

Family Living Focus

Bradford Co.
Extension Agent
Cathy Guffey



Wash Your Hands to Protect Yourself and Others from Foodborne Illness!

Parents of past and present have probably said "wash your hands" a million times. This was and continues to be wise advice for people of all ages to follow, since washing hands is one of the simplest ways to protect oneself and others from getting sick.

Hands do pick up and carry germs, like bacteria and viruses, that can spread illness. When certain germs get onto food they have the potential to cause foodborne illness. In fact, poor personal hygiene of food service employees both at home and at work is one of the eight leading causes of foodborne illness outbreaks.

When and how to wash hands are the keys to reducing the number of germs on hands and lessening the chance of foodborne illness. When handling food or working in a food preparation and serving area wash hands:

Before you:

- prepare or eat food
- treat or cut a wound or tend to someone who is sick

After you:

- handle uncooked foods, particularly meat, poultry, fish, and eggs
- use the toilet
- help someone else use the toilet
- change a diaper
- play with the family pet, especially reptiles and exotic animals
- touch your face or hair
- blow your nose, cough, or sneeze.

- eat food
- smoke
- handle garbage
- tend to someone who is sick or injured
- touch door knobs, refrigerator door handles, etc.

If in doubt as to whether your hands have come in contact with germs, wash them.

How you wash your hands is just as important as when you wash them, especially when it comes to doing away with germs. Just rinsing quickly is not enough. Follow these steps to clean hands effectively:

1. Use warm water to moisten hands.
2. Apply soap.
3. Rub hands together for 20 seconds with soap and warm running water. Be sure to wash all surfaces thoroughly, includ-

ing wrists, palms, back of hands, fingers, and under fingernails. If you are not sure how long 20 seconds is, sing the alphabet song while your was (it took me 22 seconds).

4. Rinse thoroughly.
5. Dry, preferably with a disposable towel.
6. An additional step that helps prevent getting new germs on your clean hands, is to turn the water off with the disposable towel after you have dried your hands. Then throw the towel away.

Experts recommend that a good 20 second hand washing, using plain soap or anti-bacterial hand soaps, and water and friction to remove dirt and germs, then rinsing well to wash away the dirt and germs, is the most effective way to wash hands. Also, research to date has shown that the use of a hand sanitizer after washing hands is no more effective in reducing bacteria on hands than a good washing. In fact, several studies have shown that hand washing followed by the use of a hand sanitizer actually increases the number of bacterial on the hands.

The next time you hear or say "wash your hands," remember that while it is an everyday activity, it is a very important one.

Talk It Out

If you get frustrated and feel like you're at the end of your rope, talk to someone whom you trust. Share your feelings with another person.

Talking things out helps to relieve your strain, helps you to see your concern in a clearer light, and often helps you to see what you can do about it.



MILK

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5500 lb stock 6000 lb stock 6000 lb open 6500 lb open

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4000 lb 5000 lb 6000 lb 7500 lb 8500 lb 9500 lb 12,500 lb
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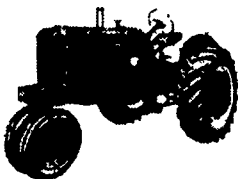


entertainment

Friday D&S Bluegrass and Windfall 7:00 PM

Saturday New Country 7:00 PM

Sunday Morning Star Singers, Paul Martin, Speaker 9:00 AM



TRUCK & TRACTOR PULL Contact: Robert Peiffer 717.369.5647

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FOR INFO Contact: Joe Gehr 717.328.9280 or Richard Martin 717.328.5655

Rooms close to show ground.

For room info call 717.328.3109; 717.328.5757; 717.328.5231

We will see you there!

Cook's Question

(Continued from Page B8)

ANSWER — Joan Miller, Intercourse, wanted to know if the cream puff recipe that includes a cream or pudding filling is the same recipe used to make fancy puff sandwiches. Thanks to Debbie Reynolds, Wrightsville, who sent in her favorite recipe. She writes that she uses the same recipe and makes small puffs for sandwich filling and large ones for cream filling.

