

Chicken soup proven to help Winter colds

COLUMBIA, S.C.—It used to be a remark that was always good for a laugh — any comment about a doting mother feeding chicken soup to her child who was ill with a cold.

Now medical researchers say it's no joke; chicken soup can help cure a common cold. Doctors at Mount Sinai Medical Center in Miami Beach have found that hot chicken soup (or the vapor it exudes) speeds up the movement of germ-laden mucus out of the nasal passages, carrying cold

viruses along with it before they can attack more nasal cells.

In a special study, cold-plaqueted volunteers sipped hot and cold water as well as the chicken soup. It was found that sipping hot water also speeds up mucus movement but only about two-thirds as fast as the soup does. Cold water, on the other hand, slows down the movement of mucus.

Researchers speculate that the "something extra" chicken soup provides over hot water is perhaps related

to the taste or smell centers. Dr. Marvin A. Sacker, director of Medical Services at Mount Sinai, who headed the study, remains uncommitted on the possible effectiveness of other soups. Chicken soup was the basis of the research and it is chicken soup that is credited with helping cure a cold.

The National Broiler Council notes that chicken soup has still another bonus for the cold sufferer: it provides fluids and nourishment when you don't feel like eating anything

else. These are any number of tasty combinations for making chicken soup filled with nutrients which help the body stay healthy as well as combat winter colds. Soup is also the ideal way to use bonier chicken parts — a real economy when food costs are soaring. And nothing tastes better or is more satisfying on a cold day than hot chicken soup.

There are many kinds of chicken soup — creamy or clear, hot or cold, thin or thick. There is chicken soup with noodles, or with rice,

chowder, chicken and vegetables, and chicken soup with Matzo Balls, the traditional Passover supper dish.

CHICKEN SOUP DELUXE

- 1 whole broiler-fryer chicken
- 3 cups cold water
- 1½ teaspoons salt
- 1 teaspoon chopped parsley
- ½ teaspoon tarragon leaves
- ½ teaspoon basil leaves
- 1 tablespoon chopped celery leaves
- ½ teaspoon pepper
- ¼ cup chopped green onions, tops included
- ½ cup chopped celery
- ¾ cup chopped green pepper
- 1 can (16 oz.) tomatoes
- 1 tablespoon vinegar
- 1 bay leaf
- ¼ cup chopped cabbage

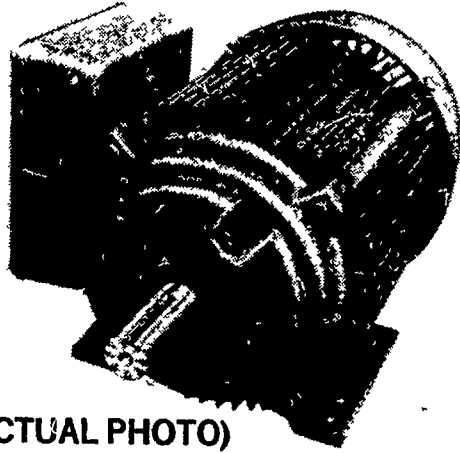
In large saucepan, place chicken with cold water, salt, parsley, tarragon, basil, celery leaves and pepper. Cook for about one hour or until chicken falls readily from bones. Pour off broth and refrigerate to separate from fat. When chicken is cool, remove bones and skin and chop chicken into bite-size pieces. Skim fat from refrigerated broth and melt in bottom of Dutch oven or soup kettle over medium heat. Saute' onions, celery and green pepper for five minutes. Add tomatoes, vinegar, bay leaf, broth and chopped cabbage. Simmer over low heat for 10 to 15 minutes. Add cooked chicken and heat just to serving temperature. Makes four to six servings.

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Synthetic mulch

(Continued from Page 106)

Smith trapped aphids in the muskmelon plots and found that the aluminum-paper and aluminum-polyethylene mulches reduced the number of aphids by 96 per cent and 90 per cent, respectively. Aphid numbers were 64 per cent lower on the black polyethylene and 49 per cent lower on the white polyethylene-black polyethylene than on unmulched plots.

Smith says these mulches

also repel insects such as leafhoppers, thrips, and Mexican bean beetles.

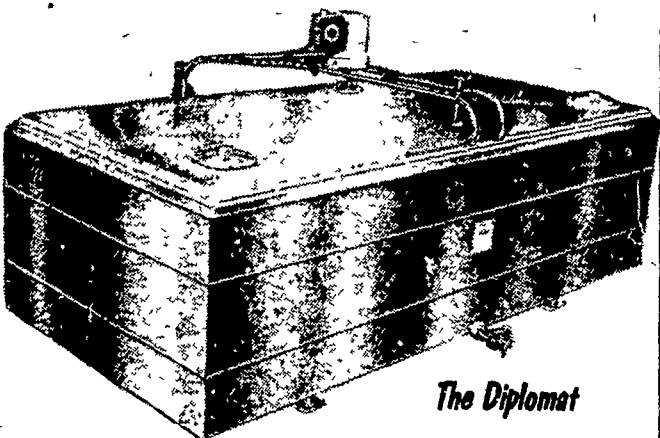
To lay the mulch, the researchers used a commercially available mulch laying machine tractor mounted on a 3-point hitch. There are three or four companies producing the machines, which cost about \$1800 says Agricultural Engineer Richard Dudley.

Dudley said the team did not run any cost versus return analyses for the mulched plots.



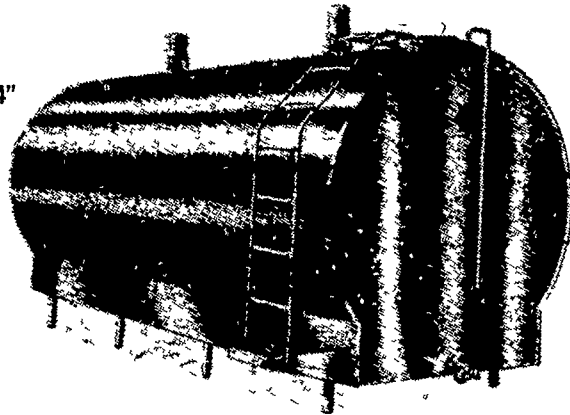
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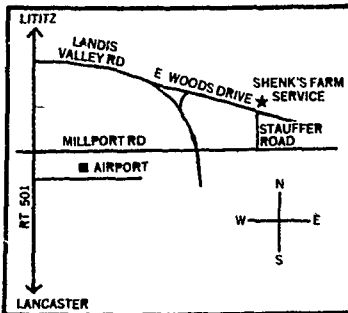


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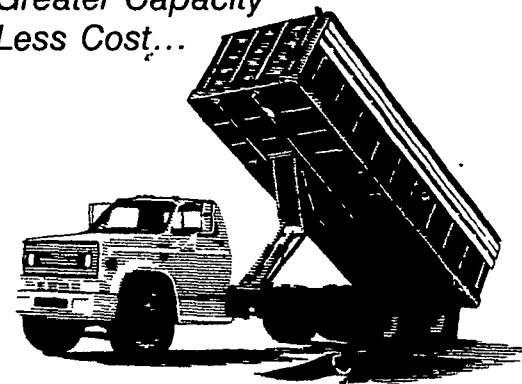
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