic this summer with spoiled food. Some two million to 20 million Americans are stricken annually with food poisoning. Symptoms include: nausea, vomiting, diarrhea, and abdominal cramps, usually occurring several hours after eating. Picnic foods, plus hot weather, provide the perfect breeding ground for the two main poisoning bacteria -- staphylococcus and salmonella.

Summer is get away time -- you can get away to picnics, barbecues, beaches; but don't try to get away with careless food handling.

"It can lead to a messy case of food poisoning," warns Maryann Meldrum, Michigan State University food marketing agent.

"Bacteria that cause food poisoning enjoy food and summer temperatures as much as you do. They develop and thrive at ordinary summertime temperatures of 50 to 120 degrees," Miss Meldrum says.

The first rule of proper food handling is to keep food clean, she points out. When preparing food, wash your hands thoroughly and often. Keep insects and animals away from food.

**SECONDLY**, keep hot foods hot, cold foods cold. Several thick-

nesses of newspaper and insulated containers help hold heat or cold. Use them when transporting food to the picnic or barbecue area.

Heat or chill food containers and insulated carriers as well as food, Miss Meldrum recommends. Then put the hot or cold food into the carriers.

Pack bags of ice cubes or cans of pre-frozen special liquid around the food. You can even freeze milk cartons filled with water and put them in the traveling cooler when you're ready to go, Miss Meldrum says.

Save most of the food preparation until the very last minute. Carry salad or sandwich ingredients in refrigerated containers to the picnic areas. Combine them after you arrive.

**BE ESPECIALLY** careful of all creamed dishes, puddings, pie fillings or casseroles, all types of poultry, ham and fish, potato salad, stuffings, gravies and chopped food sandwiches such as egg, ham or tuna salad, Miss Meldrum warns. Food poisoning bacteria grow more easily in these foods than others.

Refrigerate all leftovers as soon as possible after eating. If this is not possible, throw them away.

A safety slogan for summer is "if in doubt, throw it out," Miss Meldrum suggests.

## It's Barbecue Time



When there's a barbecue in the wind, toss a big crisp salad of western iceberg lettuce chunks, sliced cucumbers, tomatoes and radishes. Add a dressing of anchovy paste, Worcestershire, steak sauce and red wine, and you have top-notch eating with charcoal-broiled meats anytime.

### SUPERB BARBECUE SALAD

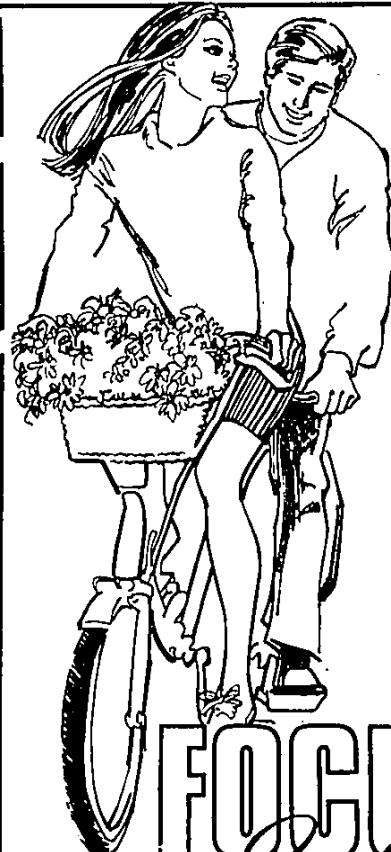
- |                                |                                      |
|--------------------------------|--------------------------------------|
| 1 head western iceberg lettuce | 3 tablespoons tarragon vinegar       |
| 1 large cucumber, sliced       | 1/2 tablespoons Worcestershire sauce |
| 2 tomatoes, quartered          | 2 tablespoons bottled steak sauce    |
| 1 bunch radishes, sliced       | 2 tablespoons dry red wine           |
| 1 clove garlic, crushed        | Salt to taste                        |
| 1/2 cups corn oil              | 1/8 teaspoon pepper                  |
| 1/4 pound Danish Blue cheese   |                                      |
| 2 tablespoons lemon juice      |                                      |
| 2 teaspoons anchovy paste      |                                      |

Core, rinse and drain lettuce; chill in disposable plastic bag. Add garlic to oil. Blend cheese with remaining ingredients; discard garlic, and add oil to cheese dressing; mix well. Cut lettuce into bite-size chunks in bowl. Add cucumber, tomatoes and radishes. Toss lightly with half of the dressing just before serving. Store remaining dressing in refrigerator. Makes 6 servings.

# Comfort

COMFORT is a key word in suburban living. Suburbia is designed for the person who likes to do things with the minimum hassle. This includes everything from going on a picnic to dressing yourself and your family for one. This week we explored the fun of eating outdoors and in order to give you a comfortable look at what to wear, we'll take a look at "Outdoor Fashions" in our first June FOCUS.

Join us and learn what's new in the cotton industry and who has the best fashion sense -- the teenage girl or her mother.



# FOCUS:

*Suburbia*