Cream Puffs

1 cup water
½ cup butter
Bring to a boil and mix well until mixture leaves sides of pan and forms a ball.

Add:

1 cup flour
1 teaspoon salt

Remove from heat and beat in four eggs, one at a time. Beat well after each egg until mixture is smooth. Dough will be slightly stiff.

Drop by teaspoon on cookie sheet for small puffs. Bake at 425 degrees until golden. Remove tops and allow puffs to cool.

Fill with chicken salad, ham salad, or egg salad before serving.

Unfilled puffs can be frozen. Large puffs, drop by tablespoon or bake at 425 degrees 25 minutes or until golden.

ANSWER — A reader purchased a package of brewer's yeast by mistake and wanted to know how to use it. Sarah Zook, New Holland, writes that it is delicious sprinkled over warm popcorn. Also, for extra nutrition, add a rounded tablespoon brewer's yeast when making homemade bread.

Another reader writes that her husband thinks he can't live without brewer's yeast. She puts it in a shaker container and he sprinkles it on almost everything he eats.

ANSWER — J. Poli, Leesburg, Va., wanted a recipe for pickled eggplant. Thanks to Deb Shoup, Ringtown, for sending a recipe she uses.

Pickled Eggplant

6 eggplants
2 medium onions, chopped
½ teaspoon allspice
½ teaspoon cloves
½ teaspoon whole white peppercorns
1-inch cinnamon stick
1½ cups cider vinegar
1½ cups honey
1 cup water

Peel and chop the eggplants, and put it and the onions into a pot. Cover with lightly boiling salted water. Boil for 5 minutes; drain. Cover with cold water; drain again.

Place spices in a spice bag and cook with the vinegar, honey, and water to boiling. Add eggplant and onion mixture; simmer until syrup is thick and vegetables tender. Remove spice bag; fill hot, sterilized jars, leaving ¼ -inch headspace. Process pints 15 minutes in a boiling water bath. Yield: 4-5 pints.

ANSWER — A reader wanted a recipe to make canned applesauce. Thanks to Deb Shoup, Ringtown, for sending a recipe.

Applesauce

4 pounds apples (Rome, McIntosh or Jonathan)
1½ cups water
¼ cup lemon juice
¼ cup honey
Cinnamon, cloves, nutmeg (optional)

Wash and core apples. Cut into chunks. In a large, heavy stainless steel or enamel kettle, cook apples with water, lemon juice, honey, and spices until tender. Put through food mill or sieve.

To can: Pack hog into clean jars leaving ½ -inch headspace. Process 10 minutes in a boiling-water bath.

To freeze: Allow to cool. Pack into freezer containers. Seal and label.

ANSWER — Mrs. Amos Kauffman, Honey Brook, wanted a recipe to can apples (not apple pie filling) in hot water bath. Thanks to Betty Light, Lebanon, for sending these instructions.

Canned Apple Slices

General handling: For boiling water bath, use hot pack only. Use jars or plain cans. Process with thin syrup, plain water, or natural juice, as desired.

Because apple oxidizes in air, work quickly with only one canner batch at a time. Wash, peel, and core apples, treat pieces with an anti-discoloration solution such as lemon juice or commercial color preserver.

Drain and rinse prepared pieces. Place in a pot cover with hot thin syrup or water, boil gently 5 minutes. Lift out with slotted spoon and pack in jars. Fill clean hot jars leaving ½ -inch headroom. Add boiling hot syrup, leaving ½ -inch headroom. Adjust lids. Process in boiling water bath 212 degrees 15 minutes for pints or 20 minutes for quarts.

Remove jars, tighten lids if necessary.

Thin syrup: 1 cup granulated sugar to 3 to 4 cups water if desired. Add ½ teaspoon ascorbic acid for each quart of syrup to prevent darkening of fruit during storage.